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

The Senior Center will be closed:
• Oct. 9 for HVAC repairs. Details are on page 2.
• Nov. 10 for Veterans Day. See menu on page 7 for details.
• Nov. 23 & 24 for Thanksgiving

The Thrift Store and Craft Boutique will be closed Thanksgiving week, Nov. 20-24.

We’ve teamed up with the American Red Cross to host a blood drive on Oct. 26. Stop by the front desk to schedule your donation.

“Radio Days” live theater is coming to the center on Nov. 2. See page 11.

DID YOU KNOW?
The very first example of the meat pie as we know it today can be traced all the way back to Roman times.

In medieval times, pies weren’t just for eating. Cooks used to be tasked with coming up with inventive ways to create not only delicious food but also entertainment to please their kings, so birds and even dwarves would emerge from pies with great theatrics.

While the upper classes could enjoy rich venison meat, the leftover parts, such as the heart, kidney and liver of the animal would be whipped up and put into an umble pie for the lower classes. However, it’s thought that the true connection to the humble pie is derived from the French word nomble, meaning deer’s innards.

Source: mudfoods.com

The annual Senior Health & Safety Fair and Drug Take-Back Event will return to the Dick Eardley Senior Center on Tuesday, Oct. 17, from 10:30 a.m. to 12 p.m. If you’re age 55 or better, this health fair is for you!

Meet local service providers and enjoy giveaways and healthy snacks. Clinics will include flu shots, COVID boosters, blood pressure checks, and hearing screenings. Reserve your vaccines/screening at 208-608-7580.

This year’s fair will also include a drug take-back event by Boise Police. Bring unwanted prescriptions and over-the-counter medications for safe disposal.

VETERANS DAY CELEBRATION TO HONOR ALL WHO HAVE SERVED

Veterans and their families are invited to join us for a lunchtime Veterans Day celebration on Thursday, Nov. 9, beginning at 12 p.m.

The Senior Center’s Heidi Marino will play the Armed Forces Medley on the piano, and all veterans in attendance will be encouraged to stand while their military branch song is played. Veterans will receive a commemorative lapel pin to wear for the day. Thank you for your service!

DICK EARDLEY DAY: CELEBRATING 44 YEARS OF SENIOR SERVICES

Founded in 1979 by then-Mayor Richard R. “Dick” Eardley, the Senior Center has served to improve the health and well-being of older adults in our community for the past 44 years.

As a long-serving mayor of Boise in the 1970s and 1980s, Mr. Eardley had a lasting impact on the lives of senior citizens in the community.

The city honored the mayor’s visionary leadership on Nov. 17, 2014, by naming the building the “Dick Eardley Boise Senior Center.” We will celebrate the day and the man on Friday, Nov. 17 beginning at 12 p.m. Join us for cake and fun facts about the late Mr. Eardley. We welcome the sharing of any memories or stories that people might have about Mr. Eardley.
HALL-OFF SALE IN THE THRIFT STORE OCT. 10-13
Mark your calendar and plan to visit the thrift store between Oct. 10-13. Clothing and select merchandise will be on sale for half off regular prices while we make room for our fall and winter inventory. Be sure to visit on Friday, Oct. 13 for the Bag a Deal event. We’ll provide the bag; you stuff it for just $3 (clothing only).

ADOPT-A-STUDENT RETURNS THIS FALL
Timberline Wolf Connection leadership students will begin visiting the Senior Center in November as part of an annual community service project that will culminate in an inter-generational “Senior Prom” on March 5, 2024.

The Senior Center will once again host the Adopt-a-Student program that gives students and seniors an opportunity to talk, share, and gain insight from one another. Students will bring specific topics and themes to their visits and are looking for seniors who can meet twice in November, once in December, and twice in January and February for about 40 minutes each visit. The November through January meetings will take place at the Senior Center on Thursdays from 11-11:40 a.m. February meetings will take place at Timberline High School. We will provide transportation, so all you have to do is get on the bus and be prepared to make some new high school memories! We’re willing to bet that it will be your first school-related field trip in years.

