

DICK EARDLEY SENIOR CENTER

CITY of BOISE | JUNE/JULY 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 ...

Casino Night is on June 26! Learn more and meet our event sponsors on pages 10 & 11.

The Senior Center will be closed:

- **June 19** for Juneteenth. Lunch will be served curbside to go from 12-12:30 p.m., at the Robbins Road pull-through.
- **July 4** for Independence Day. Lunch will not be served.

We're hosting a **Red Cross Blood Drive** on Aug. 1 from 10 a.m. to 3 p.m. Call or stop by the front desk to schedule your donation appointment, 208-608-7580.

The **Craft Supply & Fabric Sale** will return on Aug. 7. Watch for details in the August/September newsletter.

DID YOU KNOW?

Line dancing offers unexpected benefits for older adults, including:

- Community connection - It's a social activity.
- Mind-body harmony - It's a mental workout as well!
- Accessible - It's adaptable to many mobility levels.
- Music magic - The soundtrack spans genres and generations.
- Overall health - It's good for cardiovascular health, balance, flexibility, and stress reduction.

Source: rollinggreenvillage.com

DADS, WE ARE THROWING A FATHER'S DAY PARTY FOR YOU

Come enjoy a few of our best dad jokes on June 13 while we partner with Senior Helpers to host a lunchtime event to honor all dads.

The kitchen will be serving a special Father's Day meal of Swedish Meatballs, and our friends from Senior Helpers will have a special treat for each dad in attendance.

Just for fun, we are also celebrating Wear a Hat Day that day, so pick out your favorite hat and bring it along to the celebration.

Our Father's Day event falls on Birthday Friday this year, so we will all get to enjoy a slice of cake, compliments of Jim Starr and Connect Health

It will be one big, delicious event. We hope you can make it. Festivities start at 12 p.m. Everyone is invited. Regular lunch charges apply.



WE'RE BRINGING LINE DANCING BACK TO THE SENIOR CENTER!

We're bringing line dancing back! Instructor Annie Hocking will offer free sample classes on June 13, June 27, July 11 and July 25, all from 2-3 p.m. Everyone is invited to give it a try, no dance experience needed.

"Come join this fun, old-style country line dance class, where we will learn dances like Boot Scootin' Boogie, Good Time, and many more. The only

requirement is that you come ready to dance to music by Alan Jackson, George Strait, Brooks and Dunn, and many more great artists," Annie said.

Please reserve your spot in advance at 208-608-7580.

Fee-based weekly line dancing classes will be offered on Fridays at 2 p.m. starting in September.

THE WEST WILL COME ALIVE AT PATTY CLAYTON PERFORMANCE

Join us for a free 1-hour performance of original and borrowed music of the West about cowboys, cowgirls, horses, rodeos, prairie dogs, the Oregon Trail, and more iconic western themes with Patty Clayton as our guide.

With a voice "as pure as the prairie wind," Patty is a performer and songwriter who has gained recognition with her buckaroo ballads and western swing, a genre inspired by her life in the West and the settling in the West of her ancestors with a history rich in ranching in the Pacific Northwest. *PATTY continues on page 3*



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.



Topic-specific classes and lectures are offered on Mondays, and an open help lab is available on Tuesdays in June. 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.

- June 2 - Trouble-Shooting Basics
- June 9 - Smartphones for Beginners
- June 16 - Entertainment in the Digital Age
- June 23 - What's an App?
- June 30 - Understanding Phone Notifications
- July 14 - Smartphone Tips & Tricks
- July 28 - Using AI for Tech Support

NEW SENIOR SOCIAL AT THE WEST BOISE LIBRARY!

We are partnering with the Library! at Cole and Ustick to offer a new opportunity for seniors in West Boise to participate in Senior Center programs. Join us for the new Senior Social on July 18 and July 25 from 12:30-2 p.m. at the library. We'll bring no-cash Bingo and fun prizes. Come socialize, meet new people, and try out an activity with the Dick Eardley Senior Center. Bingo is free to participate. Please call 208-608-7580 to reserve your spot.

