

# DICK EARDLEY SENIOR CENTER

CITY of BOISE

FEBRUARY/MARCH 2026

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

PH: 208-608-7580

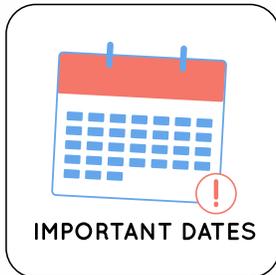
TTY: 711



cityofboise.org/seniorcenter



Mon.-Fri. 9 a.m. - 5 p.m.



The Senior Center will be closed for the following:

Monday, Feb. 16  
Presidents' Day

## Upcoming Events

- \* Fat Tuesday Mardi Gras Celebration  
Tuesday, Feb. 17  
11:45 a.m.
- \* Senior Prom  
Tuesday, Feb. 24  
6-9 p.m.
- \* Planning Ahead:  
Advanced Directives  
Monday, Mar. 16  
1-2 p.m.
- \* St. Patrick's Day Lunch  
Tuesday, Mar. 17  
12 p.m.
- \* Growing Old Ain't  
for Sissies  
Friday, Mar. 20  
2-3 p.m.
- \* Capitol City Mulligan  
Swing Band  
Tuesday, Mar. 31  
4:30-5:15 p.m.

## AARP Free Tax Assistance

Tuesdays & Thursdays, Feb. 3 - Apr. 9, 9 a.m. - 2 p.m.

AARP will offer free tax preparation at the Senior Center every Tuesday and Thursday from 9 a.m. - 2 p.m. Assistance is provided on a first-come, first-served basis. Doors open and numbers will be passed out starting at 7:45 a.m. Tax help begins at 9 a.m. **Please bring the following documents:**

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

## An Open Letter to Our Senior Center Community

Dear Friends,

The City of Boise is truly a City for Everyone! We are fortunate to have a wonderfully diverse community at our center where each day, people from different backgrounds and unique life experiences come together to socialize, make new friends, and stay engaged. This diversity is what makes our center such a special place.

As you spend time here, please remember that all are welcome. We may not always share the same opinions or perspectives, and that's okay. If you find yourself in a conversation where views differ, remember you have a choice: agree to disagree, have a healthy and respectful debate, or choose to connect with others and enjoy a new conversation.

Above all, let's continue to treat one another with kindness and respect. By doing so, we ensure that our center remains a welcoming and inclusive space for all adults in our community. Thank you for being part of what makes this center so vibrant and inviting.

Warm regards,

Denise Peterson

Senior Center Program Coordinator

## Fat Tuesday Mardi Gras Celebration

Tuesday, Feb. 17, 11:45 a.m.



Join us on Fat Tuesday for some festive Mardi Gras fun at lunchtime! Dress in your best green, gold, and purple and participate in our dining room parade!

We'll be celebrating with beads, masks, and king cake; find a hidden baby and you may have good luck and blessings all year!

**Celebration is free; however, regular lunch rates apply.**

## Senior Prom

Tuesday, Feb. 24  
6-9 p.m.



We're thrilled to welcome back the Senior Prom!

This beloved annual event is hosted by Timberline High School's Wolf Connection leadership students and marks the grand finale of our Generation Exchange program. Join us for an unforgettable evening featuring dinner, dancing, games, and a photo booth. One of the highlights is the chance to mingle with the amazing students who make it all possible. Plus, don't miss the crowning of our Prom King and Queen! There's no cost to attend, and all older adults are invited. **Registration is required, please call 208-608-7580 to reserve your spot.**

It's sure to be a night to remember!

## St. Patrick's Day Lunch

Tuesday, Mar. 17, 12 p.m.



Nothing says St. Patrick's Day like corned beef and cabbage! Wear some green and enjoy lunch with us. After all, everyone's a little Irish on St. Paddy's Day, right?

**Regular lunch rates apply.**

## Circuit Breaker Assistance

Feb. 17, Mar. 10, & Mar. 24  
9 a.m. - 12 p.m.

Circuit Breaker, the property tax reduction assistance service available through Ada County, will have staff at the Senior Center from 9 a.m. to 12 p.m. on February 17, March 10, and March 24. Assistance will be provided on a first-come, first-served basis. Please note, if you will be filing taxes, you need to have your taxes completed prior to receiving this assistance. You can also get Circuit Breaker assistance at the Ada County Assessor's Office, 190 E. Front St, Boise, ID 83702, 208-287-7200.

