

ACTIVITIES

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

*DENOTES MEMBERSHIP REQUIRED

BILLIARDS & DARTS

MONDAY & WEDNESDAY - 12:15 - 3:30
TUESDAY & THURSDAY - 11:00 - 3:30
FRIDAY - 8:00 - 3:30



SPONSOR CONSULTS FOR OUR MEMBERS

ALPHA III WEALTH MANAGEMENT
PREFERRED SENIOR BENEFITS
TRICIA DAIGLE LAW OFFICE
-15 MIN CONSULTATIONS-

SIGN UP AT THE FRONT DESK

TRIPS & DINNERS OUT
& MEET UPS
SEATING LIMITED
SIGN-UP & PAY AT FRONT DESK
ACTIVITY FEES APPLY

- FEB. 6 - SMOKY MOUNTAIN
- FEB. 12 - A WAY WITH CLAY (MU)
- FEB. 15 - WOMEN'S EXPO & FLEA MARKET
- FEB. 22 - GEM & MINERAL EXPO REPTILES & EXOTICS SHOW
- FEB. 27 - RED PAVILION

BINGO

EVERY FRIDAY NIGHT
OPEN TO THE PUBLIC
DOORS OPEN AT 4:00PM
GAME PLAY STARTS AT 6:00PM
CASH PRIZES *MUST BE 18 YEARS OR OLDER TO PLAY*

