

DICK EARDLEY SENIOR CENTER

CITY of BOISE | FEBRUARY/MARCH 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 Feb. 17 for Presidents' Day.

A half-off sale is happening in March. See page 2 for more information.

Free Movie Days start on Feb. 27. Get the details on page 3.

You might qualify for free groceries. Learn more on page 9.

The annual **Spring Health & Resource Fair and Drug Take-Back Event** with LEARN Idaho and the Boise Police Department is on April 22. Mark your calendar and plan to join us!

DID YOU KNOW?

Facts about U.S. presidents, compiled from sources across the web:

Abraham Lincoln created the Secret Service only a few hours before his death in 1865.

Gerald Ford was a model for *Cosmopolitan*, appearing in a cover illustration he posed for in 1942.

Clint Eastwood was almost vice president under **George H. W. Bush**.

John Quincy Adams went skinny-dipping in the Potomac River every morning as part of his daily routine.

Rutherford B. Hayes was wounded four times while serving in the Union Army during the American Civil War.

Having lived to the age of 100, **Jimmy Carter** is the United States' longest-lived president.

AARP'S FREE TAX HELP BEGINS ON FEB. 4

AARP will offer free tax preparation at the Senior Center on Tuesdays and Thursdays, Feb. 4 through April 10, from 9 a.m. to 2 p.m. Tax preparation will be done on a first-come, first-serve basis. Bring all of your needed tax documents with you (see page 2 for tips).

Circuit Breaker, the property tax reduction assistance service available through the Ada County Assessor's office, will be offered at the Senior Center from 9 a.m. to 12 p.m. on Feb. 11 and March 25. You can also get Circuit Breaker assistance at the Ada County Assessor's Office, 208-287-7200.



"PROM" RETURNS TO THE SENIOR CENTER!

The annual inter-generational Senior Prom is being coordinated by Timberline High School's Wolf Connection leadership students, and all seniors are invited to attend. The prom will take place at the Senior Center on Tuesday, March 4 from 6-9 p.m.

The event includes dinner, dancing, keepsake photos, and socializing with the students who make it all happen. It's free to attend, but you must sign up in advance by Tuesday, Feb. 18. Give us a call at 208-608-7580 and claim your ticket. You don't want to miss it!

Stop by the thrift store to see what we've put aside to help you look your best for the event.



ST. PATRICK'S DAY LUNCH IS ON MARCH 17

Corned beef and cabbage will be back by popular demand for St. Patrick's Day this year. Everyone is invited to join us for lunch on Monday, March 17 beginning at 12 p.m. to enjoy this annual favorite (regular lunch charges apply).

We encourage everyone to wear something green in the spirit of the holiday. Word has it that those wearing green will get a little something extra with their delicious meal that day.



BOURBON STREET IS COMING TO ROBBINS ROAD



Join us on Fat Tuesday, March 4, for some festive Mardi Gras fun at lunchtime. Dress in your best green, gold and purple, and join our dining room parade. Beads, masks and king cakes will be available. There's no need to register for this free event (regular lunch charges apply).

IS A REVERSE MORTGAGE RIGHT FOR YOU?

Join us on Friday, March 7 starting at 11 a.m. for Reverse Mortgage 101, a 45-minute presentation being offered by Tyler Porter of Bluebird Home Loans.

Attendees will learn about the potential benefits and drawbacks of a reverse mortgage, compare reverse and traditional mortgages, learn ways people can use a reverse mortgage as a financial tool, and the requirements for getting one. Tyler will also share some real-world scenarios and common myths surrounding reverse mortgages, and wrap up with time for questions.

Please reserve your spot by calling 208-608-7580.

HALF-OFF SALE & BAG-A-DEAL EVENT IN MARCH

It's almost time to bring out our spring and summer apparel, so we're clearing out inventory in the thrift store with a half-off sale on all men's and women's clothing and accessories, including shoes, socks, tights, belts, hats, gloves, scarves, ball caps and more. The 5-day sale begins on March 24.

On the final day of the sale, March 28, shoppers can stuff a shopping bag with clothing for just \$5 (bags will be provided).

The store is open Monday-Friday, 10 a.m. to 2 p.m.



