



Welcome to Meridian Senior Center 208-888-5555

* La Boutique - Open Mon.-Fri. 10:30 - 1:30

DECEMBER ACTIVITIES

Center at the Park Available for Rental's

* Call Lisa @ 208-908-7540 / centerattheparkevents@gmail.com

MONDAY - DEC. 3	TUESDAY - DEC. 4	WEDNESDAY - DEC. 5	THURSDAY - DEC. 6	FRIDAY - DEC. 7
9:30 YOGA 10:30 GUIDED MEDITATION 11:00 CHAIR YOGA 12:00 LUNCH 1:00 DOMINOES 1:00 / 6:00 PINOCHLE	10:00 ALZ. SPT. GROUP <u>11:00 MOM & DOUBLE IMAGE</u> 12:00 LUNCH 1:00 ART CLASS	9:30 YOGA 10:30 CHAIR YOGA 12:00 LUNCH 1:00 PINOCHLE	8:30 FOOT CLINIC CALL FOR APPOINTMENT 10:30 CHOIR PRACTICE <u>11:45 SENIOR GOLDMINE</u> 12:00 LUNCH 1:00 HAND & FOOT	9:30 ZUMBA GOLD 12:00 LUNCH 1:00 CANASTA 1:00 PINOCHLE BINGO DOORS OPEN 2 PM
MONDAY - DEC. 10	TUESDAY - DEC. 11	WEDNESDAY - DEC. 12	THURSDAY - DEC. 13	FRIDAY - DEC. 14
9:30 YOGA 10:30 GUIDED MEDITATION 11:00 CHAIR YOGA <u>11:00 LARRY WORTHY</u> 12:00 LUNCH 1:00 DOMINOES 1:00 / 6:00 PINOCHLE	12:00 LUNCH <u>11:00 MUSIC BY ALI</u> 1:00 ART CLASS	9:30 YOGA 10:30 CHAIR YOGA <u>11:00 COUNTRY ROADS W/BILL & CAROLYN</u> 12:00 LUNCH 1:00 PINOCHLE	8:30 FOOT CLINIC <u>10-11:30 BAKE SALE</u> <u>10:00 - 1:00 VOTING</u> 10:30 CHOIR PRACTICE <u>11:00 JUBILATION</u> 12:00 LUNCH 1:00 HAND & FOOT	9:30 ZUMBA GOLD <u>10-11:30 BAKE SALE</u> <u>10:00 - 1:00 VOTING</u> 12:00 LUNCH 1:00 CANASTA 1:00 PINOCHLE BINGO DOORS OPEN 2 PM
MONDAY - DEC. 17	TUESDAY - DEC. 18	WEDNESDAY - DEC. 19	THURSDAY - DEC. 20	FRIDAY - DEC. 21
9:30 YOGA 10:30 GUIDED MEDITATION 11:00 CHAIR YOGA <u>11:00 HEARTFELT COUNTRY</u> 12:00 LUNCH 1:00 DOMINOES 1:00 PINOCHLE 6:00 PINOCHLE	<u>10:30 - 11:45 BLOOD SUGAR TESTING</u> <u>MEMBERSHIP REQUIRED</u> <u>11:30 NOSTALGIC SENIORS</u> 12:00 LUNCH 1:00 ART CLASS 1:00 BOARD MEETING	9:30 YOGA 10:30 CHAIR YOGA <u>11:00 RICHIE KENT EXP.</u> 12:00 LUNCH 1:00 PINOCHLE	8:30 FOOT CLINIC CALL FOR APPOINTMENT <u>11:00 COUNTRY ROADS W/BILL & CAROLYN</u> 12:00 LUNCH 12:15 ATTORNEY SIGN-UP MEMBERSHIP REQUIRED 1:00 HAND & FOOT	9:30 ZUMBA GOLD 11:45 ASSOC. MEETING 12:00 LUNCH 1:00 CANASTA 1:00 PINOCHLE ** BLACK OUT BINGO ** BINGO DOORS OPEN 2 PM
MONDAY - DEC. 24	TUESDAY - DEC. 25	WEDNESDAY - DEC. 26	THURSDAY - DEC. 27	FRIDAY - DEC. 28
CENTER CLOSED CHRISTMAS EVE	CENTER CLOSED CHRISTMAS 	9:30 YOGA 10:30 CHAIR YOGA 11:00 BLOOD PRESSURE 12:00 LUNCH 1:00 PINOCHLE	10:30 CHOIR PRACTICE <u>11:00 RICHIE KENT EXP.</u> 1:00 DOMINOES 1:00 HAND & FOOT	9:30 ZUMBA GOLD 12:00 LUNCH 1:00 CANASTA 1:00 PINOCHLE BINGO DOORS OPEN 2 PM
MONDAY - DEC. 31				
CENTER CLOSED NEW YEARS EVE	PLAY POOL TUES., THURS. & FRI. 8:30 - 3:30 MONDAY - NOON - 3:30 WED. - 11:30 - 3:30	FOOT CLINIC  CALL JONICA 208-463-8834 FOR APPT. MEMBERSHIP REQUIRED	VISIT OUR WEBSITE AT: WWW.MERIDIANSSENIORSCENTER.COM	