## Planning Ahead: Advanced Directives

Monday, Mar. 16, 1-2 p.m.



Planning for future healthcare decisions is something many people want to do, yet the process can feel confusing and overwhelming.

This advanced directives class is designed to remove that uncertainty and guide you step-by-step through understanding and completing your documents with confidence.

You will learn what advance directives are, why they are important, and how they protect your wishes during moments when you may not be able to speak for yourself. We'll clearly explain the differences between a living will, medical power of attorney, and other key forms so you know exactly what each one does and how it supports your personal values and healthcare goals.

To make the process simple and stress-free, all required forms will be provided at no cost, and a free on-site notary will be available so you can complete and finalize everything the same day. You'll walk away with legally notarized documents and the peace of mind that comes from having your wishes clearly stated and your loved ones supported. **Presented by: Carly Kyle, Golden Oak Eldercare. To register, please call 208-608-7580.**

## Papercraft Classes

Papercraft instructor Sunmi Choi will teach free origami classes on Feb. 26 and Mar. 26 from 11:30 a.m. - 12 p.m., and \$2 Intermediate papercraft classes on the same days from 12:30 - 2 p.m. Samples will be on display in the Senior Center's main hallway. **Please register in advance at 208-608-7580.** Projects are shown below.

Origami - Free

Feb.- Soda & Cake

Mar.- Sea Otter & Jelly Fish

Intermediate - \$2

Feb.- Flower Hanger

Mar.- Multipurpose Case

## Tech Classes with LEARN

Mondays, 10:30-11:45 a.m.

Opportunities to enhance your technology skills are made possible through a partnership between LEARN Idaho and AARP's Senior Planet.

### February Classes:

- 2/02 - Intro to Venmo
- 2/09 - Digital Wallets
- 2/16 - No Class - Center Closed
- 2/23 - Cloud Storage

### March Classes:

- 3/02 - Passwords, Passkeys & More
- 3/09 - Airbnb
- 3/16 - iPhone Notes App
- 3/23 - Google Docs (word processing)
- 3/30 - Tech Q&A Session



## DID YOU KNOW?

- Richard Cadbury created the first heart-shaped box in the 1860's.
- Candy hearts began as lozenges for sore throats.
- Around 10% of all marriage proposals happen on Valentine's Day.
- The oldest known valentine was a poem written by Charles, Duke of Orleans. It was sent from prison in 1415.
- More than 35 million heart-shaped boxes of chocolate are sold annually, totaling approximately 58 million pounds of chocolate!



## A BIG Happy Birthday

to everyone who celebrated with us!

DECEMBER	JANUARY
<b>Phil Courtright</b>	<b>Faith Ang</b>
<b>Sherry Scott</b>	<b>Virginia Estrada</b>
<b>Genevieve Davidson</b>	<b>Valerie Player</b>
<b>Candy TeBeest</b>	<b>Helen Brookman</b>
<b>Jewels Horvath</b>	<b>Jeanne Norman</b>



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

**Note: Regular lunch rates apply.**

A big thank you to our Birthday Friday Sponsor:



# February

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

**Dick Eardley Senior Center**

**690 Robbins Rd**

**Boise, ID 83702**

**PH:208-608-7580**

**TTY: 711**

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

**cityofboise.org/seniorcenter**



Lunch is prepared on site by Meals on Wheels Metro Boise, 208-321-0031, and is served in the Robbins Nest Cafe from 12 - 12:30 p.m. The menu can be found on our website.

Billards Room  
M-F, 9 a.m. - 5 p.m.



Walk Your Socks Off  
Mondays & Fridays  
9-11 a.m. and 2-5 p.m.



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



Lobby Sponsor  
Kelly Svevad  
Senior Living Advisor  
Healing Homestead  
Wednesdays  
10:30 a.m. - 1:30 p.m.