CENTRAL DISTRICT HEALTH IS OFFERING FREE DENTAL SCREENINGS

Central District Health will visit the Senior Center on Tuesday, June 3 from 11 a.m. to 2 p.m. to conduct a dental health survey and screening for anyone who would like one. They are also offering a \$20 gift certificate to Delta Dental for anyone who participates. There's no need to sign up, just stop in.

OUR \$1 SALE WAS A HIT, SO WE'RE DOING IT AGAIN

Stop by the thrift store June 9-13 to take advantage of our \$1 clothing sale. All men's and women's clothing will be sold for just \$1 per piece (shoes not included). New items will be added daily. Store hours are Monday through Friday from 10 a.m. to 2 p.m.



FALL ACTIVITY REGISTRATION WILL OPEN IN AUGUST

The Fall Activity Guide will be live online on July 22. We'll have printed copies available at the front desk.

Registration for fall activities opens at 7 a.m. 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.

LET'S GO VISITING THIS SUMMER!

We want to hear from you about a couple of ideas we have for fun social opportunities this summer. Here's what we're thinking:

- Join up with folks from the Meridian Senior Center at the Eagle Senior Center to play a friendly game of Chair Volleyball. Teams of six work together to keep a beach ball in the air. It's all done from a seated position, and it's a HOOT. We have all the equipment needed to get a few practice sessions in before our visit.
- Take a bus to Mountain Home to visit our friends there and have lunch. The Mountain Home Senior Center brought a few of their participants to dine with us in April and we'd like to return the favor.



Please stop at the front desk or call 208-608-7580 to let us know you're interested. We'll keep you posted!

SENIOR CENTER RESTROOMS WILL BE CLOSED FOR ADA UPGRADES

The Senior Center's three single-stall restrooms—one in the main hallway and two near the kitchen—will be closed for about a week this summer for accessibility modifications. Once complete, the women's and men's multi-stall restrooms will be closed for ADA upgrades. Exact dates are unknown. Please watch for signage.

The Americans with Disabilities Act is a federal law that ensures that people with disabilities have equal access to services, facilities, and information.

DR. SASS RETURNING TO SHARE NEW RESOURCE

Dr. Margaret Sass will return to the Senior Center on June 17 from 11 a.m. to 12 p.m. to offer a new course on AI that will focus on a new and free resource called Simple AI Tools for Seniors. "We will focus on the two newest chapters that discuss AI on your cell phone and AI personas," she said. Please register in advance. Stop by the front desk or call 208-608-7580.

BOCCE LEAGUE WILL PLAY THROUGH SUMMER

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 pick your session 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.



MOBILE PRODUCE MARKET COMING SOON

The Mobile Market will be bringing fresh fruits and veggies from local farms to the Senior Center this summer, and they'll be trying out a new "pay-what-you-can" pricing system, as well as offering discounts for seniors and veterans.

The market will take place in the Senior Center courtyard each Thursday beginning June 26, from 11 a.m. to 12:30 p.m.

The Mobile Market is a partnership between the Boise Farmers Market and City of Good. Shoppers can pay with SNAP/EBT, credit card, debit card, Produce Rx, Market/Sprout tokens, and cash. Double up your SNAP produce purchases with a daily match up to \$20!

PATTY continued from page 1

Patty has won numerous awards and honors for her accomplishments over the past three decades, most recently being named the International Western Music Association's 2024 Female Performer of the Year.

Don't miss this opportunity to enjoy a free live performance in the Senior Center dining room on Wednesday, June 4 beginning at 1 p.m.

You can follow Patty's adventures and travels on the musical trails on her website, www.pattyclayton.com



Artwork by instructor Lance Warren.

PENCIL DRAWING CLASS OFFERED JUNE 12

A free 90-minute pencil drawing class is being taught by artist Lance Warren on Thursday, June 12, starting at 1 p.m.

"Instruction will be geared toward beginning and intermediate levels," Lance said. "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, so please reserve your spot by calling 208-608-7580.

SENIOR GOLDMINE DATE WILL SHIFT IN JULY

Due to the Independence Day closure on Friday, July 4, Senior Goldmine's Terry and Jan Smith and the Goldmine partners will visit on Wednesday, July 9 instead. The fun gets underway at 11:30 a.m. Come for a great time, stay for a great lunch!

