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Meridian Senior Center UNL ACIUVIILS				
MONDAY - JUNE 2	TUESDAY - JUNE 3	WEDNESDAY - JUNE 4	THURSDAY - JUNE 5	FRIDAY - JUNE 6
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  11:00 MOM & DOUBLE IMAGE  12:00 LUNCH 1:00 ART CLASS 1:00 WOOD CARVING 1:00 GAMES 1:00 HAND & FOOT	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	8:30 - 2:30 FOOT CLINIC * 10:00 ZUMBA GOLD (VIDEO)  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 - JUNE 9	TUESDAY - JUNE 10	WEDNESDAY - JUNE 11	THURSDAY - JUNE 12	FRIDAY - JUNE 13
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 & FALLPROOF 10:00 FIT & FALLPROOF 11:00 THE KEYSTRINGS 12:00 LUNCH 1:00 ART CLASS 1:00 WOOD CARVING 1:00 GAMES 1:00 HAND & FOOT 1:00 BUNCO	9:00 CHAIR VOLLEYBALL 10:00 KNIT & LOOM 10:30 TAI CHI 10:30 MERIDIAN LIBRARY 11:00 HEARTFELT COUNTRY 12:00 LUNCH 1:00 INTERMEDIATE BRIDGE 1:00 PINOCHLE	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	8:30 - 2:30 FOOT CLINIC * 10:00 ZUMBA GOLD (VIDEO) 11:00 KING PON 12:00 LUNCH 1:00 PINOCHLE  BINGO - DOORS OPEN AT 4:00 PM
MONDAY - JUNE 16	TUESDAY - JUNE 17	WEDNESDAY - JUNE 18	THURSDAY - JUNE 19	FRIDAY - JUNE 20
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	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	10:00 KNIT & LOOM 12:00 LUNCH 1:00 BOOK CLUB 1:00 INTERMEDIATE BRIDGE 1:00 PINOCHLE	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 HAND & FOOT	10:00 ZUMBA GOLD (VIDEO)  11:00 BIG DAVE WALTER  12:00 LUNCH  1:00 PINOCHLE

# 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**

1st & 2nd Fridays Contact Sandy to make an appointment

(941) 928-7107

## **SPONSOR CONSULTS**

Alpha III Wealth Management and Tricia Daigle Law Office

15 Minute Free Consultation

Appointments Required Sign Up at the Front Desk

# La Boutique

Household Goods, Jewelry, & Women's Clothing

# **MONDAY - FRIDAY**

# 10:00 AM - 1:00 PM

Donations Are Welcome & Appreciated

### **MONDAY - JUNE 30**

12:00 MARVELOUS MAH JONGG

**MONDAY - JUNE 23** 

1:00 PINOCHLE

8:45 TAP DANCE

LUNCH

1:00 PINOCHLE

10:00

9:00 CHAIR VOLLEYBALL

**CHAIR YOGA** 

10:20 - 12:00 FOCUS MASSAGE\*

**PRIME TIME SWINGERS** 

MARVELOUS MAH JONGG

8:45 TAP DANCE 9:00 CHAIR VOLLEYBALL **CHAIR YOGA** 

10:20 - 12:00 FOCUS MASSAGE\*

12:00 LUNCH

12:00 **MARVELOUS MAH JONGG** 

1:00 PINOCHLE



CEREAL

1:00 **GAMES** 

11:00

1:00

1:00

12:00 LUNCH

1:00 ART CLASS

**GAMES** 

BUNCO

1:00 BOARD MEETING

1:00 HAND & FOOT

9:00 FIT & FALLPROOF

**TUESDAY - JUNE 24** 

**FIT & FALLPROOF** 

**SENIOR JAMMERS** 

**WOOD CARVING** 

**HAND & FOOT** 

**WEDNESDAY - JUNE 25** 

**MERIDIAN LIBRARY** 

**HEARTFELT COUNTRY** 

INTERMEDIATE BRIDGE

11:00 BLOOD PRESSURE CHECK\*

9:00 CHAIR VOLLEYBALL

10:00 KNIT & LOOM

LUNCH

1:00 PINOCHLE

10:30 TAI CHI

10:30

12:00

# **JUNE 1-13**

Help us help the VBS kids from Christ the King Anglican Church collect new, unexpired boxes of cereal for the Idaho Food Bank! Bring your donations and drop them in the bin in the lobby. They'll be collected at lunch on June 13!