**PARKS AND RECREATION**

<p><b>Treats by Borchers Insurance</b> 10 am-12 pm Living Well with Diabetes* 10:30-11:45 am Tech Lecture: Intro to Venmo 1-4 pm Mexican Train 1-4 pm Bridge 1:30-2:30 pm Tai Chi &amp; Qigong Int.* 2:30-3:30 pm Tai Chi &amp; Qigong Beg.*</p>	<p><b>Treats by Life Care Centers of America for Treasure Valley and Boise</b> 9 am-2 pm AARP Tax Preparation 10:30-11:30 am Longevity Stick 1-2 pm Fit and Fall Proof 1-4 pm Euchre 1-4 pm Mahjong</p>	<p><b>Treats by Summers Funeral Home</b> 10 am-12 pm Cribbage 10 am-12 pm Happy Hookers Knit &amp; Crochet 10:30-11:30 am Gentle Yoga* 12-12:30 pm Pop-Up Library 1-5 pm Canasta</p>	<p><b>Treats by Serengeti Care</b> 9 am-2 pm AARP Tax Preparation 10-11 am BINGO 10-11:30 am Chat-n-Chew 11 am-12 pm Generation Exchange* <b>11 am Music: Cheatgrass</b> 11 am-3 pm Rummikub 11:30 am-12:30 pm Drumming Divas 1-4 pm Bridge</p>	<p>10 am-2 pm Pinochle <b>11:30 am Senior Goldmine</b> 12:30-2 pm Senior Social at Library! 1-2 pm Fit and Fall Proof 2-3 pm Senior Line Dancing* 2-5 pm Intro to Pinochle 5-10 pm Boise Little Theatre: Intimate Apparel*</p>
<p><b>Treats by Arbor Valley of Cascadia</b> 9 am-2 pm Nail &amp; Foot Care of Boise with Sandy* (208-747-5797) 9 am-4 pm AARP Safe Driving Class* 10 am-12 pm Living Well with Diabetes* 10:30-11:45 am Tech Lecture: Digital Wallets 1-4 pm Mexican Train 1-4 pm Bridge 1:30-2:30 pm Tai Chi &amp; Qigong Int.* 2:30-3:30 pm Tai Chi &amp; Qigong Beg.*</p>	<p>9 am-2 pm AARP Tax Preparation 10:30-11:30 am Longevity Stick <b>11 am Music: Mike Rutledge-Good Old-time Sing-a-long</b> 1-2 pm Fit and Fall Proof 1-4 pm Euchre 1-4 pm Mahjong</p>	<p><b>Treats by The Cottages</b> 10 am-12 pm Cribbage 10 am-12 pm Happy Hookers Knit &amp; Crochet 10:30-11:30 am Gentle Yoga* 11 am-12 pm Welcome Tour* 1-5 pm Canasta</p>	<p><b>Treats by Edgewood Healthcare</b> 8:40 am-5:15 pm Elk Herd Sleigh Ride* 9 am-2 pm AARP Tax Preparation 10-11 am BINGO 10-11:30 am Chat-n-Chew 11 am-12:30 pm Blood Pressure Clinic 11 am-3 pm Rummikub <b>11 am Music: Big Dave Walter</b> 11:30 am-12:30 pm Drumming Divas 1-4 pm Bridge</p>	<p><b>Birthday Cake by Connect Health</b> 10-11:30 am Widow/Widower Support* 10 am-2 pm Pinochle 11-11:45 am Meditation for Optimal Health* <b>11:30 am Music: Cattywampus</b> 12 pm Birthday Friday 1-2 pm Fit and Fall Proof 2-3 pm Senior Line Dancing* 2-5 pm Intro to Pinochle</p>
