




Weekly

Monday	Tuesday	Wednesday	Thursday	Friday
12:30-5pm Bridge	9:30-10:30am Stretch & Tone 10:30-11:30am Longevity Stick 10:30-11:30am Wellness with Movement* 10:30am-12pm Scrabble 12:30-1pm Chair Volleyball 1-2pm Fit and Fall Proof	10am-1pm Canasta 10am-12:30pm Knit & Crochet 10:30-11:30am Gentle Yoga* 12:30-5pm Bridge 1pm Watercolors* (starts 9/11) 1:15-2pm Intro to Zumba*	9:30-10:30am Stretch & Tone 10-11:15am BINGO 10-11:30am Chat-n-Chew 10:30-11:30am Wellness with Movement* 11:30am Drumming Divas 1pm Watercolors* (starts 9/12) 2-3pm Tai Chi	10:20am-2pm Pinochle 12:30-5pm Bridge 1-2pm Fit and Fall Proof 2-4pm Intro to Pinochle



September 2019



Monday	Tuesday	Wednesday	Thursday	Friday
2 Closed for Labor Day 	3	4	5 10am-12pm Blood Pressure Clinic 10am BINGO with Amy 10am-3pm Invitational Bridge*	6 11:45am Senior Goldmine 12:30-2:30pm Hearing Screenings*
9 10am Soul Collage* 10-11am Tech to Connect* 11:30am Grandparents Day 4pm Code with Your Grandkids*	10 11am Your Housing Questions Answered	11 11am Welcome Tour/Orientation 2pm Legal Counsel*	12 10am BINGO with Jason 10-11:30am C-n-C: Adv. Clin. Resrch 2-6pm Volunteer Fair 3-6:30pm Fun & Friendly Bridge*	13 9am-12pm Foot Clinic* 11am Food for Life: Low-Fat Foods 11:30am Birthday Friday
16	17 10am Legal Counsel* 11am Medicare Meet-up	18 10:30-12pm Smartphone Class for Seniors or Scaredy Cats* 11am-12pm Tech to Connect*	19 10am-12pm Blood Pressure 10am BINGO with Jim 10am-3pm Invitational Bridge* 11:15-11:50am Sing-Along with Nada 4pm Code with Your Grandkids*	20 10am-12pm Greenbelt Time Capsule Opening*
23	24 9am-4pm AARP Driver Safety* 11am-12pm Tech to Connect* 6pm Code with Your Grandkids*	25 11am-12pm Know the 10 Signs of Alzheimer's* 2pm Legal Counsel*	26 10am BINGO 10-11:30am C-n-C: Mike Fritz 12:30-2pm Art with Teresa* 3-6:30pm Fun & Friendly Bridge*	27 9:30-11:30am 12th Annual Thomas Geriatric Symposium 11am Scarf Exchange
30 National Coffee Day 	 Billiards Room is open 8am-5pm, Monday-Friday			

Dick Eardley Boise Senior Center

690 Robbins Rd., Boise, ID 83702 | 208-608-7580 | seniorcenter.cityofboise.org | Monday-Friday 8am-5pm

* These programs require monthly registration or sign-ups. For more information, call 208-608-7580.