“The kids and the Senior Prom are a blast. Don’t miss out,” returning program participant Xan Barrett said. “They are a wonderful, enthusiastic group of young students broadening their knowledge base before stepping into the world. It brought back a lot of memories for us and some of our answers surprised them. Take advantage of this opportunity to connect!”

If you are interested in being involved and can commit to all or most of the seven meetings, please stop by the front desk or call 208-608-7580.

HALLOWEEN COSTUME PARTY & CONTEST
Come dressed in your Halloween best on Oct. 31 and you just might win a prize! We’ll rely on the applause-o-meter to pick this year’s winners. Festivities begin at 12 p.m. Categories are Funniest, Spookiest, Best Couple/Group, and Crowd Favorite. Everyone is invited to participate.

FALL CRAFT: WINE CORK PUMPKINS WITH DENISE
If you love fall crafts, you don’t want to miss the Oct. 20 opportunity to create wine cork pumpkins. Class begins at 2 p.m. and is being led by the Senior Center’s Denise Peterson. Cost is $2 per person and all materials will be provided. Attendees will take home at least one cork pumpkin. Sign up in advance, 208-608-7580.

HELP US DECk THE HALLS FOR THE HOLIDAYS
We are welcoming volunteer help to put up the holiday decorations on Wednesday, Nov. 15 from 10 a.m. to 12 p.m. just in time for that week’s Holiday Bazaar. We’ll provide the decorations, Christmas music and refreshments!

LEARN ABOUT LINCOLN’S INFLUENCE ON IDAHO
Guest speaker Doug Rutan, retired superintendent of Kuna School District, will visit Chat-n-Chew on Oct. 26, 10-11 a.m. to present “Abe Lincoln’s Influence on Idaho.” Everyone is invited to attend this free program, which will include a 30-minute presentation followed by discussion. Call 208-608-7580 to RSVP.

NFL SENIORS PICK ‘EM STARTS A LITTLE EARLIER ON BACK-TO-BACK WEDNESDAYS
Due to scheduled Lunch & Learn events on Oct. 25 and Nov. 1, the NFL Seniors Pick ‘Em presentation that normally begins at 12:15 p.m. on Wednesdays is being moved to 11:50 a.m. those two weeks. You must be present to win.

IN-HOME CARE
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Our Services
- Medication Assistance
- Light Housekeeping
- Personal Hygiene
- Meal Preparation
- Companionship
- Errands
- Personal Care

Serengeti Care
695-800-102
Care@Serengeticare.com

October

Dick Eardley Senior Center
690 Robbins Road
Boise, ID 83702
208-608-7580

Monday - Friday 9 a.m. - 5 p.m.
cityofboise.org/seniormcenter

The noon meal is prepared on site by Meals on Wheels Metro Boise, 208-321-0031, and is served in the Robbins Nest Cafe until 12:30 p.m. Substitutions may be necessary without advanced notice.

Welcome, UnitedHealthcare
Dining room sponsor, Oct. 16-31

**MEALS** WHEELS
**METRO BOISE**

Mondays

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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</thead>
<tbody>
<tr>
<td>9-11 a.m.</td>
<td>Breakfast</td>
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<tr>
<td>11-12 a.m.</td>
<td>Rummikub</td>
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<tr>
<td>12-1 p.m.</td>
<td>Lunch</td>
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<tr>
<td>1-2 p.m.</td>
<td>Longevity Sticks</td>
</tr>
<tr>
<td>3-4 p.m.</td>
<td>Arts &amp; Crafts Social Group</td>
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</tbody>
</table>

**TUESDAYS**

<table>
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<tr>
<th>Time</th>
<th>Activity</th>
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</thead>
<tbody>
<tr>
<td>9-11 a.m.</td>
<td>Breakfast</td>
</tr>
<tr>
<td>11-12 a.m.</td>
<td>Bridge</td>
</tr>
<tr>
<td>12-1 p.m.</td>
<td>Lunch</td>
</tr>
<tr>
<td>1-2 p.m.</td>
<td>Longevity Sticks</td>
</tr>
<tr>
<td>3-4 p.m.</td>
<td>Arts &amp; Crafts Social Group</td>
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</tbody>
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**WEDNESDAYS**