TAX DOCUMENTS TO BRING WITH YOU

- Picture ID
- Last year's tax return
- Social Security card for all individuals on your tax return (Must be original; no photo copies)
- Tax forms such as W2, 1099B, 1099R, 1099Misc, 1099T, Social Security Annual statement
- Health insurance coverage information for you, your spouse and all dependents
- Your Form 1095-A, if you purchased health insurance through the Marketplace/State
- Any health care exemptions received from the IRS or the Marketplace



TAKE A RIDE ON A BLESSING BIKE ON MARCH 13

If you visit the Senior Center on March 13 at around 11 a.m., you'll have an opportunity to take a ride on a Blessing Bike, a 3-wheeled, front-passenger bike that gives people with physical limitations the opportunity to enjoy bike riding. John & June's Mission is a local organization that recently absorbed the Blessing Bike program and is making the visit possible. If there's enough interest, the Senior Center might have a chance to become a Blessing Bike recipient.

You don't need to sign up to ride the Blessing Bike, just show up that day and dress for the outdoors (weather permitting).

IDAHO CAREGIVER CONFERENCE IS A RESOURCE FOR ANYONE WHO CARES FOR A LOVED ONE

The Idaho Caregiver Alliance is hosting its 14th Annual Caregiver Conference via the internet on Saturday, Feb. 22, from 9 a.m.-4 p.m. This year's theme is The Power of Care: Strength in Community. Cost is \$25. The last day to register is Feb. 14.

The conference is a celebration for family caregivers of all ages. Participants will enjoy interactive educational sessions, a resource treasure hunt, prizes, and opportunities to network with caregivers and representatives from organizations who offer support to caregivers. This conference will be presented virtually using the Zoom platform. For details about the conference or to register, call 208-426-5899.

NEW TECHNOLOGY CLASSES BEING OFFERED

New 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. Space is limited. Give us a call at 208-608-7580 to reserve your spot.

- Feb. 3, Intro to Telemedicine
- Feb. 10, Google Maps Exploration
- Feb. 24, Digital Legacy Planning
- March 3, Getting Started with PayPal
- March 10, Digital Genealogy Tools
- March 17, Booking Vacation Stays Online
- March 24, Online Banking and Bill Paying
- March 31, Accounts and Passwords

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

One-on-one tech help with Izzy is available every Friday from 10 a.m. to 2 p.m., and by appointment as BSU Service Learning students are available. Give us a call at 208-608-7580 to schedule. Be sure to bring your mobile device with you.

EVERYONE'S INVITED TO FREE MOVIE DAYS!

Thanks to a generous donation from Brookdale Senior Living, we are planning to show free movies in February and March, so grab your favorite lap blanket and plan to join us.

Free Movie Days are Feb. 27 and March 27 starting at 1 p.m. Admission is free and includes a bag of freshly made popcorn. Keep an eye out for event flyers at the Senior Center, where we'll announce movie titles. Sign up at 208-608-7580 or the front desk.



ARE YOU FIT & FALL PROOF?

Every 18 seconds, an older adult is treated in an emergency department for a fall. More than 90% of hip fractures among older adults are a result of a fall. These sobering statistics are the reason the Fit & Fall Proof fitness program was created, and why Central District Health offers it for free at the Senior Center every Tuesday and Friday at 1 p.m.

This 45-minute class is designed to help seniors prevent injuries and subsequent loss of independence. Participants learn simple exercises to increase strength, balance and endurance, which can help prevent accidental trips and falls sometimes associated with age.

This is a drop-in program, there's no need to register.



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. Find one that works for you.

One of the chants in the February class helps to prevent Alzheimer's Disease "by enhancing blood flow to motor-sensory areas, and increasing activity in areas of the brain central to cognition and memory," according to the Alzheimer's Research & Prevention Foundation. Sign up in advance at the front desk or call 208-608-7580.

WE TAKE CLOTHING & HOUSEWARES DONATIONS

Donate your gently used adult clothing and housewares during business hours, 9 a.m.-5 p.m., Monday through Friday. We also accept home decor, greeting cards, jewelry, and small appliances. All thrift store proceeds stay at the Senior Center and benefit local seniors.

The comforts of home,
balanced with care.



Senior Living | Home Health | Hospice

 **Edgewood**
edgewoodhealthcare.com
208.618.2124

 **All Care**
allcarehealthsolutions.com
208.473.2717

FEBRUARY

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, 9 a.m.-2 p.m.



Ada County Circuit Breaker

Feb. 11, 9 a.m.-12 p.m.

Billiards Room

Open 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

Open M-F, 10 a.m.-2 p.m.



