

# JUNE ACTIVITIES

208-888-5555  
meridianseniorcenter.org

1920 N. Records Way  
Meridian, ID 83746

Located inside Kleiner Park

\* CALENDAR ITEMS IN GREEN  
ARE MEMBERSHIP REQUIRED

**MEMBERS ONLY**

*Appointments Required  
Sign Up at the Front Desk  
Unless Otherwise Noted*

**FOCUS MASSAGE**

Monday Mornings  
\$15 for 15 Minutes

*Appointments & Pre-Payment Required*

**FOOT CARE CLINIC**

Fridays - Dates Vary

*Contact Information will be provided to  
Members Upon Request*

**SPONSOR CONSULTS**

Alpha III Wealth Management  
and  
Tricia Daigle Law Office  
*Free 15 Minute Consultations*

**SENIOR TECH PALS**

Thursday, June 18, 1-3 PM

## ACTIVITIES

**\$2 FOR MEMBERS  
\$5 FOR NON-MEMBERS**

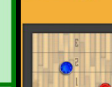
**FIT & FALLPROOF - \$2 FOR EVERYONE  
CLASSES LIMITED TO 30 PARTICIPANTS**

**DARTS, SHUFFLE BOARD,  
POOL & PING PONG**

Monday & Wednesday  
12:15 pm - 3:30 pm

Tuesday & Thursday  
11:00 am - 3:30 pm

Friday 8:00 am - 3:30 pm



**CALENDAR EVENTS MAY CHANGE  
AFTER PUBLICATION.**

**BINGO**

**EVERY THURSDAY**

**OPEN TO THE PUBLIC**

DOORS OPEN AT 4:00 PM  
GAME PLAY STARTS AT 6:00 PM

**NEW NIGHT!**

**CASH PRIZES** ★ *MUST BE 18 YEARS  
OR OLDER TO PLAY* ★

*La Boutique* Will be open before BINGO,  
3:00 pm - 6:00 pm, on these days:

June 4 and June 18

## EVENTS & OUTINGS

*SIGN-UPS BEGIN APPROX. 2 WEEKS BEFORE  
EVENT DATE. ACTIVITY FEES APPLY.  
SOME OUTINGS HAVE ADMISSION/TICKET FEES.*  
**SIGN UP AT THE FRONT DESK!**