YOU MIGHT BE ELIGIBLE FOR FREE GROCERIES

Approximately three out of five Idaho seniors who qualify to receive Supplemental Nutrition Assistance Program benefits are missing out. The Idaho Hunger Relief Task Force will visit the Senior Center on June 12 and July 17 from 11 a.m.-12:30 p.m., to share information and help people get signed up.

JUNE

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
June 11 and 25, 10:30 am-1:30 pm



PARKS AND RECREATION

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

MONDAY

2	
10:30-11:45 am	Tech: Trouble-Shooting Basics
Noon Meal	Meatloaf
1-4 pm	Bridge
1-4 pm	Mexican Train
5:30-7:30 pm	Senior Bocce League*

9	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	Thrift store \$1 sale begins
10:30-11:45 am	Tech: Smartphones for Beginners
Noon Meal	Chicken Tenders w/ Ranch
1-4 pm	Bridge
1-4 pm	Mexican Train
5:30-7:30 pm	Senior Bocce League*

16	
10:30-11:45 am	Tech: Entertainment in the Digital Age
Noon Meal	Baked Ham w/ Pineapple
1-4 pm	Bridge
1-4 pm	Mexican Train
5:30-7:30 pm	Senior Bocce League*

23	
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: What's an App?
11 am	Music: Kathy McFadden & Friends
Noon Meal	Lemon Baked Fish
1-4 pm	Bridge
1-4 pm	Mexican Train
5:30-7:30 pm	Senior Bocce League*

30	
10:30-11:45 am	Tech: Understanding Phone Notifications
11 am	Book Club*
Noon Meal	Pork Riblet Sandwich
1-4 pm	Bridge
1-4 pm	Mexican Train

TUESDAY

3	
10 am-12 pm	Bocce*
10:30-11:30 am	Longevity Stick
10:30-11:45 am	Tech Q&A
11 am-2 pm	Free dental screenings by CDHD
Noon Meal	Orange Chicken w/ Brown Rice
1-2 pm	Fit and Fall Proof
1-4 pm	Euchre
1-4 pm	Mahjong

10	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 w/ Mushroom Gravy
1-2 pm	Fit and Fall Proof
1-4 pm	Euchre
1-4 pm	Mahjong
6-8 pm	Bethine Church River Trail*

17	Treats by Senior Helpers
9:30 am-12 pm	Old Pen Tour*
10:30-11:30 am	Longevity Stick
10:30-11:45 am	Tech Q&A
11 am-12pm	AI with Dr. Sass*
Noon Meal	Monterey Chicken w/ Spanish Rice
1-2 pm	Fit and Fall Proof
1-4 pm	Euchre
1-4 pm	Mahjong

24	Treats by A Special Touch Home Care
10 am-2:30 pm	Miniature Golf*
10:30-11:30 am	Longevity Stick
10:30-11:45 am	Tech Q&A
Noon Meal	Roast Beef w/ Brown Gravy
1-2 pm	Fit and Fall Proof
1-4 pm	Euchre
1-4 pm	Mahjong

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WEDNESDAY

4	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	Ham Salad on Ciabatta
12-12:30 pm	Pop-Up Library
12:15-12:30 pm	"Name That Tune"
1-2 pm	Patty Clayton Performance
1-3 pm	Self-Led Acrylics
1-5 pm	Canasta

11	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	Spaghetti w/ Meat Sauce
12:15-12:30 pm	"Name That Tune"
1-3 pm	Self-Led Acrylics
1-5 pm	Canasta
4:30-10:30 pm	Eagle Rodeo*

18	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	Mushroom Swiss Burger
1-3 pm	Self-Led Acrylics
1-5 pm	Canasta


25	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	Polish Sausage w/ Sauerkraut
1-3 pm	Self-Led Acrylics
1-5 pm	Canasta

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THURSDAY

5	Treats by Serengeti Care
9-11:30 am	Pollinator Garden Tour*
9:30-10:30 am	Tai Chi & Qigong Intermediate*
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: Scott Miller & Deep into the Grass
11 am-3 pm	Rummikub
11:30 am-12:30 pm	Drumming Divas
Noon Meal	Chicken Enchilada Pasta
1-4 pm	Bridge