PARKS AND RECREATION

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

MONDAY

3
10 am-12 pm Living Well with Diabetes*
10:30-11:45 am Tech: Intro to Telemedicine
Noon Meal **Philly Beef Sandwich on a Hoagie Roll**
1-3 pm Bunco
1-4 pm Mexican Train
1-5 pm Bridge

10 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 am-12 pm Living Well with Diabetes*
10:30-11:45 am Tech: Google Maps Exploration
Noon Meal **Baked Ham with Pineapple**
1-3 pm Bunco
1-4 pm Mexican Train
1-5 pm Bridge

17
The Senior Center is closed for
Presidents' Day



24
9 am-2 pm Nail and Foot Care of Boise with Sandy* - call to schedule appointments, 208-747-5797
10 am-12 pm Living Well with Diabetes*
10:30-11:45 am Tech: Digital Legacy Planning
11 am Book Club*
Noon Meal **Beans & Ham**
1-3 pm Bunco
1-4 pm Mexican Train
1-5 pm Bridge

TUESDAY

4
9:30 am-2 pm Snowshoe*
10:30-11:30 am Longevity Stick
10:30-11:45 am Tech Q&A
Noon Meal **Swiss Steak**
12-12:45 pm Adopt-a-Student*
1-2 pm Fit and Fall Proof
1-4 pm Euchre
1-4 pm Mahjong

11 Treats by The Village at Crystal Springs
8:40 am-5:15 pm Elk Herd Sleigh Ride*
10:30-11:30 am Longevity Stick
10:30-11:45 am Tech Q&A
11 am-12 pm Housing 101 with Paige Doyle
Noon Meal **NEW Cheesy Taco Pasta**
1-2 pm Fit and Fall Proof
1-4 pm Euchre
1-4 pm Mahjong

18
10:30-11:30 am Longevity Stick
10:30-11:45 am Tech Q&A
Noon Meal **Roast Pork with Mushroom Gravy**
12-12:45 pm Adopt-a-Student*
1-2 pm Fit and Fall Proof
1-4 pm Euchre
1-4 pm Mahjong
1-4:30 pm Idaho Supreme Court*
1-5 pm Bridge

25 Treats by Renovation Sells
10:30-11:30 am Longevity Stick
10:30-11:45 am Tech Q&A
Noon Meal **Lemon Herb Fish over Rice Pilaf**
1-2 pm Fit and Fall Proof
1-4 pm Euchre
1-4 pm Mahjong

WEDNESDAY

5 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 **Breaded Chicken with Country Gravy**
12-12:30 pm Pop-Up Library
1-3 pm Acrylics Social Group
1-5 pm Canasta
2-3 pm Tai Chi & Qigong Intermediate*
3-4 pm Tai Chi & Qigong Beginner*

12 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 **Herb-Crusted Salmon over Rice Pilaf**
1-3 pm Acrylics Social Group
1-5 pm Canasta
2-3 pm Tai Chi & Qigong Intermediate*
3-4 pm Tai Chi & Qigong Beginner*

19 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**
Noon Meal **Chicken Florentine Pasta**
1-3 pm Acrylics Social Group
1-5 pm Canasta

26 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-1 pm Legal Counsel*
Noon Meal **Sherry Mushroom Chicken over Buttered Pasta**
1-3 pm Acrylics Social Group
1-5 pm Canasta
2-3 pm Tai Chi & Qigong Intermediate*
3-4 pm Tai Chi & Qigong Beginner*

THURSDAY

6 Treats by Serengeti Care
10-11 am Bingo with Kelly
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 **Vegetarian Penne**
1-5 pm Bridge


13 Treats by Edgewood Healthcare
9:30 am-12 pm BONUS: IDPTV Tour*
10-11 am Bingo with Dan
10-11:30 am Chat-n-Chew Social Group
11 am **Music: Big Dave Walter**
11 am-3 pm Rummikub
11:30 am-12:30 pm Drumming Divas
11:50 am-12:20 pm Origami: Heart & Camellia*
Noon Meal **BBQ Beef on Whole Wheat Bun**
12:30-2:30 pm Paper Crafts: Valentine Box*
1-5 pm Bridge

20 Treats by Advanced Neuropathy Center
9:30 am-5 pm Miracle Hot Springs*
10-11 am Bingo with Jim
10-11:30 am Chat-n-Chew Social Group
11 am **Music: The B Team**
11 am-3 pm Rummikub
11:30 am-12:30 pm Drumming Divas
Noon Meal **Swedish Meatballs over Bowtie Pasta**
1-5 pm Bridge