1:00 BASIC LINE DANCING

9:00 FIT & FALLPROOF

10:00 FIT & FALLPROOF

11:00 THE LEFTOVERS

1:00 HAND & FOOT

12:00 LUNCH

2:00 BEG./INT. LINE DANCING

**THURSDAY - JUNE 26** 

12:30 - 2:00 FINANCIAL CONSULT\*

1:00 BASIC LINE DANCING

2:00 BEG./INT. LINE DANCING



BINGO - DOORS OPEN AT 4:00 PM

LA BOUTIQUE OPEN 3:00 - 6:00 PM

**FRIDAY - JUNE 27** 

1:00 AGAPE CHINESE FELLOWSHIP

BINGO - DOORS OPEN AT 4:00 PM

**ASSOCIATION MEETING\*** 

10:00 ZUMBA GOLD (VIDEO)

LUNCH

1:00 PINOCHLE

11:00

12:00

Ride the Meridian Senior Center bus in the Meridian Dairy Days Parade! Seats Are Limited Sign Up At The Front Desk!

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

Mon., June 2 Joe Nielson

Tues., June 10 Gentle Hearts **Living Solutions** 

Mon., June 16 Arbor Valley

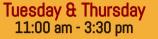
\$2 FOR MEMBERS **\$5 FOR NON-MEMBERS** 

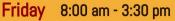
FIT & FALLPROOF - \$2 FOR EVERYONE **CLASSES LIMITED TO 24 PARTICIPANTS** 

### DARTS. SHUFFLE BOARD. POOL & PING PONG



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





**CALENDAR EVENTS MAY CHANGE** AFTER PUBLICATION. SIGN UPS BEGIN APPROX. 2 WEEKS BEFORE EVENT DATE.

ACTIVITY FEES APPLY. SOME EVENTS HAVE ADMISSION/TICKET FEES. SIGN UP AT THE FRONT DESK!

Tuesday, June 10

**Tuesday on the Creek** 

Saturday, June 14 **Emmett Cherry Festival** 

Wednesday, June 18 **Zoo Boise** 

Saturday, June 21 **Meridian Dairy Days Parade** 

> Thursday, June 26 **Country Corner Cafe**



# OPEN TO THE PUBLIC

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







# TICKETS

MEMBERS \$5 DANCE \$12 DINNER & DANCE

NONMEMBERS \$8 DANCE \$15 DINNER & DANCE



DESSERT BY HELLO SUNSHINE ICE CREAM
MUSIC BY RODERICK'S CRUIZIN' CLASSICS

# LET'S GO FISHING!

You can fish the ponds at Kleiner Park!

FISHING HOURS: 9:00 AM - 3:00 PM

**MONDAY - FRIDAY** 

Fishing Rods and Tackle Boxes are available to check out. Live and/or edible bait are the responsibility of the person fishing.

REGULAR ACTIVITY FEES APPLY.
We will keep a copy of your
driver's license and fishing
license on file while equipment
is checked out. You may be
billed if you fail to return
fishing equipment.



### <u>A CURRENT FISHING LICENSE IS REQUIRED!</u>



If you don't have a license, we can help you get one online (a credit or debit card is required).

Age 65+ - \$13.75 Adults under age 65 - \$30.50



## Transitional Care | Long-Term

Focusing on patient-centered rehabilitation with 24-hour skilled nursing care, the Arbor Valley team creates custom treatment plans for each patient and resident, focusing on individual needs and goals.

Contact Rick Strong
208-830-7652 | rstrong@cascadiahc.com