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**THURSDAYS**

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<tr>
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<tbody>
<tr>
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<tr>
<td>3-4 p.m.</td>
<td>Arts &amp; Crafts Social Group</td>
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**FRIDAYS**

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<tr>
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<td>Arts &amp; Crafts Social Group</td>
</tr>
</tbody>
</table>
### Monday

**9 am-12 pm**
- Booth Clinic by Blue Bird, 208-335-9898 for appt.
- Tech: MyChart

**12-1 pm**
- Mini Bridge Lesson*
- Mexican Train (Dominoes)*

**1-5 pm**
- Tech: Mobile Health Apps*

**6-10 pm**
- Bridge
- Mexican Train (Dominoes)*

### Tuesday

**7 AM-12 pm**
- Longevity Stick
- Tech: Getting Started with iPhone Health App*
- Senior Learning Network*
- Adopt-a-Student*
- Music: Rick Kares

**12-1 pm**
- Senior Learning Network*
- Macaroni & Cheese with Ham

**1-2 pm**
- Tech: Online Rx Drug Resources*
- Swedish Meatballs over Rice

**2-3 pm**
- Tech: Online RX Cloud Resources*
- Senior Learning Network*

**3-4 pm**
- Arts & Crafts Social Group

### Wednesday

**7 AM-12 pm**
- Longevity Stick
- Tech: Online Health Resources*
- Housing 101
- Legal Counsel*

**12-1 pm**
- Tech: Online Rx Drug Resources*
- Swedish Meatballs over Rice

**1-2 pm**
- Art: Acrylics Social Group
- Arts & Crafts Social Group

### Thursday

**10 AM-12 pm**
- Tech: Shopping on Amazon*
- Longevity Stick
- Senior Learning Network*

**12-1 pm**
- Tech: Online Rx Drug Resources*
- Lemon Herb Fish over Rice

**1-2 pm**
- Tech: Online RX Cloud Resources*
- Senior Learning Network*

### Friday

**10 AM-12 pm**
- Bridge
- Mexican Train (Dominoes)*

**12-1 pm**
- Bridge
- Mexican Train (Dominoes)*

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

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**November**

Dick Eardley Senior Center

690 Robbins Road

Boise, ID 83702

208-608-7580

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

cityofboise.org/seniorcenter

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**Meals, Wheels, Metro Boise**

The noon meal is served on site by Meals on Wheels Metro Boise, 208-321-0033, and is served in the Robbins Nest Cafe until 12:30 p.m. Substitutions may be necessary without advanced notice.

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**Billiards Room**

Open M-F, 9 a.m.-5 p.m.

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**Walk Your Socks Off**

M, T, F, 9-11 a.m., 2-5 p.m.

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**Thrift Store & Craft Boutique**

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

---

**Boise Parks and Recreation**

**November 2023**

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**Thanksgiving Meal**

Lunch will be served curbside 12-12:30 p.m. at the Robbins Road pull-through.

Drive up or walk up.

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**Veterans Day**

The Senior Center is closed for VETERANS DAY.

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**Thanksgiving**

November 22

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**Thanksgiving Meal**

Turkey with Gravy, Stuffing, Green Bean Casserole, Dinner Roll, Milk, Holiday Dessert

Parks and Recreation

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Dick Eardley Senior Center Newsletter

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Dick Eardley Senior Center Newsletter
ZESTY GAME DAY QUESO DIP

Hosting a game this season? Serve up some snacking' pizzazz with this zesty dip that includes a blend of chorizo and creamy jack and cheddar cheeses.