27 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
Noon Meal **Baked Potato with Chili & Cheese**
1-3 pm Free Movie Day*
1-5 pm Bridge

FRIDAY

7 Treats by Borchers Insurance
9 am-4 pm AARP Safe Driver Course*
10 am-2 pm Pinochle
10 am-2 pm Tech Help Drop-In
11:30 am **Senior Goldmine Visit**
Noon Meal **BBQ Chicken Wings**
1-2 pm Fit and Fall Proof
2-5 pm Intro to Pinochle

14 Birthday Cake by Connect Health
10-11:30 am Widow/Widower Support Group
10 am-2 pm Pinochle
10 am-2 pm Tech Help Drop-In
11 am **Music: Cattywampus**
11-11:45 am Meditation for Optimal Health*
Noon Meal **Stuffed Chicken with Cheese Sauce**
12 pm **Birthday Friday**
1-2 pm Fit and Fall Proof
2-5 pm Intro to Pinochle 

21 Treats by Senior Helpers
10 am-2 pm Pinochle
10 am-2 pm Tech Help Drop-In
10:30 am-12 pm In the Moment Improv Theater*
Noon Meal **Roast Beef with Gravy**
12-12:30 pm Idaho Hunger Relief Task Force
12:30-4:30 pm Winery: 3100 Cellars*
1-2 pm Fit and Fall Proof
2-5 pm Intro to Pinochle

28 Treats by Oasis Senior Advisors
10-11:30 am Widow/Widower Support Group
10 am-2 pm Pinochle
10 am-2 pm Tech Help Drop-In
11 am-5 pm Idaho City Hot Springs*
Noon Meal **Spaghetti with Meat Sauce**
1-2 pm Fit and Fall Proof
2-5 pm Intro to Pinochle

MARCH

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, 9 a.m.-2 p.m.



Ada County Circuit Breaker

March 25, 9 a.m.-12 p.m.



Billiards Room

Open 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

Open M-F, 10 a.m.-2 p.m.



PARKS AND RECREATION

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

MONDAY

2 SUNDAY

2:30-6 PM Stars of Steinway - Haochen Zhang*

3 MONDAY

10 am-12 pm Living Well with Diabetes*
10:30-11:45 am Tech: Getting Started with PayPal
Noon Meal **Beef Stew**
1-4 pm Mexican Train
1-5 pm Bridge

10 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 am-12 pm Living Well with Diabetes*
10:30-11:45 am Tech: Digital Genealogy Tools
11-11:45 am The Big Umbrella*
Noon Meal **Chicken Tenders & Ranch Dressing**
12-3 pm Tech Help Drop-In
1-4 pm Mexican Train
1-5 pm Bridge

17

10:30-11:45 am Tech: Booking Vacation Stays Online
11:30 am **Music: Ken Clark**
Noon Meal **Corned Beef with Cabbage**
1-4 pm Mexican Train
1-5 pm Bridge

24

9 am-2 pm Nail and Foot Care of Boise with Sandy* - call to schedule appointments, 208-747-5797
9 am-4 pm AARP Safe Driver Course*
10 am-2 pm Thrift Store Half-Off Sale
10:30-11:45 am Tech: Online Banking & Bill Pay
Noon Meal **Cranberry Meatballs with Brown Rice**
12-3 pm Tech Help Drop-In
1-4 pm Mexican Train
1-5 pm Bridge

31

10:30-11:45 am Tech: Accounts and Passwords
11 am Book Club*
Noon Meal **Pork Riblet Sandwich**
1-4 pm Mexican Train
1-5 pm Bridge

TUESDAY

4

10:30-11:30 am Longevity Stick
10:30-11:45 am Tech Q&A
Noon Meal **Orange Chicken with Brown Rice**
12 pm **Fat Tuesday / Mardi Gras**
1-2 pm Fit and Fall Proof
1-4 pm Euchre
1-4 pm Mahjong
6-9 pm **Senior Prom***

11 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 **Roast Pork & Mushroom Gravy**
1-2 pm Fit and Fall Proof
1-4 pm Euchre
1-4 pm Mahjong

18 Treats by Senior Helpers

10:30-11:30 am Longevity Stick
10:30-11:45 am Tech Q&A
10:30 am-2 pm The Avery Hotel*
Noon Meal **Monterey Chicken with Spanish Rice**
1-2 pm Fit and Fall Proof
1-4 pm Euchre
1-4 pm Mahjong