12	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-12:30 pm	Blood Pressure Clinic
11 am-12:30 pm	Idaho Hunger Relief Task Force
11 am-3 pm	Rummikub
11:30 am-12:30 pm	Drumming Divas
Noon Meal	Tuna Salad Sandwich
1-2:30 pm	Pencil Drawing Class*
1-4 pm	Bridge

19	
	The Senior Center is closed for Juneteenth
	
	Lunch is Mushroom Swiss Burger and will be served curbside to go at the Robbins Road pull-through.

26	Treats by Copper Falls Hospice
9:30-10:30 am	Tai Chi & Qigong Intermediate*
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
11:50 am-12:20 pm	Origami: House and Fish*
Noon Meal	Salisbury Steak
12:30-2 pm	Paper Craft: 4th of July Star*
1-4 pm	Bridge
6-9 pm	Casino Night*

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FRIDAY

6	Treats by Borchers Insurance
10 am-2 pm	Pinochle
11:30 am	Senior Goldmine Visit
Noon Meal	Herb Crusted Salmon
1-2 pm	Fit and Fall Proof
2-4:30	Brewery - 10 Barrel*
2-5 pm	Intro to Pinochle

13	Birthday Cake by Connect Health
10-11:30 am	Widow/Widower Support Group*
10 am-2 pm	Pinochle
Noon Meal	Swedish Meatballs w/ Noodles
12 pm	Wear a Hat Day
12 pm	Father's Day Celebration
12 pm	Birthday Friday
12:30-3:30 pm	Lunch Club*
1-2 pm	Fit and Fall Proof
1-2:30 pm	Widow/Widower Support Group*
2-3 pm	Line Dancing*
2-5 pm	Intro to Pinochle

20	Treats by Brookdale Independent Living
8:30 am-12:30 pm	Fruit Picking - Cherries*
10 am-2 pm	Pinochle
10:30 am-12 pm	In the Moment Improv Theater*
Noon Meal	Vegetarian Penne
1-2 pm	Fit and Fall Proof
1-4 pm	Bridge
2-3 pm	Aging in Place*
2-5 pm	Intro to Pinochle

21	Saturday
9:30-11:30 am	Fire Station Tour*

27	Treats by Oasis Senior Advisors
10-11:30 am	Widow/Widower Support Group*
10 am-2 pm	Pinochle
Noon Meal	NEW Cilantro Lime Chicken, Rice Pilaf
1-2 pm	Fit and Fall Proof
1:30-5 pm	Winery - Sawtooth*
2-3 pm	Line Dancing*
2-5 pm	Intro to Pinochle

28	Saturday
10:30 am-1 pm	Paddle Board Class*



IDAHO® POTATO DUMPLINGS
WITH LITEHOUSE® RANCH SAUCE

Crispy herbed Idaho® russet potato dumplings are topped with an option of creamy Litehouse® Ranch sauces and various flavorful toppings.

Ingredients

- 4 large Idaho® russet potatoes, peeled
- 2 teaspoons Kosher salt, plus more for water and post-seasoning
- 1 teaspoon fresh black pepper
- 1 teaspoon granulated garlic
- 1 teaspoon Litehouse® freeze-dried sage
- 1 large egg, whisked
- 2 cups all-purpose flour
- Oil, for cooking
- Litehouse® Homestyle Ranch sauce, see flavor combinations below.

Instructions

1. In a large pot of boiling salted water, add potatoes and cook until fork-tender
2. Mash until no lumps remain and combine the remaining ingredients. Knead well until combined.
3. Form into 1-ounce dumplings and drop into boiling salted water. Remove once the dumplings float, about 4 minutes.
4. Reserve until ready to use or cover and refrigerate. Par-cooked dumplings will hold for 2-3 days.
5. To serve, preheat a large skillet with a splash of oil over medium-high heat.
6. Add dumplings and cook until golden, about 5 minutes.
7. Season with salt and top with your favorite toppings.

