

NOVEMBER ACTIVITIES

MONDAY - NOVEMBER 3	TUESDAY - NOVEMBER 4	WEDNESDAY - NOVEMBER 5	THURSDAY - NOVEMBER 6	FRIDAY - NOVEMBER 7
8:45 TAP DANCE 9:00 CHAIR VOLLEYBALL 10:00 CHAIR YOGA 10:20 - 12:00 FOCUS MASSAGE* 11:00 RODERICK'S CRUIZIN CLASSICS 12:00 LUNCH 12:00 MARVELOUS MAH JONGG 1:00 PINOCHLE	11:00 MOM & DOUBLE IMAGE 12:00 LUNCH 1:00 GAMES ★ ELECTION DAY ★	9:00 CHAIR VOLLEYBALL 10:00 KNIT & LOOM 10:30 TAI CHI 11:00 THE KEYSTRINGS 12:00 LUNCH 1:00 INTERMEDIATE BRIDGE 1:00 PINOCHLE	9:00 FIT & FALLPROOF 10:00 FIT & FALLPROOF 11:45 SENIOR GOLDMINE 12:00 LUNCH 12:30 - 1:15 ATTORNEY CONSULT* 1:00 HAND & FOOT 1:00 BASIC LINE DANCING 2:00 BEG./INT. LINE DANCING	10:00 ZUMBA GOLD 11:00 MUSIC BY ALI 12:00 LUNCH 1:00 PINOCHLE BINGO - DOORS OPEN AT 4:00 PM LA BOUTIQUE OPEN 3:00 - 6:00 PM
MONDAY - NOVEMBER 10	TUESDAY - NOVEMBER 11	WEDNESDAY - NOVEMBER 12	THURSDAY - NOVEMBER 13	FRIDAY - NOVEMBER 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	VETERANS DAY HONORING ALL WHO SERVED	10:00 HEALTH & RESOURCE FAIR 10:30 MERIDIAN LIBRARY 11:00 HEARTFELT COUNTRY 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 11:00 AND FRIENDS 12:00 LUNCH 12:30 - 2:00 FINANCIAL CONSULT* 1:00 HAND & FOOT 1:00 BASIC LINE DANCING 2:00 BEG./INT. LINE DANCING IMMUNIZATION CLINIC 9:30 AM - 12:00 PM	10:00 ZUMBA GOLD 11:00 THE KEYSTRINGS 12:00 LUNCH 1:00 PINOCHLE BINGO - DOORS OPEN AT 4:00 PM
MONDAY - NOVEMBER 17	TUESDAY - NOVEMBER 18	WEDNESDAY - NOVEMBER 19	THURSDAY - NOVEMBER 20	FRIDAY - NOVMEBER 21
8:45 TAP DANCE 9:00 CHAIR VOLLEYBALL 10:00 CHAIR YOGA 10:20 - 12:00 FOCUS MASSAGE* 11:00 RODERICK'S CRUIZIN CLASSICS 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 HEARTFELT COUNTRY 12:00 LUNCH 1:00 ART CLASS 1:00 WOOD CARVING 1:00 GAMES 1:00 HAND & FOOT 1:00 BOARD MEETING	9:00 CHAIR VOLLEYBALL 10:00 KNIT & LOOM 10:30 TAI CHI 11:00 KING PON 12:00 LUNCH 1:00 INTERMEDIATE BRIDGE 1:00 PINOCHLE 4:15 - SOCK HOP DANCE & SOCIAL	9:00 FIT & FALLPROOF 10:00 FIT & FALLPROOF 11:00 KAY & THE BOGUS STRING BAND 12:00 LUNCH 12:30 - 1:15 ATTORNEY CONSULT* 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 ASSOCIATION MEETING 12:00 LUNCH 1:00 PINOCHLE BINGO - DOORS OPEN AT 4:00 PM LA BOUTIQUE OPEN 3:00 - 6:00 PM
MONDAY - NOVEMBER 24	TUESDAY - NOVEMBER 25	WEDNESDAY - NOVEMBER 26	THURSDAY - NOVEMBER 27	FRIDAY - NOVEMBER 28
8:45 TAP DANCE 9:00 CHAIR VOLLEYBALL 10:00 CHAIR YOGA 10:20 - 12:00 FOCUS MASSAGE*	9:00 FIT & FALLPROOF 10:00 FIT & FALLPROOF 10:00 SENIOR PLANET 11:00 DAVID LADINES	9:00 CHAIR VOLLEYBALL 10:00 KNIT & LOOM 10:30 TAI CHI 10:30 MERIDIAN LIBRARY	CLOSED	CLOSED