25

10 am-2 pm Thrift Store Half-Off Sale
10:30-11:30 am Longevity Stick
10:30-11:45 am Tech Q&A
Noon Meal **Polish Sausage with Sauerkraut**
1-2 pm Fit and Fall Proof
1-4 pm Euchre
1-4 pm Mahjong

WEDNESDAY

5 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 **Salisbury Steak with Mashed Potatoes**
12-12:30 pm Pop-Up Library
1-3 pm Acrylics Social Group
1-5 pm Canasta
2-3 pm Tai Chi & Qigong Intermediate*
3-4 pm Tai Chi & Qigong Beginner*

12 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*
11:45 am Fitness demonstrations
Noon Meal **Spaghetti with Meat Sauce**
12:15 pm Name That Tune!
1-3 pm Acrylics Social Group
1-5 pm Canasta
2-3 pm Tai Chi & Qigong Intermediate*
3-4 pm Tai Chi & Qigong Beginner*

19 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-1 pm Legal Counsel*
Noon Meal **BBQ Cheeseburger with Whole Wheat Bun**
12:15 pm Name That Tune!
1-3 pm Acrylics Social Group
1-5 pm Canasta
2-3 pm Tai Chi & Qigong Intermediate*
3-4 pm Tai Chi & Qigong Beginner*

26 Treats by Idaho Home Health & Hospice

10 am-12 pm Cribbage
10 am-12 pm Happy Hookers Knit & Crochet
10 am-2 pm Thrift Store Half-Off Sale
10:30-11:30 am Gentle Yoga*
11:30 am **Music: Dakota Dave**
Noon Meal **Sicilian Chicken, Buttered Noodles**
12:15 pm Name That Tune!
1-3 pm Acrylics Social Group
1-5 pm Canasta
2-3 pm Tai Chi & Qigong Intermediate*
3-4 pm Tai Chi & Qigong Beginner*

THURSDAY

6 Treats by Serengeti Care

10-11 am Bingo with Kelly
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 Enchilada Pasta**
1-3 pm Tech Help Drop-In
1-4:30 pm Idaho Supreme Court*
1-5 pm Bridge

13 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 Blessing Bike visit
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: Frog & Bird*
Noon Meal **Country Fried Steak w/ Gravy**
12:30-2:30 pm Paper Crafts: Tissue Case*
1-5 pm Bridge
4:45-10 pm Stagecoach Theater: Hamlet*

20 Treats by Home Helpers

9:30 am-12 pm Idaho Seed Lab*
10-11 am Bingo with Jim
10-11:30 am Chat-n-Chew Social Group
11 am **Music: The B Team**
11 am-3 pm Rummikub
11:30 am-12:30 pm Drumming Divas
Noon Meal **NEW - Broccoli Rice with Ham Casserole**
1-3 pm Tech Help Drop-In
1-5 pm Bridge

27 Treats by Copper Falls Hospice

10-11 am Bingo with Andre
10-11:30 am Chat-n-Chew Social Group
10 am-2 pm Thrift Store Half-Off Sale
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
Noon Meal **Roast Beef with Brown Gravy**
1-3 pm Free Movie Day*
1-5 pm Bridge

FRIDAY

7

9 am-3 pm Tech Help Drop-In
10 am-2 pm Pinochle
11-11:45 am Reverse Mortgage 101*
11:30 am **Senior Goldmine Visit**
Noon Meal **Herb-Crusted Salmon with Rice Pilaf**
1-2 pm Fit and Fall Proof
2-5 pm Intro to Pinochle

14 Birthday Cake by Connect Health

8:45-11:30 am BONUS: Coffee & Brunch*
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 **Garlic-Herbed Pollock, B Rice**
12 pm **Birthday Friday**
1-2 pm Fit and Fall Proof
1-2:30 pm Widow/Widower Support Group
2-3 pm Maintaining Optimal Brain Health
2-5 pm Intro to Pinochle

21 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 **Cheese Manicotti with Marinara Sauce**
1-2 pm Fit and Fall Proof
2-5 pm Intro to Pinochle

28 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
10 am-2 pm Thrift Store Half-Off Sale
Noon Meal **Lemon-Baked Fish, B Rice**
1-2 pm Fit and Fall Proof
1-2:30 pm Widow/Widower Support Group
2-5 pm Intro to Pinochle

29 Saturday

10 am-12 pm March for Meals, Kleiner Park



SOUTHERN MAC AND CHEESE

Southern mac and cheese is an uncomplicated comfort food that uses affordable ingredients for a super rich dish.

