



# 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**

## 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*

**MONDAY - FRIDAY**  
**10:00 AM - 1:00 PM**

Household Goods, Jewelry, &  
Women's Clothing

*Donations Are Welcome & Appreciated*

## PARTNER TABLES

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

## ACTIVITIES

**\$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. SIGN UPS BEGIN  
APPROX. 2 WEEKS BEFORE EVENT DATE.**

## OUTINGS & MEET UPS

*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



**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 - JUNE 2  
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

TUESDAY - JUNE 3  
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

WEDNESDAY - JUNE 4  
9:00 CHAIR VOLLEYBALL  
10:00 KNIT & LOOM  
10:30 TAI CHI  
11:00 THE KEYSRINGS  
12:00 LUNCH  
1:00 INTERMEDIATE BRIDGE  
1:00 PINOCHLE

THURSDAY - JUNE 5  
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

FRIDAY - JUNE 6  
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  
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

TUESDAY - JUNE 10  
9:00 FIT & FALLPROOF  
10:00 FIT & FALLPROOF  
11:00 THE KEYSRINGS  
12:00 LUNCH  
1:00 ART CLASS  
1:00 WOOD CARVING  
1:00 GAMES  
1:00 HAND & FOOT  
1:00 BUNCO

WEDNESDAY - JUNE 11  
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

THURSDAY - JUNE 12  
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  
  
4:00 - SUMMER KICKOFF DANCE

FRIDAY - JUNE 13  
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  
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

TUESDAY - JUNE 17  
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

WEDNESDAY - JUNE 18  
10:00 KNIT & LOOM  
12:00 LUNCH  
1:00 BOOK CLUB  
1:00 INTERMEDIATE BRIDGE  
1:00 PINOCHLE

THURSDAY - JUNE 19  
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  
1:00 BASIC LINE DANCING  
2:00 BEG./INT. LINE DANCING

FRIDAY - JUNE 20  
10:00 ZUMBA GOLD (VIDEO)  
11:00 BIG DAVE WALTER  
12:00 LUNCH  
1:00 PINOCHLE  
  
BINGO - DOORS OPEN AT 4:00 PM  
LA BOUTIQUE OPEN 3:00 - 6:00 PM

MONDAY - JUNE 23  
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

TUESDAY - JUNE 24  
9:00 FIT & FALLPROOF  
10:00 FIT & FALLPROOF  
11:00 SENIOR JAMMERS  
12:00 LUNCH  
1:00 ART CLASS  
1:00 WOOD CARVING  
1:00 GAMES  
1:00 HAND & FOOT  
1:00 BUNCO  
1:00 BOARD MEETING

WEDNESDAY - JUNE 25  
9:00 CHAIR VOLLEYBALL  
10:00 KNIT & LOOM  
10:30 TAI CHI  
10:30 MERIDIAN LIBRARY  
11:00 BLOOD PRESSURE CHECK\*  
11:00 HEARTFELT COUNTRY  
12:00 LUNCH  
1:00 INTERMEDIATE BRIDGE  
1:00 PINOCHLE

THURSDAY - JUNE 26  
9:00 FIT & FALLPROOF  
10:00 FIT & FALLPROOF  
11:00 THE LEFTOVERS  
12:00 LUNCH  
12:30 - 2:00 FINANCIAL CONSULT\*  
1:00 HAND & FOOT  
1:00 BASIC LINE DANCING  
2:00 BEG./INT. LINE DANCING

FRIDAY - JUNE 27  
10:00 ZUMBA GOLD (VIDEO)  
11:00 ASSOCIATION MEETING\*  
12:00 LUNCH  
1:00 PINOCHLE  
1:00 AGAPE CHINESE FELLOWSHIP  
  
BINGO - DOORS OPEN AT 4:00 PM

MONDAY - JUNE 30  
8:45 TAP DANCE  
9:00 CHAIR VOLLEYBALL  
10:00 CHAIR YOGA  
10:20 - 12:00 FOCUS MASSAGE\*  
12:00 LUNCH  
12:00 MARVELOUS MAH JONGG  
1:00 PINOCHLE



**CEREAL DRIVE**  
**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!



**June 21<sup>st</sup>**  
Ride the Meridian Senior Center bus in the Meridian Dairy Days Parade!  
*Seats Are Limited  
Sign Up At The Front Desk!*

# SUMMER KICK OFF



JUNE 12TH, 2025 / 4:00PM-7:00PM

## POTLUCK DINNER

THE CENTER WILL PROVIDE CHICKEN,  
PLEASE BRING A SIDE DISH OR DESSERT.

DANCE & SOCIAL



### 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.

**A CURRENT FISHING LICENSE IS REQUIRED!**



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



ARBOR VALLEY  
of Cascadia

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](mailto:rstrong@cascadiahc.com)

# June

## ACTIVITY CALENDAR & MENU



Meridian Senior Center