Litehouse® Chipotle Buttermilk Ranch Sauce: Mix 4 cups Litehouse® Buttermilk Ranch dressing with 1 cup canned chipotle in adobo until smooth in a blender.

Litehouse® Marinara Ranch Sauce: Mix 4 cups Litehouse® Homestyle Ranch dressing with 3 cups marinara in a blender until smooth.

By Idahopotato.com
Recipe author Adam Moore,
Flashpoint Innovation

CROSSWORD PUZZLE

ACROSS

- 1 Biblical homicide victim
- 5 Iraqi port
- 10 Double-check
- 13 Forewarning
- 14 Watch
- 15 Fumed
- 19 Pervading air
- 22 "... but I could be wrong"
- 23 --- firma
- 24 Software trial version
- 25 What a parade does
- 26 Set of moral principles
- 28 Graveyard of Empires
- 34 Agree
- 35 Groups of animals
- 36 Round, red root vegetable

Down

- 1 Stage equipment
- 2 Ingot
- 3 Supplement
- 4 Moon lander
- 5 Place of confinement
- 6 Now and again
- 7 St. Elmo is their patron
- 8 City it can be blamed on?
- 9 Raggedy one
- 11 Lust after
- 12 Lady of "Idylls of the King"
- 15 Move up and down

1	2	3	4			5	6	7	8	9
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13										
				14						
15	16	17	18				19		20	21
22						23				
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28	29						30	31	32	33
34										
35						36				

- 16 Metal-bearing mineral
- 17 Natural number
- 18 Hated big-time
- 20 Globe
- 21 Eight hours, to most workers
- 23 Implied
- 25 Turpentine source
- 27 Fort --- State University, Kansas
- 28 Powdery residue
- 29 Sum charged
- 30 Weep
- 31 Golfer's peg
- 32 Affirmative vote
- 33 Open mesh fabric

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



Radio Days live theater brings large crowds to the dining room.

"HAVE GUN—WILL TRAVEL" IS THIS SUMMER'S
LIVE THEATER PERFORMANCE, AND IT'S FREE!

Radio Days is planning their return to the Senior Center, and they've announced a brand-new show just perfect for the summer. Join us for a trip to the Old West with "Have Gun—Will Travel" on Wednesday, July 23 at 7 p.m. Your ticket has already been paid for by an anonymous sponsor. Please RSVP by calling 208-608-7580.

"Have Gun—Will Travel" is an American Western series that follows the adventures of Paladin, a gentleman investigator/gunfighter who travels around the Old West working as a gunfighter for hire. In this episode—"The Frontier Gentleman"—a stagecoach has just arrived in the sleepy town of Shoshone and among the riders is a traveling journalist. They are greeted by the Sheriff and his deputy, who've gotten wind of a thief on the stage. But there's a twist; it seems that the sheriff doesn't really care whether he catches a thief or not as he has other plans for this gentleman journalist.

This episode is filled with humor, heart and popular songs, including "Wagon Train," "You Can't Get a Man with a Gun," "Help!," "Your Cheatin' Heart," and "Back in the Saddle Again." Don't miss out on the fun!

NEW SUMMER PROGRAMS IN PAPER CRAFTS



Paper Craft instructor Sunmi Choi has announced a new class that is designed to support fine motor skill development, enhance cognitive ability, and prevent conditions such as dementia and hand tremors in older adults. Bae's Brothers' Senior Origami School is being developed and led by Sunmi, as well as her 7th- and 9th-grade sons, Kangwoon Bae and Kanghyeon Bae. It is free to attend and open to anyone. It will take place on July 10 from 12:30-1:30 p.m.

Sunmi will also teach free origami classes on June 26 and July 31, from 11:50 a.m. to 12:20 p.m., and \$2 intermediate paper craft classes on the same days from 12:30-2 p.m., with a special film screening by Kanghyeon in between classes on July 31. Project samples are on display in the Senior Center's main hallway. Please register in advance at 208-608-7580.

MOST PEOPLE WANT TO LIVE IN THEIR OWN HOME
AS THEY AGE; JOIN US FOR "AGING IN PLACE"

While almost 70% of Americans over 65 will live in long-term residential care such as assisted living, nursing homes or memory care at some point in their older years, most people would prefer to stay in their own homes. Improving some basics of your health and mobility, creating a safer environment, and having a flexible mind-set will increase your chances of being able to age in place.