<p><b>CLOSED PRESIDENTS' DAY</b></p>	<p><b>Treats by Senior Helpers</b> 9 am-2 pm AARP Tax Preparation 9 am-12 pm Ada County Circuit Breaker 10:30-11:30 am Longevity Stick <b>11:45 pm Fat Tuesday Mardi Gras Celebration</b> 1-2 pm Fit and Fall Proof 1-4 pm Euchre 1-4 pm Mahjong 1-4 pm Bridge</p>	<p><b>Treats by St. Alphonsus/ Encompass Health</b> 10 am-12 pm Cribbage 10 am-12 pm Happy Hookers Knit &amp; Crochet 10:30-11:30 am Gentle Yoga* <b>11 am Music: Big Dave Walter</b> 11 am-1 pm Legal Counsel* 1-5 pm Canasta</p>	<p><b>Treats by Harrisob's Hope Hospice</b> 9 am-2 pm AARP Tax Preparation 10-11 am BINGO 10-11:30 am Chat-n-Chew 11 am-12 pm Generation Exchange* 11 am-3 pm Rummikub <b>11 am Music: Sing-a-long Bluegrass with the B-team</b> 11 am-5 pm Idaho City Hot Springs* 11:30 am-12:30 pm Drumming Divas 1-4 pm Bridge</p>	<p><b>Treats by Brookdale Independent Living</b> 10 am-2 pm Pinochle 10:30 am-12 pm In the Moment Improv Theater* 12:30-2 pm Senior Social at Library! 1-2 pm Fit and Fall Proof 1-3:30 pm Lee's Candies* 2-3 pm Senior Line Dancing* 2-4 Free Movie Day* 2-5 pm Intro to Pinochle</p>
<p><b>Treats by Heatherwood Senior Living</b> 9 am-2 pm Nail &amp; Foot Care of Boise with Sandy* (208-747-5797) 10 am-12 pm Living Well with Diabetes* 10:30-11:45 am Tech Lecture: Cloud Storage 11 am-12 pm Book Club* <b>11 am Music: Kathy McFadden &amp; Friends</b> 1-4 pm Mexican Train 1-4 pm Bridge 1:30-2:30 pm Tai Chi &amp; Qigong Int.* 2:30-3:30 pm Tai Chi &amp; Qigong Beg.*</p>	<p>9 am-2 pm AARP Tax Preparation 10:30-11:30 am Longevity Stick 1-2 pm Fit and Fall Proof 1-4 pm Euchre 1-4 pm Mahjong <b>6-9 pm Senior Prom*</b></p>	<p><b>Treats by Idaho Home Health &amp; Hospice</b> 10 am-12 pm Cribbage 10 am-12 pm Happy Hookers Knit &amp; Crochet 10:30-11:30 am Gentle Yoga* 1-5 pm Canasta</p>	<p><b>Treats by Copper Falls Hospice</b> 9 am-2 pm AARP Tax Preparation 10-11 am BINGO 10-11:30 am Chat-n-Chew 11 am-12:30 pm Blood Pressure Clinic 11:00 am-12:30 pm Pet Therapy Visit <b>11 am Music: David Ladines</b> 11 am-3 pm Rummikub 11:30 am-12 pm Origami: Soda &amp; Cake* 11:30 am-12:30 pm Drumming Divas 12:30-2 pm Papercraft: Flower Hanger* 12:45-5 pm Snowshoe Trip* 1-4 pm Bridge</p>	<p><b>Treats by Oasis Senior Advisors</b> 10 am-2 pm Pinochle 10-11:30 am Widow/Widower Support* 12:30-3:30 pm Lunch Club* 1-2 pm Fit and Fall Proof 2-3 pm Senior Line Dancing* 2-5 pm Intro to Pinochle</p>