Ingredients

- 1 package (16 ounces) elbow macaroni
- 2 large eggs
- 1 can (12 ounces) evaporated milk
- 1/4 cup butter, melted
- 2 tablespoons prepared mustard
- 1 teaspoon seasoned salt
- 1 teaspoon pepper
- 8 ounces Velveeta, melted
- 2 cups shredded mild cheddar cheese, divided
- 2 cups shredded sharp cheddar cheese, divided

Instructions

1. Cook macaroni according to package directions. Preheat oven to 350°.
2. Meanwhile, in a large bowl, whisk the eggs, milk, butter, mustard, seasoned salt and pepper until combined. Stir in the Velveeta and 1-1/2 cups each of mild and sharp cheddar cheeses.
3. Drain macaroni; stir into cheese mixture. Pour into a greased 3-qt. baking dish. Top with remaining cheeses. Bake, uncovered, until cheese is melted and edges are bubbly, 25-30 minutes.

Photo and recipe by tasteofhome.com

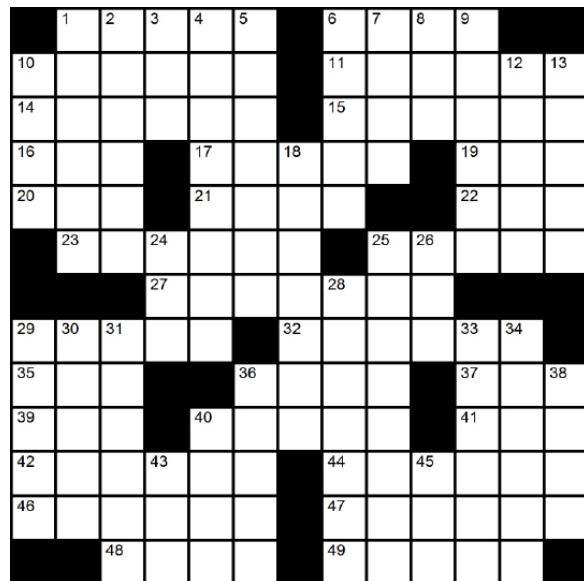
CROSSWORD PUZZLE

ACROSS

- 1 Billionaire philanthropist George ---
- 6 Summer refreshments
- 10 Anonymous
- 11 Type of mutual fund
- 14 Blood ailment
- 15 River clearer
- 16 Menagerie
- 17 Where the rain falls mainly on the plain
- 19 Belittle
- 20 Global currency body
- 21 Only
- 22 Moose
- 23 Uphold
- 25 What actors must remember
- 27 To do with plants
- 29 Include as a bonus
- 32 "--- number, --- phone (Elvis Presley: "Return to Sender")
- 35 --- Grande
- 36 WTO forerunner
- 37 Tennis high shot
- 39 Cut
- 40 Hoard
- 41 In the manner
- 42 Paper boss
- 44 Completely
- 46 Despise
- 47 Required
- 48 Hell --- no fury like a woman scorned
- 49 Feminist Germaine ---

DOWN

- 1 Wine region west of Napa
- 2 Unrepeated event
- 3 Pound
- 4 Something left out
- 5 Haven
- 6 Self-published author



- 7 Maize
- 8 Globally calamitous happening
- 9 Soaking wet
- 10 E.g. Speer, Himmler
- 12 Fleet of foot
- 13 Classroom furniture
- 18 Annual publication
- 24 G-men
- 25 One of an audience
- 26 Ward for serious cases
- 28 Zip
- 29 Ready to go off
- 30 Rectifier
- 31 Use
- 33 Painter --- Monet
- 34 Yell
- 36 Courtyard
- 38 Hairless
- 40 Price
- 43 It got very wet in Boston
- 45 Fixed charge

Answers are 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.



YOU MIGHT BE ELIGIBLE FOR FREE GROCERIES

More than half of Idaho's seniors are eligible for the state's Supplemental Nutrition Assistance Program (formerly known as Food Stamps), but are not enrolled. Join us in the dining room at noon on Friday, Feb. 21 to learn more about the program and to find out if you qualify.

The Idaho Hunger Relief Task Force will be on hand that day 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. For more information, give us a call at 208-608-7580.

