Meridian Senior Center

DECEMBER ACTIVITIES

MONDAY - DECEMBER 1	TUESDAY - DECEMBER 2	WEDNESDAY - DECEMBER 3	THURSDAY - DECEMBER 4	FRIDAY - DECEMBER 5
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	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 - DECEMBER 8	TUESDAY - DECEMBER 9	WEDNESDAY - DECEMBER 10	THURSDAY - DECEMBER 11	FRIDAY - DECEMBER 12
8:45 TAP DANCE 9:00 CHAIR VOLLEYBALL 10:00 CHAIR YOGA 10:20 - 12:00 FOCUS MASSAGE* 11:00 HEARTFELT COUNTRY 12:00 LUNCH 12:00 MARVELOUS MAH JONGG 1:00 PINOCHLE 2026 MEMBERSHIP RENEWALS BEGIN	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 PRIME TIME SWINGERS 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	10:00 ZUMBA GOLD 11:00 YOUR 50s BAND 12:00 LUNCH 1:00 PINOCHLE BINGO - DOORS OPEN AT 4:00 PM
MONDAY - DECEMBER 15	TUESDAY - DECEMBER 16	WEDNESDAY - DECEMBER 17	THURSDAY - DECEMBER 18	FRIDAY - DECEMBER 19
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 10:30 BLOOD SUGAR TESTING* 11:00 HEARTFELT COUNTRY	9:00 CHAIR VOLLEYBALL 10:00 KNIT & LOOM 10:30 TAI CHI 11:00 JUBILATION	9:00 FIT & FALLPROOF 10:00 FIT & FALLPROOF 11:00 KAY & THE BOGUS STRING BAND	10:00 ZUMBA GOLD 11:00 DAVID LADINES 12:00 LUNCH 1:00 PINOCHLE
11:00 RODERICK'S CRUIZIN CLASSICS 12:00 LUNCH 12:00 MARVELOUS MAH JONGG 1:00 PINOCHLE	12:00 LUNCH 1:00 ART CLASS 1:00 WOOD CARVING 1:00 GAMES 1:00 HAND & FOOT 1:00 BOARD MEETING	12:00 LUNCH 1:00 INTERMEDIATE BRIDGE 1:00 PINOCHLE	12:00 LUNCH 12:30 - 1:15 ATTORNEY CONSULT* 1:00 HAND & FOOT 2:00 BEG./INT. LINE DANCING	BINGO - DOORS OPEN AT 4:00 PM LA BOUTIQUE OPEN 3:00 - 6:00 PM
12:00 LUNCH 12:00 MARVELOUS MAH JONGG	1:00 ART CLASS 1:00 WOOD CARVING 1:00 GAMES 1:00 HAND & FOOT	1:00 INTERMEDIATE BRIDGE	12:30 - 1:15 ATTORNEY CONSULT* 1:00 HAND & FOOT	

NO BINGO

MONDAY - DECEMBER 29 TUESDAY - DECEMBER 30 WEDNESDAY - DECEMBER 31

8:45 TAP DANCE 9:00 FIT & FALLPROOF 10:00 FIT & FALLPROOF 9:00 CHAIR VOLLEYBALL

11:00 YOUR 50s BAND **CHAIR YOGA** 12:00 LUNCH 10:20 - 12:00 FOCUS MASSAGE*

RODERICK'S CRUIZIN CLASSICS

12:00 LUNCH

MARVELOUS MAH JONGG

1:00 PINOCHLE

1:00 PINOCHLE

1:00

1:00 **GAMES** 1:00 HAND & FOOT

ART

1:00 WOOD CARVING

1:00 HAND & FOOT

1:00 BUNCO

CHAIR VOLLEYBALL 10:00 KNIT & LOOM

10:30 TAI CHI **HEARTFELT COUNTRY** 12:00 LUNCH

MERIDIAN SENIOR CENTER WILL CLOSE AT 1:00 PM TODAY

Meridian Senior Center will be CLOSED - January 1st OPEN - January 2nd





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

Women's Clothing Donations Are Welcome & Appreciated

208-888-5555 meridianseniorcenter.org

> 1920 N. Records Way Meridian, ID 83746

Located inside Kleiner Park

* CALENDAR ITEMS IN GREEN ARE MEMBERSHIP REQUIRED

MEMBERS

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 Sandy to make an appointment (208) 747-5797

SPONSOR CONSULTS

Alpha III Wealth Management and

Tricia Daigle Law Office Free 15 Minute Consultations

SENIOR TECH PALS

NO TECH PALS IN DECEMBER

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

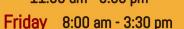
FIT & FALLPROOF - \$2 FOR EVERYONE **CLASSES LIMITED TO 30 PARTICIPANTS**

DARTS. SHUFFLE BOARD. POOL & PING PONG



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





CALENDAR EVENTS MAY CHANGE AFTER PUBLICATION.

SIGN-UPS BEGIN APPROX. 2 WEEKS BEFORE EVENT DATE. ACTIVITY FEES APPLY. SOME OUTINGS HAVE ADMISSION/TICKET FEES.

SIGN UP AT THE FRONT DESK!

Tuesday, December 9 The Boise Chordsmen Christmas Concert

> Wednesday, December 10 **Craft Night at MSC**

Wednesday, December 17 **Christmas Lights Tour**

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

December 1 **United Healthcare**

> **December 2** 2nd Family

December 3, 10, 17 **Legacy Insurance**

December 4, 15 **Senior Helpers**

December 5, 12, 19 **Best Financial Services**

December 9 Gentle Hearts Living Solutions

December 19

Wholesome Chiropractic



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*

Beginning January 8, 2026



Our Making A Difference campaign is raising funds to support the activities, programs, and general operations that serve our senior community. This campaign will run throughout the month of December. Our goal is to raise \$20,000, and every contribution brings us closer to continuing

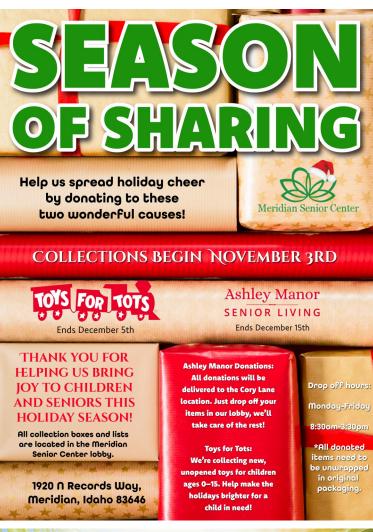
You can donate at the Front Desk or online by scanning the QR code.

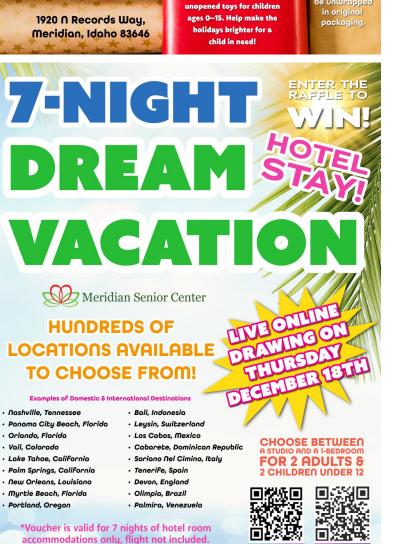
this vital service for our community.

Thank you for helping us make a difference!



AND YOU COULD WIN A PRIZE!





Call or email Alexandria with questions. 208.861.4421 or alexandria@meridianse