\*These programs require advanced registration. Please call 208-608-7580

# March

**Dick Eardley Senior Center**  
**690 Robbins Rd**  
**Boise, ID 83702**  
**PH:208-608-7580**

**TTY: 711**  
**Monday-Friday 9 a.m. - 5 p.m.**  
[cityofboise.org/seniorcenter](http://cityofboise.org/seniorcenter)



Lunch is prepared on site by Meals on Wheels Metro Boise, 208-321-0031, and is served in the Robbins Nest Cafe from 12 - 12:30 p.m. The menu can be found on our website.

Billards Room  
M-F, 9 a.m. - 5 p.m.



Walk Your Socks Off  
Mondays & Fridays  
9-11 a.m. and 2-5 p.m.



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



Lobby Sponsor  
Kelly Svevad  
Senior Living Advisor  
Healing Homestead  
Wednesdays  
10:30 a.m. - 1:30 p.m.



\*These programs require advanced registration.  
Please call 208-608-7580

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

<p><b>Treats by Borchers Insurance</b> <span style="float:right">2</span>  10 am-12 pm Living Well with Diabetes*  10:30-11:45 am Tech Lecture:  Passwords, Passkeys &amp; More  1-4 pm Mexican Train  1-4 pm Bridge</p>	<p><b>Treats by Life Care Centers of America for Treasure Valley and Boise</b> <span style="float:right">3</span>  9 am-2 pm AARP Tax Preparation  10:30-11:30 am Longevity Stick  12:30-4 pm Wassmuth Center*  1-2 pm Fit and Fall Proof  1-4 pm Euchre  1-4 pm Mahjong</p>	<p><b>Treats by Summers Funeral Home</b> <span style="float:right">4</span>  10 am-12 pm Cribbage  10 am-12 pm Happy Hookers  Knit &amp; Crochet  10:30-11:30 am Gentle Yoga*  12-12:30 pm Pop-Up Library  12:15 pm Name That Tune  <b>12:30-1:30 pm Post-Lunch Music:</b>  <b>Ross Miller-Classic 1960's Folk</b>  1-5 pm Canasta</p>	<p><b>Treats by Serengeti Care</b> <span style="float:right">5</span>  9 am-3 pm AARP Tax Preparation  10-11 am BINGO  10-11:30 am Chat-n-Chew  <b>11 am Music: Cheatgrass</b>  11 am-3 pm Rummikub  11:30 am-12:30 pm Drumming Divas  1-4 pm Bridge</p>	<p><span style="float:right">6</span>  10 am-2 pm Pinochle  <b>11:30 am Senior Goldmine</b>  12:30-2 pm Senior Social at Library!  1-2 pm Fit and Fall Proof  2-3 pm Senior Line Dancing*  2-5 pm Intro to Pinochle  2:15-3 pm <b>Boise Raks International Dance Show</b></p>
<p><b>Treats by Arbor Valley of Cascadia</b> <span style="float:right">9</span>  9 am-2 pm Nail &amp; Foot Care of Boise with Sandy* (208-747-5797)  10 am-12 pm Living Well with Diabetes*  10:30-11:45 am Tech Lecture: Airbnb  1-4 pm Mexican Train  1-4 pm Bridge  1:30-2:30 pm Tai Chi &amp; Qigong Int.*  2:30-3:30 pm Tai Chi &amp; Qigong Beg.*</p>	<p><span style="float:right">10</span>  9 am-2 pm AARP Tax Preparation  9 am-12 pm Ada County Circuit Breaker  9 am-12:30 pm Warhawk Air Museum*  10:30-11:30 am Longevity Stick  <b>11 am Music: Mike Rutledge-Good Old-time Sing-a-long</b>  1-2 pm Fit and Fall Proof  1-4 pm Euchre  1-4 pm Mahjong</p>	<p><span style="float:right">11</span>  <b>Treats by The Cottages</b>  10 am-12 pm Cribbage  10 am-12 pm Happy Hookers  Knit &amp; Crochet  10:30-11:30 am Gentle Yoga*  11 am-12 pm Welcome Tour*  12:15 pm Name That Tune  1-5 pm Canasta</p>	<p><span style="float:right">12</span>  <b>Treats by Edgewood Healthcare</b>  9 am-3 pm AARP Tax Preparation  10-11 am BINGO  10-11:30 am Chat-n-Chew  11 am-12:30 pm Blood Pressure Clinic  11 am-3 pm Rummikub  <b>11 am Music: Big Dave Walter</b>  11:30 am-12:30 pm Drumming Divas  12:30-2 pm Paperfolding for Tremor Prevention &amp; Fine Motor Skill Devel.  1-4 pm Bridge</p>	<p><span style="float:right">13</span>  <b>Birthday Cake by Connect Health</b>  10-11:30 am Widow/Widower Support*  10 am-2 pm Pinochle  11-11:45 am Meditation for Optimal Health*  11 am-5pm Idaho City Hot Springs*  12 pm Birthday Friday  1-2 pm Fit and Fall Proof  2-3 pm Senior Line Dancing*  2-5 pm Intro to Pinochle</p>