**Friday, June 5**  
Boise Little Theater "She Loves You"

**Saturday, June 20**  
Backroads Tour

**Tuesday, June 30**  
Drive Yourself Dinner Out  
Andrade's Mexican Restaurant

MONDAY - JUNE 1	TUESDAY - JUNE 2	WEDNESDAY - JUNE 3	THURSDAY - JUNE 4	FRIDAY - JUNE 5
8:45 BEGINNERS TAP DANCE 9:00 CHAIR VOLLEYBALL 10:00 CHAIR YOGA (VIDEO) 10:20 - 12:00 FOCUS MASSAGE* 11:00 <u>RODERICK'S CRUIZIN' CLASSICS</u> 12:00 LUNCH 12:00 MARVELOUS MAH JONGG 1:00 PINOCHLE	9:00 FIT & FALLPROOF 10:00 FIT & FALLPROOF 11:00 <u>MOM &amp; DOUBLE IMAGE</u> 12:00 LUNCH 1:00 ART 1:00 WOOD CARVING 1:00 FARKLE & CRIBBAGE 1:00 HAND & FOOT	8:45 INTERMEDIATE TAP DANCE 9:00 CHAIR VOLLEYBALL 10:00 KNIT & LOOM 10:00 CHAIR ZUMBA 11:00 <u>THE KEYSRINGS</u> 12:00 LUNCH 1:00 INTERMEDIATE BRIDGE 1:00 PINOCHLE	9:00 FIT & FALLPROOF 10:00 FIT & FALLPROOF 11:30 <u>SENIOR GOLDMINE</u> 12:00 LUNCH 12:30 - 1:15 ATTORNEY CONSULT* 1:00 HAND & FOOT 1:00 BASIC LINE DANCING 2:00 BEG./INT. LINE DANCING  BINGO - DOORS OPEN AT 4:00 PM	10:00 ZUMBA GOLD 11:00 <u>MUSIC BY ALI</u> 12:00 LUNCH 1:00 PINOCHLE
MONDAY - JUNE 8	TUESDAY - JUNE 9	WEDNESDAY - JUNE 10	THURSDAY - JUNE 11	FRIDAY - JUNE 12
8:45 BEGINNERS TAP DANCE 9:00 CHAIR VOLLEYBALL 10:00 CHAIR YOGA (VIDEO) 10:20 - 12:00 FOCUS MASSAGE* 11:00 <u>KAY &amp; THE BOGUS STRING BAND</u> 12:00 LUNCH 12:00 MARVELOUS MAH JONGG 1:00 PINOCHLE	9:00 FIT & FALLPROOF 10:00 FIT & FALLPROOF 11:00 <u>THE KEYSRINGS</u> 12:00 LUNCH 1:00 ART 1:00 WOOD CARVING 1:00 FARKLE & CRIBBAGE 1:00 HAND & FOOT 1:00 BUNCO	8:45 INTERMEDIATE TAP DANCE 9:00 CHAIR VOLLEYBALL 10:00 KNIT & LOOM 10:00 CHAIR ZUMBA 10:30 <u>MERIDIAN LIBRARY</u> 11:00 <u>HEARTFELT COUNTRY</u> 12:00 LUNCH 1:00 BOOK CLUB 1:00 INTERMEDIATE BRIDGE 1:00 PINOCHLE  4:00 PM - CRAFT NIGHT	9:00 FIT & FALLPROOF 10:00 FIT & FALLPROOF 12:00 LUNCH 12:30 - 1:15 FINANCIAL CONSULT* 1:00 HAND & FOOT 1:00 BASIC LINE DANCING 2:00 BEG./INT. LINE DANCING  BINGO - DOORS OPEN AT 4:00 PM	NO ZUMBA GOLD 11:00 <u>PATTY CLAYTON</u> 12:00 LUNCH 1:00 PINOCHLE
MONDAY - JUNE 15	TUESDAY - JUNE 16	WEDNESDAY - JUNE 17	THURSDAY - JUNE 18	FRIDAY - JUNE 19
8:45 BEGINNERS TAP DANCE 9:00 CHAIR VOLLEYBALL 10:00 CHAIR YOGA (VIDEO) 10:20 - 12:00 FOCUS MASSAGE* 11:00 <u>RODERICK'S CRUIZIN' CLASSICS</u> 12:00 LUNCH 12:00 MARVELOUS MAH JONGG 1:00 PINOCHLE	9:00 FIT & FALLPROOF 10:00 FIT & FALLPROOF 10:30 BLOOD SUGAR TESTING* 11:00 <u>TREASURE VALLEY RAMBLERS</u> 12:00 LUNCH 1:00 ART 1:00 WOOD CARVING 1:00 FARKLE & CRIBBAGE 1:00 HAND & FOOT	8:45 INTERMEDIATE TAP DANCE 9:00 CHAIR VOLLEYBALL 10:00 KNIT & LOOM 10:00 CHAIR ZUMBA 11:00 <u>YOUR 50s BAND</u> 12:00 LUNCH 1:00 INTERMEDIATE BRIDGE 1:00 PINOCHLE  4:00-7:00 PM - LUAU DANCE	9:00 FIT & FALLPROOF 10:00 FIT & FALLPROOF 11:00 <u>ASSOCIATION MEETING</u> 12:00 LUNCH 12:30 - 2:00 ATTORNEY CONSULT* 1:00 HAND & FOOT 1:00 TECH PALS* 1:00 BASIC LINE DANCING 2:00 BEG./INT. LINE DANCING  BINGO - DOORS OPEN AT 4:00 PM	10:00 ZUMBA GOLD 11:00 <u>DAVID LADINES</u> 12:00 LUNCH 1:00 PINOCHLE
MONDAY - JUNE 22	TUESDAY - JUNE 23	WEDNESDAY - JUNE 24	THURSDAY - JUNE 25	FRIDAY - JUNE 26
8:45 BEGINNERS TAP DANCE 9:00 CHAIR VOLLEYBALL 10:00 CHAIR YOGA (VIDEO) 10:20 - 12:00 FOCUS MASSAGE* 11:00 <u>PRIME TIME SWINGERS</u> 12:00 LUNCH 12:00 MARVELOUS MAH JONGG 1:00 PINOCHLE	9:00 FIT & FALLPROOF 10:00 FIT & FALLPROOF 11:00 <u>SENIOR JAMMERS</u> 12:00 LUNCH 1:00 ART 1:00 WOOD CARVING 1:00 FARKLE & CRIBBAGE 1:00 HAND & FOOT 1:00 BUNCO 1:00 BOARD MEETING	8:45 INTERMEDIATE TAP DANCE 9:00 CHAIR VOLLEYBALL 10:00 KNIT & LOOM 10:00 CHAIR ZUMBA 10:30 BLOOD PRESSURE CHECK* 10:30 <u>MERIDIAN LIBRARY</u> 11:00 <u>HEARTFELT COUNTRY</u> 12:00 LUNCH 1:00 INTERMEDIATE BRIDGE 1:00 PINOCHLE	9:00 FIT & FALLPROOF 10:00 FIT & FALLPROOF 11:00 <u>THE LEFTOVERS</u> 12:00 LUNCH 12:30 - 1:15 FINANCIAL CONSULT* 1:00 HAND & FOOT 1:00 BASIC LINE DANCING 2:00 BEG./INT. LINE DANCING  BINGO - DOORS OPEN AT 4:00 PM	10:00 ZUMBA GOLD 10:00 VETERANS' COFFEE MEET UP 12:00 LUNCH 1:00 PINOCHLE 1:00 AGAPE CHINESE FELLOWSHIP
MONDAY - JUNE 29	TUESDAY - JUNE 30	 <p><b>MONDAY - FRIDAY 10:00 AM - 1:00 PM</b> Household Goods, Jewelry, &amp; Women's Clothing <i>Donations Are Welcome &amp; Appreciated</i></p>		 <p><b>THURSDAY JUNE 18</b></p>
<p>NO BEGINNERS TAP DANCE 9:00 CHAIR VOLLEYBALL 10:00 CHAIR YOGA (VIDEO) 10:20 - 12:00 FOCUS MASSAGE* 11:00 <u>PRIME TIME SWINGERS</u> 12:00 LUNCH 12:00 MARVELOUS MAH JONGG 1:00 PINOCHLE</p>	<p>9:00 FIT &amp; FALLPROOF 10:00 FIT &amp; FALLPROOF 11:00 <u>TIM STILES</u> 12:00 LUNCH 1:00 ART 1:00 WOOD CARVING 1:00 FARKLE &amp; CRIBBAGE 1:00 HAND &amp; FOOT</p>			