WE'LL SET OUR CLOCKS FORWARD ON MARCH 9



Despite talk about eliminating the time change, daylight saving time will begin on March 9 at 2 a.m. "While several states have passed bills to establish year-round daylight saving time, any changes require federal action. Until the Uniform Time Act is repealed or a new federal bill is passed, the time changes will still occur in 2025." — *desertsun.com*

IMPROV WORKSHOP OFFERED ONCE A MONTH

An improv theater workshop is offered on the third Friday of every month from 10:30 a.m. to 12 p.m. It's led by Erika Shaver-Nelson, who has a master's degree in psychology/drama therapy and 20 years of experience leading creativity programs for older adults. Some of the benefits of improvisational theater include connecting with others, trying something new, spontaneity, laughter, playfulness, physical movement, and creative expression. Anyone can participate. There is no cost to attend, but registration is required. Call 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. Listed below are some of the Bonus trips we have on the calendar. Pre-registration is required, 208-608-7580.

IDPTV Tour, Feb. 13, 9:30 a.m.-12 p.m. Ever wonder what it's like behind the scenes of a television station? Join us for an exclusive tour of the Idaho Public Television Studios. Cost \$16/\$24.25.

Coffee & Brunch, March 14 and Apr. 15, 8:45-11 a.m. Enjoy four different single-origin coffees from around the world, each paired with a brunch item. Learn to match food and coffee so the flavors enhance one another. Cost \$30/\$46.50.

Joseph and the Amazing Technicolor Dreamcoat, Apr. 3, 4:15-10 p.m. This timeless show reimagines 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).



PAPER CRAFT CLASSES CELEBRATE SPRING

Paper crafts instructor Sunmi Choi is offering free 30-minute origami classes in February and March. Students will learn to fold paper hearts and camellias on Feb. 13, and frogs and birds on March 13. Both origami classes begin at 11:50 a.m.

Intermediate paper folding classes will include a Valentine candy box on Feb. 13 and a tissue case on March 13. Cost is \$2 per person, and all materials are included. Space is limited, register in advance at 208-608-7580.

"MARCH FOR MEALS" BENEFITS IDAHO SENIORS

The annual March for Meals benefit walk will take place on Saturday, March 29 beginning at 10 a.m. at Kleiner Park in Meridian. The 1/3-mile walk highlights food insecurity and senior hunger, and how Meals on Wheels Metro Boise provides meals to homebound seniors.

There is no entry fee to march, and anyone can participate. Horizon Credit Union donates \$5 for each marcher to Meals on Wheels Metro Boise. Please join us at the walk to support Idaho's seniors.

CONGRATS TO OUR MONTHLY HIGH SCORERS!

PINOCHLE

November

High Score:
Barbara D. 7,330

December

High Score:
Pam 7,370

BRIDGE

November

Monday: Susan 2,930
Thursday: Ann 3,510

December

Monday: Fran 3,960
Thursday: Ann 2,790



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Clockwise from top left: Members of "The B Team" perform during lunch.

We celebrated the new year with "bubbly" toasts and good cheer.

Chat-n-Chew is growing, and there's room for you at the table.

Don, who makes our NFL Pick 'em a reality, congratulates Gloria on her season win. She took home bragging rights and a \$100 gift card to Costco.



WE'RE BRINGING IN THE EXPERTS TO SHARE SOME TIPS ON ENHANCING YOUR BRAIN'S HEALTH

We're teaming up with experts in the community to help you keep your brain in tip-top shape. From what we eat to how we socialize, there are numerous ways we can contribute to the overall health of our brains.

The Idaho Commission on Aging will kick off our observance of Brain Awareness Week by presenting "The Big Umbrella: A Brief Guide to Understanding Dementia, Care Planning, and Enhancing Your Brain's Health" on Monday, March 10, from 11 to 11:45 a.m. Enjoy snacks that promote brain health. Space is limited, registration is required, 208-608-7580.

On Wednesday, March 12, at 11:45 a.m., fitness instructor Mike McClenahan will demonstrate Gentle Yoga and Pilates - fitness classes that are available through Boise Parks and Recreation.

14
15

1. Breathing, Focus & Mindfulness

Often times, remembering something first requires our attention. Taking a deep, slow "belly" breath can focus our minds, lower stress and enrich our brain's blood oxygen levels.