<p><span style="float:right">16</span>  <b>Treats by Heatherwood Senior Living</b>  9 am-4 pm AARP Safe Driving Class*  10:30-11:45 am Tech Lecture:  iPhone Notes App  1-2 pm Planning Ahead: Advanced Directives*  1-4 pm Mexican Train  1-4 pm Bridge  1:30-2:30 pm Tai Chi &amp; Qigong Int.*  2:30-3:30 pm Tai Chi &amp; Qigong Beg.*</p>	<p><span style="float:right">17</span>  <b>Treats by Senior Helpers</b>  9 am-2 pm AARP Tax Preparation  10:30-11:30 am Longevity Stick  <b>12 pm St. Patrick's Day Meal</b>  1-2 pm Fit and Fall Proof  1-4 pm Euchre  1-4 pm Mahjong  <p style="text-align:center"><b>HAPPY ST. PATRICK'S DAY!</b></p>  </p>	<p><span style="float:right">18</span>  <b>Treats by St. Alphonsus/ Encompass Health</b>  10 am-12 pm Cribbage  10 am-12 pm Happy Hookers  Knit &amp; Crochet  10:30-11:30 am Gentle Yoga*  <b>11 am Music: Big Dave Walter</b>  11 am-1 pm Legal Counsel*  12:15 pm Name That Tune  1-5 pm Canasta</p>	<p><span style="float:right">19</span>  <b>Treats by Harrison's Hope Hospice</b>  9 am-3 pm AARP Tax Preparation  10-11 am BINGO  10-11:30 am Chat-n-Chew  11 am-3 pm Rummikub  <b>11 am Music: Sing-a-long Bluegrass with the B-team</b>  11:30 am-12:30 pm Drumming Divas  1-4 pm Bridge</p>	<p><span style="float:right">20</span>  <b>Treats by Brookdale Independent Living</b>  10 am-2 pm Pinochle  12:30-2 pm Senior Social at Library!  1-2 pm Fit and Fall Proof  2-3 pm Growing Old Ain't for Sissies*  2-3 pm Senior Line Dancing*  2-5 pm Intro to Pinochle  5-10 pm Boise Little Theatre:  Austenprov*</p>
<p><span style="float:right">23</span>  <b>Treats by Idaho Home Health &amp; Hospice</b>  9 am-2 pm Nail &amp; Foot Care of Boise with Sandy* (208-747-5797)  10:30-11:45 am Tech Lecture:  Google Docs  <b>11 am Music: Kathy McFadden &amp; Friends</b>  1-4 pm Mexican Train  1-4 pm Bridge  1:30-2:30 pm Tai Chi &amp; Qigong Int.*  2:30-3:30 pm Tai Chi &amp; Qigong Beg.*</p>	<p><span style="float:right">24</span>  <b>Treats by Care Patrol</b>  9 am-2 pm AARP Tax Preparation  9 am-12 pm Ada County Circuit Breaker  9 am-3:30 pm Celebration Park*  10:30-11:30 am Longevity Stick  1-2 pm Fit and Fall Proof  1-4 pm Euchre  1-4 pm Mahjong</p>	<p><span style="float:right">25</span>  10 am-12 pm Cribbage  10 am-12 pm Happy Hookers  Knit &amp; Crochet  10:30-11:30 am Gentle Yoga*  12:15 pm Name That Tune  1-5 pm Canasta</p>	<p><span style="float:right">26</span>  <b>Treats by Copper Falls Hospice</b>  9 am-3 pm AARP Tax Preparation  10-11 am BINGO  10-11:30 am Chat-n-Chew  11 am-12:30 pm Blood Pressure Clinic  11:00 am-12:30 pm Pet Therapy Visit  <b>11 am Music: David Ladines</b>  11 am-3 pm Rummikub  11:30 am-12 pm Origami: Sea Otter &amp; Jelly Fish*  11:30 am-12:30 pm Drumming Divas  12:30-2 pm Papercraft: Multipurpose Case*  12:30-3:30 pm Lunch Club*  1-4 pm Bridge</p>	<p><span style="float:right">27</span>  <b>Treats by Oasis Senior Advisors</b>  10 am-2 pm Pinochle  10-11:30 am Widow/Widower Support*  10:30 am-12 pm In the Moment Improv Theater*  1-2 pm Fit and Fall Proof  2-3 pm Senior Line Dancing*  2-4 Free Movie Day*  2-5 pm Intro to Pinochle  <b>7-8 pm Radio Days</b></p>
<p><span style="float:right">30</span>  10:30-11:45 am Tech Lecture:  Tech Q&amp;A with Tina  11 am-12 pm Book Club*  1-4 pm Mexican Train  1-4 pm Bridge  1:30-2:30 pm Tai Chi &amp; Qigong Int.*  2:30-3:30 pm Tai Chi &amp; Qigong Beg.*</p>	<p><span style="float:right">31</span>  9 am-2 pm AARP Tax Preparation  10:30-11:30 am Longevity Stick  1-2 pm Fit and Fall Proof  1-4 pm Euchre  1-4 pm Mahjong  <b>4:30-5:15 pm Capitol City Mulligan Swing Band*</b></p>	<p><b>March 20<sup>th</sup> is the first day of Spring</b></p> 		