Ingredients
10 oz sharp cheddar cheese, shredded
8 oz jar jack cheese, shredded
8 oz chorizo sausage, bulk or links with casings removed
2 tablespoons butter
2 tablespoons flour
12 oz evaporated milk
¼ cup cream cheese
1 can (9 oz) diced tomatoes with green chilies, drained
2 jalapeno peppers, finely chopped
1 serrano pepper, finely chopped
⅛ cup cream cheese
2 tablespoons flour
2 tablespoons butter
8 oz chorizo sausage, bulk or links with casings removed
10 oz sharp cheddar cheese, shredded

Directions
Saute the chorizo in a large skillet over medium high heat until it is cooked through and crispy. While it cooks, use your spoon to break it up into little bits, stirring constantly. Scoop the sausage from the skillet and place it on a plate that is lined with a paper towel.

To the drippings that are still in the skillet, add the butter to melt over medium heat. Sprinkle in the flour and whisk them together. Let cook for two minutes.

Pour in the evaporated milk, and whisk together. Bring this up to a gentle simmer and cook for a minute or two, stirring constantly. Reduce the heat to low and add in the cream cheese and half of the shredded cheeses. Stir until it has melted completely. Add in the diced tomatoes with green chilies and all of the peppers and spices. Finally, add in all (except 2 tablespoons) of your cooked chorizo and stir it all together until well blended. Reserve the 2 tablespoons of the chorizo to sprinkle on top as a garnish before serving! Enjoy!

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Puzzle made available by our sponsor, Jim Starr

Jim also sponsors the Senior Center’s weekly Bingo game and 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.

Source: https://cookeatshealthy.com

Puzzle made available by our sponsor, Jim Starr

Jim also sponsors the Senior Center’s weekly Bingo game and 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.
Opportunities to enhance your technology skills continue, thanks to a partnership between LEARN Idaho and AARP’s Senior Planet.

Monday classes are lectures, Tuesdays are hands-on workshops, and Wednesdays (not listed below) are practice lab with an instructor. All classes begin at 10:30 a.m. and last about 75 minutes. Space is limited, so give us a call at 208-608-7580.

Oct. 10, Getting Started with YouTube Workshop
We’ll explore YouTube, the popular video-sharing site. You’ll learn how to search for videos that you like, use the video controls, subscribe to channels, and more!

Oct. 16, Messaging Apps Lecture
Text messaging has become one of the primary ways we communicate. But did you know that you can send texts over the internet? Learn about the most popular messaging apps that allow you to send texts for free when connected to WiFi. You’ll learn about sending texts and pictures, making voice and video calls, and how these apps keep your messages secure.

Oct. 17, Getting Started with WhatsApp Workshop
Sign up for WhatsApp on your smartphone. To participate in this workshop, you must bring your own smartphone.

Oct. 23, Money Matters Lecture
The internet can open a new world for saving money and managing your finances. This lecture introduces online banking and goes over how to keep your financial information safe. You’ll learn about saving money on entertainment, and explore some digital resources for online shopping so you can quickly find the best deal. Online stores often have larger inventories and lower prices, or anywhere! Online stores often have larger inventories and lower prices, so you can quickly find the best deal. The show starred the real-life Nelson family, Ozzie, Harriet, David and Ricky.

Nov. 2, episode, Haunted House, features Ozzie headed to an old, abandoned neighborhood home that’s rumored to be haunted. Determined to show he’s not afraid and it’s all just silly rumors, he heads that way but he gets more than he bargained for. With all of your favorite characters, including the Nelsons, and the mischievous neighborhood Thorny, Ozzie and Harriet has just the right spirit of spookiness, comedy and song. And it’s the perfect entertainment for the Halloween season.

Radio Days takes radio programs from the 1930s-1950s, turns them into one-act musicals, and performs them live. It’s great entertainment for folks who are looking for the best in nostalgia. Shows include a backdrop, sound effects, music, costume and, of course, commercials. Performers are all experienced actors who can be seen in theaters throughout the Treasure Valley. All shows are about one hour.

LIVE THEATER PERFORMANCE BY “RADIO DAYS” COMING TO THE SENIOR CENTER ON NOV. 2
We are excited to announce that we have booked a live musical performance of “Radio Days” that is just perfect for the Halloween season. It’s one of America’s favorite families—the Nelsons, featuring Ozzie and Harriet! The show is scheduled for Thursday, Nov. 2 starting at 7 p.m. Admission is $5 per person in advance or $6 at the door.