| MONDAY - FEBRUARY 3 | TUESDAY - FEBRUARY 4 | WEDNESDAY - FEBRUARY 5 | THURSDAY - FEBRUARY 6 | FRIDAY - FEBRUARY 7 | |
|---|--|--|---|---|---|
| 8:45 TAP DANCE 9:00 CHAIR VOLLEYBALL 10:00 CHAIR YOGA 10:20 - 12:00 FOCUS MASSAGE * 11:00 RODERICK'S CRUZIN' CLASSICS 12:00 LUNCH 12:00 MARVELOUS MAH JONGG 1:00 PINOCHLE | 9:00 FIT & FALL PROOF 10:00 FIT & FALL PROOF 11:00 MOM & DOUBLE IMAGE 12:00 LUNCH 1:00 ART CLASS 1:00 GAMES 1:00 WOOD CARVING 1:00 HAND & FOOT REMINDER: FIT & FALL PROOF CLASSES LIMITED TO 24 PARTICIPANTS | 9:00 CHAIR VOLLEYBALL 10:00 KNIT & LOOM 10:30 TAI CHI 11:00 THE KEYSRINGS 12:00 LUNCH 1:00 PINOCHLE 1:00 INT. BRIDGE | 9:00 FIT & FALL PROOF 10:00 FIT & FALL PROOF 11:45 SENIOR GOLDMINE 12:00 LUNCH 1:00 HAND & FOOT 1:00 BASIC LINE DANCING 2:00 BEG. / INT. LINE DANCING 1:15 - 3:00/3:30 GAMES WITH COLE VALLEY CHRISTIAN SCHOOL | 8:30-2:30 FOOT CLINIC * 10:00 ZUMBA GOLD 11:00 MUSIC BY ALI 12:00 LUNCH 1:00 PINOCHLE DID YOU KNOW? THE BIRTH FLOWER FOR FEBRUARY IS THE VIOLET? BINGO - DOORS OPEN 4:00 | La Boutique MONDAY - FRIDAY 10:00 AM - 1:00 PM Household goods, Jewelry, & Women's Clothing DONATIONS & VOLUNTEERS NEEDED! MEMBER PERKS CHAIR MASSAGE Monday Mornings Appointments & Pre-Payment Are Required \$15 for 15 min. |
| MONDAY - FEBRUARY 10 | TUESDAY - FEBRUARY 11 | WEDNESDAY - FEBRUARY 12 | THURSDAY - FEBRUARY 13 | FRIDAY - FEBRUARY 14 | |
| 8:45 TAP DANCE 9:00 CHAIR VOLLEYBALL 10:00 CHAIR YOGA 10:20 - 12:00 FOCUS MASSAGE * 11:00 PRIME TIME SWINGERS 12:00 LUNCH 12:00 MARVELOUS MAH JONGG 1:00 PINOCHLE | 9:00 FIT & FALL PROOF 10:00 FIT & FALL PROOF 11:00 THE KEYSRINGS 12:00 LUNCH 1:00 ART CLASS 1:00 GAMES 1:00 WOOD CARVING 1:00 HAND & FOOT 1:00 BUNCO | 9:00 CHAIR VOLLEYBALL 10:00 KNIT & LOOM 10:30 TAI CHI 11:00 HEARTFELT COUNTRY 12:00 LUNCH 12:45 BOOK CLUB 1:00 PINOCHLE 1:00 INT. BRIDGE 1:00 FRIENDS OF ART | 9:00 FIT & FALL PROOF 10:00 FIT & FALL PROOF 11:00 AND FRIENDS 12:00 LUNCH 12:30 - 2:00 FINANCIAL CONSULTS * 1:00 HAND & FOOT 1:00 BASIC LINE DANCING 2:00 BEG. / INT. LINE DANCING REMINDER: FIT & FALL PROOF CLASSES LIMITED TO 24 PARTICIPANTS | 8:30-2:30 FOOT CLINIC * 10:00 ZUMBA GOLD 11:00 NASHVILLE SOUNDS OF IDAHO 12:00 LUNCH 1:00 PINOCHLE DID YOU KNOW? THE NORTHERN LIGHTS ARE OFTEN MOST VISIBLE IN FEBRUARY? BINGO DOORS OPEN 4:00 | MEMBER PERKS CHAIR MASSAGE Monday Mornings Appointments & Pre-Payment Are Required \$15 for 15 min. |
| MONDAY - FEBRUARY 17 | TUESDAY - FEBRUARY 18 | WEDNESDAY - FEBRUARY 19 | THURSDAY - FEBRUARY 20 | FRIDAY - FEBRUARY 21 | |
| Presidents Day CENTER CLOSED NO MEALS SERVED | 9:00 FIT & FALL PROOF 10:00 FIT & FALL PROOF 10:30 BLOOD SUGAR TESTING* 11:00 HEARTFELT COUNTRY 12:00 LUNCH 1:00 ART CLASS 1:00 GAMES 1:00 WOOD CARVING 1:00 HAND & FOOT | 9:00 CHAIR VOLLEYBALL 10:00 KNIT & LOOM 10:30 TAI CHI 12:00 LUNCH 1:00 INT. BRIDGE 1:00 PINOCHLE | 9:00 FIT & FALL PROOF 10:00 FIT & FALL PROOF 12:30 - 1:15 ATTORNEY CONSULT * 12:00 LUNCH 1:00 TECH PALS 1:00 HAND & FOOT 1:00 BASIC LINE DANCING 2:00 BEG. / INT. LINE DANCING | 10:00 ZUMBA GOLD 11:00 NASHVILLE SOUNDS OF IDAHO 12:00 LUNCH 1:00 PINOCHLE DID YOU KNOW? FEBRUARY IS AMERICAN HEART MONTH? BINGO - DOORS OPEN 4:00 | EVENTS ON THE CALENDAR MAY CHANGE AFTER PUBLICATION PARTNER TABLES 10 A.M. - 1 P.M. FEB. 11 GENTLE HEARTS LIVING SOLUTIONS |
| MONDAY - FEBRUARY 24 | TUESDAY - FEBRUARY 25 | WEDNESDAY - FEBRUARY 26 | THURSDAY - FEBRUARY 27 | FRIDAY - FEBRUARY 28 | |
| 8:45 TAP DANCE 9:00 CHAIR VOLLEYBALL 10:00 CHAIR YOGA 10:20 - 12:00 FOCUS MASSAGE * 11:00 PRIME TIME SWINGERS 12:00 LUNCH 12:00 MARVELOUS MAH JONGG 1:00 PINOCHLE | 9:00 FIT & FALL PROOF 10:00 FIT & FALL PROOF 11:00 SENIOR JAMMERS 12:00 LUNCH 10:30 BOARD MEETING 1:00 ART CLASS 1:00 GAMES 1:00 WOOD CARVING 1:00 HAND & FOOT 1:00 BUNCO | 9:00 CHAIR VOLLEYBALL 10:00 KNIT & LOOM 10:30 TAI CHI 10:30 BLOOD PRESSURE * 10:45 - 11:45 MERIDIAN LIBRARY 11:00 HEARTFELT COUNTRY 12:00 LUNCH 1:00 PINOCHLE 1:00 INT. BRIDGE | 9:00 FIT & FALL PROOF 10:00 FIT & FALL PROOF 11:00 KAY & THE BOGUS STRING BAND 12:00 LUNCH 12:30 - 2:00 FINANCIAL CONSULTS * 1:00 HAND & FOOT 1:00 BASIC LINE DANCING 2:00 BEG. / INT. LINE DANCING | 10:00 ZUMBA GOLD 11:00 THE LEFTOVERS 12:00 LUNCH 1:00 PINOCHLE 1:00 AGAPE CHINESE FELLOWSHIP BINGO - DOORS OPEN 4:00 | MEET UP NEW FOR 2025! Events marked with (MU) are get-togethers where everyone meets at the location - No MSC transportation will be available. |

Show Your Love Love Is In The Air
Dress in your best Valentine's Day outfit and you could win a prize!
February 14th at lunch time Dance & Social February 20th

PIZZA FUNDRAISING EVENT
February 25, 2025
4:00pm-9:00pm
Join us at Mountain Mike's Pizza!
40% of all proceeds made will be donated back to our Center!
3340 N Eagle Rd Suite 140, Meridian, ID 83646

FOOT CARE
1st & 2nd Fridays of the Month
MEMBERSHIP REQUIRED
CONTACT SANDY TO MAKE AN APPOINTMENT
(941) 928 - 7107