## Growing Old Ain't for Sissies

Friday, Mar. 20, 2-3 p.m.

Let's face it, getting older isn't for the faint of heart. Whether you're navigating loss, caring for a loved one, or simply feeling the weight of time, this space is for you.

In partnership with ANCORA Health Services, this group will be led by Karen Midlo, Certified Grief Educator, End-of-Life Doula, and Community Educator.

Join us every third Friday of the month beginning March 20, for real talk about aging, grief, and caregiving.

**To register, please call 208-608-7580.**

## Capital City Mulligan Swing Band

Tuesday, Mar. 31, 4:30-5:15 p.m.



Enjoy the timeless sounds of big band legends in a lively performance this March! The Capital City Mulligan Swing Band brings the classic sound of the big band era back to life with toe-tapping favorites from the 1930s and 1940s.

Formed from members of the Capital City Mulligan Band, this swing ensemble specializes in authentic stage-band arrangements made famous by legends such as Glenn Miller, Count Basie, Benny Goodman and others. With bold brass, smooth saxophones, and a driving rhythm section, their music is joyful, familiar, and perfect for dancing or simply relaxing and enjoying the memories. **To register, please call 208-608-7580.**

**This event is FREE!**

## Boise Raks International Dance Show

Friday, Mar. 6, 2:15-3 p.m.

The Starbelly School of Dance will bring a free performance to the Senior Center dining room on Friday, March 6th starting at 2:15 p.m. The 45 minute 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.**



## FREE Movie Days!

Friday, Feb. 20 & Friday Mar. 27  
2 p.m.

Join us for free movie days at the Senior Center! Sit back, relax, and enjoy a movie with friends! We'll even have free popcorn ready to make it feel just like the theatre! Keep an eye out for event flyers at the Senior Center where we will announce movie titles at a later date.

**To register, please call 208-608-7580.**



## HIGH SCORERS!



### Bridge

#### November

Mon. - Eric 4070

Thurs. - Sandy 4520

#### December

Mon. - Ann 2730

Thurs. - Janet 4300

### Pinochle

#### November

Jessie 8800

#### December

Phyllis 6480

Follow

us on

Facebook!



Dick Eardley  
Senior Center



Follow

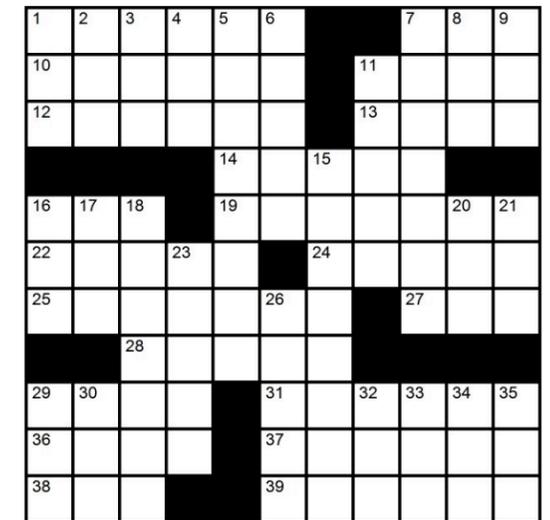
## CROSSWORD PUZZLE

### Across

- 1 For some time
- 7 Convert hide into leather
- 10 Stimulating drink
- 11 Harbor
- 12 Quaint love letter opener
- 13 Creep
- 14 Frothy concoctions
- 16 LA summer setting
- 19 Holy threesome
- 22 Get-well treatment
- 24 Salk's conquest
- 25 Type of show, such as Anne Hathaway's "Grounded"
- 27 Hill VIP
- 28 Same here!
- 29 Well-informed about
- 31 Alters formally
- 36 Niagara has a Maid of this
- 37 Tempestuous
- 38 Big Apple aria spot
- 39 Pull into

### Down

- 1 Rocket interceptor
- 2 Sardonic
- 3 Suckered
- 4 Apply a cake's top layer
- 5 Tiniest amount
- 6 Mistake
- 7 Oft-removed throat tissues