- June 2 Candace Carlson Real Estate
- June 3 Premier Home Care  
Cadence 55+
- June 4 Senior Helpers
- June 5 Atea Cookies
- June 8 St. Alphonsus Health Plan
- June 9 New York Life  
Gentle Hearts Living Solutions
- June 11 Alpha III
- June 17 Frank Henry Estate Planning
- June 18 New York Life
- June 19 Cadence 55+
- June 23 New York Life
- June 25 Alpha III  
United Health Care
- June 26 Idaho Outreach Medicine

# CRAFT NIGHT at MSC

Wednesday, June 10<sup>th</sup>  
at 4:00 PM

**\$15 / \$18**

Member

Non-Member

Includes all the supplies to make this Clothespin Americana Wreath, and an instructor to help!

Limited to 20 participants.

Sign up at the Front Desk today!



Meridian Senior Center

## SCRUB & SHINE DAY

SATURDAY, JUNE 13

9:00 AM - 3:00 PM

Volunteers are needed to help us give the Center a deep clean!

Shifts are 2 hours each, and will cover a variety of cleaning tasks around the Center. We need to tackle every room, table, chair, floor, wall, and more!

Volunteers need to be able to manage moderate to strenuous physical work.

**DONATIONS OF CLEANING SUPPLIES ARE WELCOME AND APPRECIATED!**

Gloves Dish Soap  
Buckets Zep Wall Cleaner  
Rags  
Sponges  
Magic Erasers  
All-Purpose Cleaner



Sign Up Here!



## CHAIR YOGA

Mondays  
at 10:00 am

CLASS IS VIDEO-LED AT THIS TIME.

OUR INSTRUCTOR RECORDED HER CLASS, SO SHE WILL STILL BE "TEACHING" WHILE SHE IS RECOVERING FROM SURGERY!



# LUAU

DANCE & SOCIAL

WEDNESDAY JUNE 17

4:00 - 7:00 PM

MUSIC BY RODERICK'S CRUIZIN' CLASSICS

OUR LUAU DINNER: PULLED PORK, HAWAIIAN ROLLS, RICE, MACARONI SALAD, GREEN SALAD, AND DESSERT!

TICKETS

MEMBERS: \$15 WITH DINNER  
\$5 DANCE ONLY

NON-MEMBERS: \$20 WITH DINNER  
\$10 DANCE ONLY

DINNER TICKETS MUST BE PURCHASED BY FRIDAY, JUNE 12! AFTER THAT DATE, DANCE-ONLY TICKETS WILL BE THE ONLY OPTION AVAILABLE.

OPEN TO THE PUBLIC!

BUY YOUR TICKETS IN PERSON OR BY PHONE!  
208-888-5555

Meridian Senior Center  
1920 N. Records Way  
in Kleiner Park

# June

ACTIVITY  
CALENDAR

Meridian Senior Center