



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

MONDAY - JAN. 1	TUESDAY - JAN. 2	WEDNESDAY - JAN. 3	THURSDAY - JAN. 4	FRIDAY - JAN. 5
 CENTER CLOSED	CENTER CLOSED	9:30 YOGA 10:30 ALZ. SUPPORT GRP. 10:30 CHAIR YOGA 11:00 HEARTFELT <u>COUNTRY</u> 12:00 LUNCH 1:00 PINOCHLE	8:30 FOOT CLINIC CALL FOR APPOINTMENT 11:45 <u>HARP MUSIC</u> <u>BY MICHAEL</u> 12:00 LUNCH 1:00 HAND & FOOT 1:00 DOMINOES	9:30 ZUMBA 12:00 LUNCH 1:00 CANASTA  BINGO DOORS OPEN 3 PM
MONDAY - JAN. 8	TUESDAY - JAN. 9	WEDNESDAY - JAN. 10	THURSDAY - JAN. 11	FRIDAY - JAN. 12
9:30 YOGA 11:00 <u>LARRY WORTHY</u> 12:00 LUNCH 1:00 DOMINOES 1:00 & 7:00 PINOCHLE 7:30 DANCE LESSONS	10:00 KNIT & LOOM 11:00 <u>MUSIC BY ALI</u> 12:00 LUNCH 1:00 ART CLASS 7:00 PINOCHLE	9:30 YOGA 10:30 CHAIR YOGA 11:00 <u>MOM &amp;</u> <u>DOUBLE IMAGE</u> 12:00 LUNCH 1:00 PINOCHLE	8:30 FOOT CLINIC CALL FOR APPOINTMENT 11:00 <u>COUNTRY ROADS</u> <u>W/BILL &amp; CAROLYN</u> 12:00 LUNCH 1:00 HAND & FOOT	9:30 ZUMBA 11:45 <u>SENIOR GOLDMINE</u> 12:00 LUNCH 1:00 CANASTA  BINGO DOORS OPEN 3 PM
MONDAY - JAN. 15	TUESDAY - JAN. 16	WEDNESDAY - JAN. 17	THURSDAY - JAN. 18	FRIDAY - JAN. 19
CENTER CLOSED	10:30 - 11:45 <u>BLOOD SUGAR TESTING</u> <u>MEMBERSHIP REQUIRED</u> 12:00 LUNCH 1:00 ART CLASS 1:00 BOARD MEETING 7:00 PINOCHLE	9:30 YOGA 10:30 CHAIR YOGA 12:00 LUNCH 1:00 PINOCHLE	8:30 FOOT CLINIC CALL FOR APPOINTMENT 11:00 <u>COUNTRY ROADS</u> <u>W/BILL &amp; CAROLYN</u> 12:00 LUNCH 12:15 ATTORNEY SIGN-UP MEMBERSHIP REQUIRED 1:00 HAND & FOOT 1:00 DOMINOES	9:30 ZUMBA 11:45 ASSOC. MEETING 12:00 LUNCH 1:00 CANASTA  BINGO DOORS OPEN 3 PM
MONDAY - JAN. 22	TUESDAY - JAN. 23	WEDNESDAY - JAN. 24	THURSDAY - JAN. 25	FRIDAY - JAN. 26
9:30 YOGA 12:00 LUNCH 1:00 DOMINOES 1:00 & 7:00 PINOCHLE 7:30 DANCE LESSONS	10:00 KNIT & LOOM 12:00 LUNCH 1:00 ART CLASS 7:00 PINOCHLE	9:30 YOGA 10:30 CHAIR YOGA 11:00 BLOOD PRESSURE 12:00 LUNCH 1:00 PINOCHLE	8:30 FOOT CLINIC CALL FOR APPOINTMENT 11:00 <u>RICHIE KENT EXP.</u> 12:00 LUNCH 1:00 HAND & FOOT	9:30 ZUMBA 12:00 LUNCH 1:00 CANASTA  BINGO DOORS OPEN 3 PM
MONDAY - JAN. 29	TUESDAY - JAN. 30	WEDNESDAY - JAN. 31	EXERCISE CLASSES PLEASE TURN OFF CELL PHONES & DON'T WEAR PERFUME	FOOT CLINIC MEMBERSHIP REQUIRED CALL JONICA FOR APPT.  463-8834
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: <a href="http://WWW.MERIDIANSENIORSCENTER.COM">WWW.MERIDIANSENIORSCENTER.COM</a>		