The Adventures of Ozzie and Harriet is an American radio and television sitcom that aired first on radio from 1944-1954 and then on television from 1952-1966. For two years, the radio and television show aired simultaneously. A record breaking 14 seasons on radio and another 14 seasons on television made it one of the most popular programs in entertainment history. The show starred the real-life Nelson family, Ozzie, Harriet, David and Ricky.

Did you know that your smartphone is also a powerful health tool? This lecture introduces common health apps, like the iPhone's built-in app and the Google Fit app. You’ll learn about different pharmacies and searching for drug resources, if you know where to focus on exploring virtual medical appointments with your doctor in real-time.

Oct. 14, Online Health Resources Workshop
Did you know that searching a reputable site like MedlinePlus for medical and health-related issues gives better results than using Google? During this hands-on workshop, you’ll learn to use medlineplus.gov, search the site and explore its many sections.

Oct. 20, Telemedicine Lecture
Interested in having a virtual visit with your doctor? This lecture provides an overview of telemedicine options and focuses on exploring virtual medical appointments with your doctor in real-time.

Nov. 6, Mobile Health Apps Lecture
Did you know that your smartphone is also a powerful health tool? This lecture introduces common health apps, like the iPhone’s built-in app and the Google Fit app. You’ll learn about using the app’s step counter, as well as integrating information from other popular health and fitness apps.

Nov. 7, Getting Started with iPhone Health App Workshop
In this hands-on workshop, you’ll get started using the iPhone’s built-in health app. Learn to add health details to your profile, set up your medical ID, and add emergency contact info. Please bring your iPhone to this workshop.

Nov. 13, MyChart Lecture
Has your doctor or healthcare provider ever mentioned MyChart? Come learn about this electronic health-record portal that works both in a web browser and app. We’ll go over how MyChart can help you keep all your health information in one place, communicate with your providers, and have a virtual visit.

Nov. 21, Online Rx Drug Resources Workshop
The internet offers many prescription drug resources, if you know where to look! Learn to find reliable information about drugs on MedlinePlus. You’ll also use websites for comparing prices at different pharmacies and searching for coupons.

Nov. 27, Online Shopping Lecture
Online shopping lets you buy products on the internet from your computer and have them shipped to your home or anywhere! Online stores often have larger inventories and lower prices, so you can quickly find the best deal. This lecture will provide a general introduction to shopping online using the popular website Amazon.com.

Nov. 28, Shopping on Amazon Workshop
Learn how to shop on Amazon with confidence just in time for the holidays! Ask about December classes. Details will be printed in the December/January newsletter.
BIRTHDAY CORNER

Happy birthday to everyone who celebrated August and September birthdays with us!

August
Barry Behrman
Connie Capobianco
Norma Floyd
Anne Gallagher
Grace Maddock
Lele Messenger
Jim Starr

September
Melinda Baker
Xan Barrett
Jill Cooper
Cherie Forster
Sharon Slocum
Pam Turner
Michelle Wood

42ND ANNUAL HOLIDAY BAZAAR IS ON NOV. 18

You don’t want to miss this year’s Holiday Bazaar on Saturday, Nov. 18 from 10 a.m. to 2 p.m. We will host dozens of crafters, artists and distributors so you can check off everyone on your shopping list. This year’s bazaar will feature everything from handmade wreaths and quilts to lighted bottles and habitat houses. Shop a variety of hand-crafted items, greeting cards, homemade soaps, baked goods, woodworking, knitted/crocheted items, baby gifts, pet items, hats and scarves, home decor, Christmas stockings, jewelry, artwork, and much more. This bazaar coincides with the annual Fort Boise Community Center Pottery & Art Sale next door—a local favorite! Our thrift store and craft boutique will be open, and you can support the Boise Bench Lions Club by purchasing lunch and snack items.

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

* Except in November. Due to holiday closures, birthdays will be celebrated on Tuesday, Nov. 7 instead.

A big thank you to our Birthday Friday sponsor: 💌aetna