

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

JANUARY ACTIVITIES

Center at the Park Available for Rental's
 * Call Lisa @ 208-908-7540 / centerattheparkevents@gmail.com

	TUESDAY - JAN. 1	WEDNESDAY - JAN. 2	THURSDAY - JAN. 3	FRIDAY - JAN. 4
PLAY POOL TUES., THURS. & FRI. 8:30 - 3:30 MONDAY - NOON - 3:30 WED. - 11:30 - 3:30	 CENTER CLOSED MEMBERSHIP DRIVE STARTS JAN. 2ND - \$10	9:30 YOGA 10:30 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 GOLD 12:00 LUNCH 1:00 CANASTA 1:00 PINOCHLE BINGO DOORS OPEN 3 PM
MONDAY - JAN. 7	TUESDAY - JAN. 8	WEDNESDAY - JAN. 9	THURSDAY - JAN. 10	FRIDAY - JAN. 11
9:30 YOGA 10:30 GUIDED MEDITATION 11:00 CHAIR YOGA 12:00 LUNCH 1:00 DOMINOES 1:00 / 6:00 PINOCHLE	10:00 KNIT & LOOM 12:00 LUNCH <u>11:00 MUSIC BY ALI</u> 1:00 ART CLASS	9:30 YOGA 10:30 CHAIR YOGA <u>11:00 MOM & DOUBLE IMAGE</u> 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 GOLD 12:00 LUNCH 1:00 CANASTA 1:00 PINOCHLE BINGO DOORS OPEN 3 PM
MONDAY - JAN. 14	TUESDAY - JAN. 15	WEDNESDAY - JAN. 16	THURSDAY - JAN. 17	FRIDAY - JAN. 18
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 PINOCHLE 6:00 PINOCHLE	<u>10:30 - 11:45</u> <u>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 BINGO DOORS OPEN 3 PM
MONDAY - JAN. 21	TUESDAY - JAN. 22	WEDNESDAY - JAN. 23	THURSDAY - JAN. 24	FRIDAY - JAN. 25
CENTER CLOSED	10:00 KNIT & LOOM 12:00 LUNCH 1:00 ART CLASS	9:30 YOGA 10:30 CHAIR YOGA 11:00 BLOOD PRESSURE 12:00 LUNCH 1:00 PINOCHLE	8:30 FOOT CLINIC CALL FOR APPOINTMENT 10:30 CHOIR PRACTICE 12:00 LUNCH 1:00 DOMINOES 1:00 HAND & FOOT	9:30 ZUMBA GOLD 12:00 LUNCH 1:00 CANASTA 1:00 PINOCHLE BINGO DOORS OPEN 3 PM
MONDAY - JAN. 28	TUESDAY - JAN. 29	WEDNESDAY - JAN. 30	THURSDAY - JAN. 31	
9:30 YOGA 10:30 GUIDED MEDITATION 11:00 CHAIR YOGA 12:00 LUNCH 1:00 DOMINOES 1:00 PINOCHLE 6:00 PINOCHLE	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 <u>11:00 RICHIE KENT EXP.</u> 12:00 LUNCH 1:00 HAND & FOOT	FOOT CLINIC  CALL JONICA 208-463-8834 FOR APPT. MEMBERSHIP REQUIRED
VISIT OUR WEBSITE AT: WWW.MERIDIANSSENIORSCENTER.COM				