- 8 Curve
- 9 Utmost
- 11 It has 88 keys when full-size
- 15 Old Dodge
- 16 In favor of
- 17 Lair
- 18 Beyond all others
- 20 Railroad cross-member
- 21 Way over there, poetically
- 23 Representative
- 26 Bellows
- 29 Now let me think ...
- 30 Chart variety
- 32 Self-esteem
- 33 Pinch
- 34 Material studied by Watson and Crick
- 35 USMC noncom

**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



## In the Kitchen: White Chicken Chili



### Ingredients

- 4 boneless, skinless chicken breasts, (2 lb)
- 2 cups low-sodium chicken broth
- 1 can white kidney beans, drained and rinsed (19oz)
- 1 can sweet corn, drained (12oz)
- 1 can green chiles, (4oz)
- 1 tsp green hot sauce
- 1 tsp chili powder
- ½ tsp onion powder
- ½ tsp salt
- 4 ounces cream cheese, room temperature
- 1 tbsp cornstarch, optional
- 1 tbsp water, optional
- Chips, avocado, lime wedges, salsa, cheese or jalapenos, for serving

### Instructions:

- To a 3- to 4-quart Dutch oven or soup pot, add the chicken and broth. Bring to a simmer over medium-high heat, then reduce the heat to medium-low. Cover and simmer for 15 minutes, or until the chicken is cooked through and a meat thermometer inserted into the chicken reaches 165°F.
- Remove the chicken from the pot to a large cutting board and shred with two forks. Place the shredded chicken back into the pot with the broth.
- Add the beans, corn, green chiles, hot sauce, chili powder, onion powder, and salt and stir.
- Cut the cream cheese into cubes and stir into the pot. Cover and simmer over medium-low heat for 10 minutes, stirring occasionally to melt the cream cheese.
- If desired, in a small bowl, stir together the cornstarch and water and add to the simmering chili to thicken further.
- Serve with additional hot sauce, chips, avocado, lime wedges, salsa, cheese, jalapenos or other favorite toppings!

Source: Ashley Fehr, [www.thereciplibel.com](http://www.thereciplibel.com)

## Beating the Winter Blahs



Shorter days and chilly weather can make winter feel gloomy, so it's important to pay attention to self care. Here are a few ways to lift your spirits and brighten the season:

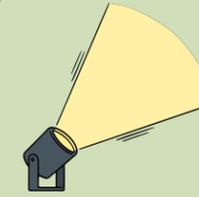
- Soak up the light - open curtains during the day or sit near a sunny window. Even a little natural light can boost your mood.
- Keep moving - gentle movement like stretching, chair exercises, or a short walk indoors or outside helps increase energy and improve mood.
- Stay connected - call a friend, join an activity, or attend a program you enjoy. A friendly chat can make a big difference.
- Create a cozy routine - warm tea, a favorite blanket, or a good book can turn winter days into something to look forward to.
- Try something new - puzzles, crafts, music, or learning a new skill can keep your mind active and give you a sense of accomplishment.
- Eat well and stay hydrated - nutritious meals and plenty of water help support both physical health and emotional well-being.
- Laugh a little - watch a funny movie, share a joke, or reminisce about happy memories. Laughter is a wonderful mood booster.

Winter may be cold, but small, positive habits can help keep your days warm and cheerful.



## Volunteer Spotlight

**Michelle  
Hendryx**



*We ♥ our  
Volunteers*

Michelle started volunteering at the Senior Center in 2019, right after she retired from a career as a Certified Rehabilitation Counselor. She currently splits her volunteer time between the thrift store and the library and says she "loves going to 'work' and being a part of the diversity and energy others have to offer."

In addition to volunteering, Michelle likes to stay busy! She is very active at the center and attends the "socials", takes origami class, goes to Radio Days, and plays senior bocce ball. Her interests are very eclectic as she enjoys reading historical fiction, watching true crime, crochet and knitting, DIY projects, and visiting graveyards! She says, "I'll try anything once!"

In 1968, Michelle moved with her parents to North Idaho from Los Angeles; in 1983, she moved to Boise to attend university. Today, she is married, and has one child and two most wonderful dogs!

When asked who, alive or passed, she would love to dine with she chose Madame Curie who has been her inspiration, role model, and hero since she was 8 years old! As for where she would travel, "I would fly to Seattle and take my daughter to the beach."

Thank you Michelle for all you do and the joy you bring to our center!



## Holiday Happenings





**Dick Eardley Senior Center**  
690 Robbins Road, Boise, ID 83702

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