Dr. Julia Parker

Dr. Julia Parker, a geriatric nurse and elder care leader, is offering "Aging in Place," a one-hour workshop that can help you make some simple adjustments so that you can safely stay at home and avoid expensive residential care.

The free workshop will take place on Friday, June 20, from 2-3 p.m. Please register in advance at the front desk or call 208-608-7580.

CONGRATS TO OUR MONTHLY HIGH SCORERS!

PINOCHLE

March

High Score:
Phil 6,220

April

High Score:
Steve 8,560



BRIDGE

March

Monday: Meghan 3,070
Thursday: Josseline 3,660

April

Monday: Fran 3,480
Thursday: Ann 3,100



Health insurance is complicated.
We make it simple.

selecthealth.org



CASINO NIGHT

DINNER + ENTERTAINMENT

JUNE 26, 6-9 PM

Lasagna dinner & Dessert • Casino Games • Music
No-Host Beer & Wine Bar • Souvenir Photos • Raffle Prizes

Doors open at 5:30 p.m. Dinner served from 6-7:30 p.m.

CRAPS, ROULETTE, TEXAS HOLD-EM, BLACK JACK

WELCOME TO THE 5TH ANNUAL CASINO NIGHT, MADE POSSIBLE BY OUR GENEROUS SPONSORS

Casino Night will return to the Dick Eardley Senior Center in June, thanks to the generosity of this year's event sponsors, **Blue Cross of Idaho, Boise Cascade, Brookdale Senior Living, Idaho Power, and Summers Funeral Home.**

Back by popular demand at this year's event, the Boise Vista Lions Club's no-cash casino will be offered in two rooms. Come try your luck at Roulette, Craps, Texas Hold'em, and Black Jack. All event-goers can start the evening with \$5,000 in chips, which will get "cashed in" for raffle tickets toward a prize drawing near the end of the evening.

We are bringing back free souvenir photographs and a no-host beer and wine bar, where you'll also find soft drinks for sale (lemonade and water are included in the ticket price).

New this year, Rod Gallegos of Roderick's Cruizin' Classics will be offering top-notch dinnertime music and entertainment.

Advanced ticket purchase is required by 5 p.m. on June 20. Cost is \$10 each or \$18 for two. Call 208-608-7580 to pay by phone.



POWERING CASINO NIGHT

IDAHO POWER



Boise Cascade

Boise Cascade is proud to support

Casino Night

It's a Safe Bet with Summers

Secure your future with a winning hand when you preplan your funeral and add Away From Home protection. Whether you're near or far, your final wishes stay in play. Talk to us about your first step toward lasting peace of mind.

SUMMERS
Funeral Home

Over a Century of Service

3629 E. Ustick Road
Meridian, ID 83646

(208) 898-0642
SummersFuneral.com



WE'RE THERE, SO YOU CAN BE HERE.

A health plan that's there when you need it, and not in the way when you don't—we think that's just the way it should be.

BCIDAHO.COM

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The care you need is *present* but not in your way.

Just because Mom or Dad may need some extra help doesn't mean they've lost their sense of independence.

Call (208) 331-1166: Independent Living
or (208) 338-5600: Assisted Living

Brookdale Boise Parkcenter

Assisted Living/Independent Living
739/767 East Parkcenter Blvd
Boise, ID 83706

Proud sponsor of the Dick Eardley Senior Center's Casino Night Dinner and Dance

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brookdale.com

Bringing New Life to Senior Living®





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

PRSRT STD
US POSTAGE
PAID
Boise ID
Permit No 533

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. 5- Sept. 9
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 April and May birthdays with us!

April

Marilyn Blanchard
Gayle Cunningham
Keith Jacobs
Joanne Lechner
Fidelia Moreno
Larry Osburn
Derral Redwine
Walt Ronk
Debbie Seiferth
Patrick Wolberd

May

Kae Anderson
Curly Bagley
Deb Brown
Laura Bunte
Mark Collie
Ann Warner
John Williamson

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**