



# APRIL 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

### SENIOR TECH PALS

3rd Thursdays, 1 - 3 PM

Appointments Required

Sign Up at the Front Desk

## PARTNER TABLES

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

Tuesday, April 8

Gentle Hearts Living Solutions

Wednesday, April 9

St. Alphonsus

Friday, April 11

Easterseals Senior Community Service  
Employment Program

Tuesday, April 22

Legacy Primary Care

## ACTIVITIES

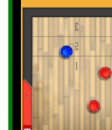
**\$2 FOR MEMBERS**  
**\$5 FOR NON-MEMBERS**

**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, April 8

Olive Garden

Wednesday, April 16

Boise Art Museum

Thursday, April 17

*Meet Up - Wine Tasting at Telaya Wine Co.*

Tuesday, April 22

*Meet Up - Scrap Arts at the Morrison Center*

Friday, April 25

BSU Choir & Symphony

Wednesday, April 30

El Mariachi Loco

## BINGO



**EVERY FRIDAY NIGHT**

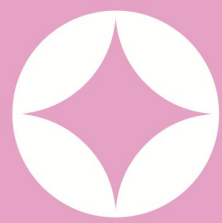
**OPEN TO THE PUBLIC**

**DOORS OPEN AT 4:00PM**

**GAME PLAY STARTS AT 6:00PM**

**CASH PRIZES** \*MUST BE 18 YEARS  
OR OLDER TO PLAY\*

	TUESDAY - APRIL 1	WEDNESDAY - APRIL 2	THURSDAY - APRIL 3	FRIDAY - APRIL 4
 <b>MONDAY - FRIDAY</b> <b>10:00 AM - 1:00 PM</b> Household Goods, Jewelry, & Women's Clothing <i>Donations Are Welcome &amp; Appreciated</i>	9:00 FIT & FALLPROOF 10:00 FIT & FALLPROOF 11:00 <b>MOM &amp; DOUBLE IMAGE</b> 12:00 LUNCH 1:00 ART CLASS 1:00 WOOD CARVING 1:00 GAMES 1:00 HAND & FOOT 1:30 <b>GAMES w/CVCS KIDS</b>	9:00 CHAIR VOLLEYBALL 10:00 KNIT & LOOM 10:30 TAI CHI 11:00 <b>THE KEYSRINGS</b> 12:00 LUNCH 1:00 INTERMEDIATE BRIDGE 1:00 PINOCHLE	9:00 FIT & FALLPROOF 10:00 FIT & FALLPROOF 11:45 <b>SENIOR GOLDMINE</b> 12:00 LUNCH 12:30 - 1:15 <b>ATTORNEY CONSULT*</b> 1:00 HAND & FOOT 1:00 BASIC LINE DANCING 2:00 BEG./INT. LINE DANCING  7:00 PM - RADIO DAYS	8:30 - 2:30 <b>FOOT CLINIC*</b> 10:00 ZUMBA GOLD (VIDEO) 11:00 <b>MUSIC BY ALI</b> 12:00 LUNCH 1:00 PINOCHLE  BINGO - DOORS OPEN AT 4:00 PM LA BOUTIQUE OPEN 3:00 - 6:00 PM
MONDAY - APRIL 7	TUESDAY - APRIL 8	WEDNESDAY - APRIL 9	THURSDAY - APRIL 10	FRIDAY - APRIL 11
8:45 TAP DANCE 9:00 CHAIR VOLLEYBALL 10:00 CHAIR YOGA (VIDEO) 10:20 - 12:00 <b>FOCUS MASSAGE*</b> 11:00 <b>RODERICK'S CRUIZIN' CLASSICS</b> 12:00 LUNCH 12:00 MARVELOUS MAH JONGG 1:00 PINOCHLE	9:00 FIT & FALLPROOF 10:00 FIT & FALLPROOF 11:00 <b>THE KEYSRINGS</b> 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 10:00 <b>MERIDIAN LIBRARY</b> 10:30 TAI CHI 11:00 <b>HEARTFELT COUNTRY</b> 12:00 LUNCH 1:00 INTERMEDIATE BRIDGE 1:00 PINOCHLE 1:00 BOOK CLUB 1:00 FRIENDS OF ART	9:00 FIT & FALLPROOF 10:00 FIT & FALLPROOF 11:00 <b>AND FRIENDS</b> 12:00 LUNCH 12:30 - 2:00 <b>FINANCIAL CONSULT*</b> 1:00 HAND & FOOT 1:00 BASIC LINE DANCING 2:00 BEG./INT. LINE DANCING  4:00 - <b>SPRING FLING DANCE</b>	8:30 - 2:30 <b>FOOT CLINIC*</b> 10:00 ZUMBA GOLD (VIDEO) 12:00 LUNCH 1:00 PINOCHLE  BINGO - DOORS OPEN AT 4:00 PM