La Boutique **MONDAY - FRIDAY**

MARVELOUS MAH JONGG

11:00 PRIME TIME SWINGERS

12:00 LUNCH

1:00 PINOCHLE

12:00 LUNCH

1:00 BUNCO

WOOD CARVING

GAMES

1:00 HAND & FOOT

1:00 ART

10:00 AM - 1:00 PM Household Goods, Jewelry, &

Women's Clothing

Donations Are Welcome & Appreciated

Season of Sharing

Bringing Joy Across Generations

12:00 LUNCH

1:00 PINOCHLE

11:00 BLOOD PRESSURE CHECK*

1:00 INTERMEDIATE BRIDGE

HEARTFELT COUNTRY

Toys For Tots - Gifts for Ages 0-15 November 3 - December 5

Ashley Manor Senior Living - Cory Lane November 3 - December 15

Collection Boxes In the MSC Lobby

Coming Up In December

Dec. 1: 2026 Membership Renewals Begin

Dec. 2: Giving Tuesday and Making a Difference Kickoff

Dec. 18: Christmas Lunch & Ugly Sweater Party

- Dec. 24-28: Closed for Christmas

208-888-5555

meridianseniorcenter.org

1920 N. Records Way Meridian, ID 83746

Located inside Kleiner Park

* CALENDAR ITEMS IN GREEN ARE MEMBERSHIP REQUIRED

MEMBER PERKS

FOCUS MASSAGE

Monday Mornings \$15 for 15 Minutes

Appointments & Pre-Payment Required Sign Up at the Front Desk

FOOT CARE CLINIC

Fridays - Dates Vary Contact Sandy to make an appointment

(208) 747-5797

SPONSOR CONSULTS

Alpha III Wealth Management

Tricia Daigle Law Office 15 Minute Free Consultation

Appointments Required Sign Up at the Front Desk

SENIOR TECH PALS

Thursday, Nov. 20, 1 - 3 PM **Appointments Required** Sign Up at the Front Desk

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

FIT & FALLPROOF - \$2 FOR EVERYONE **CLASSES LIMITED TO 24 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.

EVENT DATE. ACTIVITY FEES APPLY. SOME OUTINGS HAVE ADMISSION/TICKET FEES.

SIGN UP AT THE FRONT DESK!

Saturday, November 1 **BSU Football Watch Party at MSC**

> Saturday, November 8 **Craft & Chocolate Affaire**

Wednesday, November 12 **Craft Night at MSC**

Tuesday, November 25 Indian Creek Steakhouse

Friday, November 28 **BSU Football Watch Party at MSC**

IN THE LOBBY 10:00 AM - 1:00 PM

Wednesday, November 5 **Touchmark Hot Cocoa Bar**

> November 7, 17 **Senior Helpers**

November 13 & 21 United Healthcare

Tuesday, November 18



OPEN TO THE PUBLIC

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





STEPPIN' OUT
Line Dance Party





FREE TO ATTEND!

Join us for a morning of connection and support at the Senior Resource Fair. Local organizations and businesses will be here to share information, answer questions, and connect you with valuable services designed to enhance your health, independence, and community.

At the Senior Resource Fair, you can:

- Meet trusted local companies and service providers
- Explore resources to support your health, wellbeing, and independence
- Ask questions and receive personalized guidance
- · Learn about programs and opportunities available in our community







