


Welcome to Meridian Senior Center 208-888-5555
 * La Boutique - Open Mon.-Fri. 10:30 - 1:30

FEBRUARY ACTIVITIES

Center at the Park Available for Rental's

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

				FRIDAY - FEB. 1
PLAY POOL *** TUES., THURS. & FRI. - 8:30 - 3:30 MON. - 11 - 3:30 * WED. - NOON - 3:30 POOL PARTNERS AVAIL. - MON.-WED.-FRI. 12-3:30		VISIT OUR WEBSITE AT: WWW.MERIDIANSSENIORSCENTER.COM		9:30 ZUMBA 12:00 LUNCH 1:00 CANASTA 1:00 PINOCHLE BINGO DOORS OPEN 3 PM
MONDAY - FEB. 4	TUESDAY - FEB. 5	WEDNESDAY - FEB. 6	THURSDAY - FEB. 7	FRIDAY - FEB. 8
9:30 YOGA 10:30 CHAIR YOGA 12:00 LUNCH 1:00 DOMINOES 1:00/6:00 PINOCHLE 1:00 PINOCHLE 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 GUIDED MEDITATION 11:00 CHAIR YOGA <u>11:00 HEARTFELT COUNTRY</u> 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 12:00 LUNCH 1:00 CANASTA 1:00 PINOCHLE *** BLACK OUT BINGO *** BINGO DOORS OPEN 3 PM
MONDAY - FEB. 11	TUESDAY - FEB. 12	WEDNESDAY - FEB. 13	THURSDAY - FEB. 14	FRIDAY - FEB. 15
9:30 YOGA 10:30 CHAIR YOGA <u>11:00 LARRY WORTHY</u> 12:00 LUNCH 1:00 DOMINOES 1:00 PINOCHLE 6:00 PINOCHLE	10:00 KNIT & LOOM <u>11:00 MUSIC BY ALI</u> 12:00 LUNCH 1:00 ART CLASS	9:30 YOGA 10:30 GUIDED MEDITATION 11:00 CHAIR YOGA 12:00 LUNCH 1:00 PINOCHLE	8:30 FOOT CLINIC CALL FOR APPOINTMENT 10:30 CHOIR PRACTICE <u>11:00 COUNTRY ROADS W/BILL & CAROLYN</u> 12:00 LUNCH 1:00 HAND & FOOT	9:30 ZUMBA 12:00 LUNCH 1:00 CANASTA 1:00 PINOCHLE BINGO DOORS OPEN 3 PM
MONDAY - FEB. 18	TUESDAY - FEB. 19	WEDNESDAY - FEB. 20	THURSDAY - FEB. 21	FRIDAY - FEB. 22
CENTER CLOSED PRESIDENTS' DAY	<u>10:30 - 11:45 BLOOD SUGAR TESTING</u> <u>MEMBERSHIP REQUIRED</u> <u>11:45 NOSTALGIC SENIORS</u> 12:00 LUNCH 1:00 ART CLASS 1:00 BOARD MEETING	9:30 YOGA 10:30 GUIDED MEDITATION 11:00 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 DOMINOES 1:00 HAND & FOOT	9:30 ZUMBA 11:45 ASSOC. MEETING 12:00 LUNCH 1:00 CANASTA 1:00 PINOCHLE BINGO DOORS OPEN 3 PM
MONDAY - FEB. 25	TUESDAY - FEB. 26	WEDNESDAY - FEB. 27	THURSDAY - FEB. 28	
9:30 YOGA 10:30 CHAIR YOGA 12:00 LUNCH 1:00 DOMINOES 1:00 & 6:00 PINOCHLE	10:00 KNIT & LOOM 12:00 LUNCH 1:00 ART CLASS	9:30 YOGA 10:30 GUIDED MEDITATION 11:00 CHAIR YOGA 11:00 BLOOD PRESSURE 12:00 LUNCH 1:00 PINOCHLE	8:30 FOOT CLINIC CALL FOR APPOINTMENT <u>11:00 RICHIE KENT EXP.</u> 12:00 LUNCH 10:30 CHOIR PRACTICE	FOOT CLINIC MEMBERSHIP REQUIRED CALL JONICA  FOR APPT. 208-463-8834