			 <p><b>THE APOLLO 13 MISSION</b> LAUNCHED 55 YEARS AGO ON APRIL 11, 1970.</p>	
MONDAY - APRIL 14	TUESDAY - APRIL 15	WEDNESDAY - APRIL 16	THURSDAY - APRIL 17	FRIDAY - APRIL 18
8:45 TAP DANCE 9:00 CHAIR VOLLEYBALL 10:00 CHAIR YOGA (VIDEO) 10:20 - 12:00 <b>FOCUS MASSAGE*</b> 11:00 <b>PRIME TIME SWINGERS</b> 12:00 LUNCH 12:00 MARVELOUS MAH JONGG 1:00 PINOCHLE	9:00 FIT & FALLPROOF 10:00 FIT & FALLPROOF 10:30 <b>BLOOD SUGAR TESTING*</b> 11:00 <b>HEARTFELT COUNTRY</b> 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 11:10 <b>EASTERSEALS SCSEP</b> 12:00 LUNCH 1:00 INTERMEDIATE BRIDGE 1:00 PINOCHLE	9:00 FIT & FALLPROOF 10:00 FIT & FALLPROOF 12:00 LUNCH 12:30 - 1:15 <b>ATTORNEY CONSULT*</b> 1:00 - 3:00 <b>TECH PALS*</b> 1:00 HAND & FOOT 1:00 BASIC LINE DANCING 2:00 BEG./INT. LINE DANCING	10:00 ZUMBA GOLD (VIDEO) 12:00 LUNCH 1:00 PINOCHLE  BINGO - DOORS OPEN AT 4:00 PM LA BOUTIQUE OPEN 3:00 - 6:00 PM
			 <p><b>APRIL 25</b> IS WORLD PENGUIN DAY!</p>	
MONDAY - APRIL 21	TUESDAY - APRIL 22	WEDNESDAY - APRIL 23	THURSDAY - APRIL 24	FRIDAY - APRIL 25
8:45 TAP DANCE 9:00 CHAIR VOLLEYBALL 10:00 CHAIR YOGA (VIDEO) 10:20 - 12:00 <b>FOCUS MASSAGE*</b> 11:00 <b>RODERICK'S CRUIZIN' CLASSICS</b> 12:00 LUNCH 12:00 MARVELOUS MAH JONGG 1:00 PINOCHLE	9:00 FIT & FALLPROOF 10:00 FIT & FALLPROOF 11:00 <b>SENIOR JAMMERS</b> 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 10:00 <b>MERIDIAN LIBRARY</b> 10:30 TAI CHI 11:00 <b>BLOOD PRESSURE CHECK*</b> 11:00 <b>HEARTFELT COUNTRY</b> 12:00 LUNCH 1:00 INTERMEDIATE BRIDGE 1:00 PINOCHLE	9:00 FIT & FALLPROOF 10:00 FIT & FALLPROOF 11:00 <b>KAY &amp; THE BOGUS STRING BAND</b> 12:00 LUNCH 12:30 - 2:00 <b>FINANCIAL CONSULT*</b> 1:00 HAND & FOOT 1:00 BASIC LINE DANCING 1:15 SPEAKER SERIES 2:00 BEG./INT. LINE DANCING	10:00 ZUMBA GOLD (VIDEO) 11:00 <b>THE LEFTOVERS</b> 12:00 LUNCH 1:00 PINOCHLE
MONDAY - APRIL 28	TUESDAY - APRIL 29	WEDNESDAY - APRIL 30	 <b>Radio Days</b> <i>The Great Gildersleeve</i> <b>April 3rd</b> <b>7:00pm-8:00pm</b> Tickets \$5 Available At The Door	 <b>SPRING</b> <i>fling</i> April 10th



# Idaho Gives

Join us in celebrating the spirit of giving during Idaho Gives! Your support will enable us to continue providing essential services and programs that enhance the well-being and vitality of our senior population.

Every donation, no matter the size, makes a difference. Simply scan the QR Code to donate today! Together, let's



make a lasting impact and ensure that seniors in Meridian receive the care and support they deserve. Thank you for your generosity and compassion!



Idaho has given you roots.

What can you give Idaho?

**April 28 – May 1, 2025**  
[IdahoGives.org](http://IdahoGives.org)



## 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)



Meridian Senior Center

**VOLUNTEERS**  
the **Heart**  
OF OUR  
**community**

**CELEBRATE  
NATIONAL  
VOLUNTEER  
WEEK**

**APRIL 20-26, 2025**

# April



Meridian Senior Center

**ACTIVITY CALENDAR  
AND MENU**