2. Exercise & Build Strength

With your doctor's approval, regularly increase your heart rate, keep your joints moving and lift weights or use resistance bands. Brisk walks as well as dancing have been shown to improve one's mood and cognition.

3. Watch Food, Beverages & More

We are what we eat, drink and inhale. Consider adapting the Mediterranean or MIND diet to your lifestyle. Lower consumption of sugary foods and drinks, processed meals and carbohydrates, i.e., white bread and white pasta. Diabetes and smoking are top risk factors for cognitive decline. Factoid: If able to consume alcohol, a glass of red wine daily might be protective for your brain.

4. Ensure Better Sleep

Rest in a cool, dark room. Reduce reading and eating in bed. Limit electronic distractions and blue-light emitting devices.

Brain Boost

Here are 10 science-based recommendations to help you build a better brain. Your brain is a marvelously complex organ that manages every aspect of your life. In fact, what's more amazing is that some studies have shown that a small number of people who did not express any impairments during their lives, actually had advanced Dementia pathologies that were seen at autopsy after death. Why?

It's thought by some leading scientists, that having diseased brain tissue, but not showing signs of Dementia in life, may point to the importance of two brain attributes: increased brain plasticity and greater cognitive reserve. The 10 building blocks outlined here are geared toward achieving both. The more you learn new ways to do things, together with increasing your reservoir of knowledge, the more likely you are to put yourself in a position for the best possible brain health. Why not focus on one or two brain boosters today?

5. Understand Your Chemistry

Have your pharmacist check for any possible medication interactions. Consider using genetic counseling to inform how certain drugs might work in your body and reveal little known aspects about your health and family medical history.

6. Protect Your Head

Traumatic brain injuries and concussions are problematic. Wear a seatbelt, get help with climbing ladders, watch for trips and falls and avoid full-contact sports and/or wear protective head gear.

7. Aid Your Senses

What you don't hear or see is hard to remember! Plus, straining to listen or see forces the brain to allocate resources away from cognitive tasks. Look up, listen up! Test your hearing and vision.

8. Stay Socially Active

Engaging in conversation works diverse regions of the brain to respond and remember. Gather with others through your faith, work, hobby or other common interests.

9. Challenge Yourself

Do new activities. Try different foods, travel to different destinations, practice other languages and take up a new hobby.

10. Be Curious

Ask questions. Why? Learning is your #1 brain health building block!

SCAN | CLICK

LEARN MORE

On Friday, March 14, join us at 2 p.m. for "Maintaining Optimal Brain Health as You Age," to learn the difference between normal cognitive changes and things to be concerned about. See page 12 for details.

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Carol

First job: A fruit-packing house in Emmett, age 16.

Last job: I haven't discovered it yet!

Most proud of: My independence - doing it all on my own and succeeding.

If I met my 18-year-old self, I would tell her: Life gets much better. Learn self-confidence.

Kathy

First job: Sacking popsicles at my dad's dairy, age 14.

Last job: Customer service manager at Kmart on Parkcenter.

Most proud of: Picking up and starting over.

If I met my 18-year-old self, I would tell her: Believe in yourself!

10

Dick Eardley Senior Center Newsletter

Dick Eardley Senior Center Newsletter

11



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NORMAL AGING VS. COGNITIVE CONCERNS

We're celebrating the globally recognized Brain Awareness Week in March (details on Page 11) and hosting Board Certified Clinical Neuropsychologist J. Audie Black, Ph.D., ABN, owner & chief Neuropsychologist of Idaho Neuropsychology, PLLC. Dr. Black will present "Maintaining Optimal Brain Health as You Age." This discussion will take place in the Senior Center dining room on March 14 starting at 2 p.m. Dr. Black will share information geared toward helping people determine normal aging vs. when to be concerned about cognitive changes. A Q&A session will follow the presentation. Everyone in attendance will get access to his new free e-book, "Living with Dementia," and quarterly newsletter.

BIRTHDAY CORNER



Happy birthday to everyone who celebrated December and January birthdays with us!

December

Kathy Allyn
Phil Courtright
Carlyn Entrikin

January

Debbie Devries
Steve Hanson
Phil Kooy
Dorothy Ludik
Kathy Monagle
Becky Porritt
Steve Seiferth
Elija Wegner
David Wesley
Phil Wickstrand
Shelley Zimmerman

Amer. Heritage Girls

December: Jenivieve,
McKenna, and Fiona

January: Faith

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:



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HEALTH**