



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

NOVEMBER ACTIVITIES

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

				THURSDAY - NOV. 1	FRIDAY - NOV. 2
PLAY POOL TUES., THURS. & FRI. 8:30 - 3:30 MONDAY - NOON - 3:30 WED. - 11:30 - 3:30		FOOT CLINIC  CALL JONICA 463-8834 FOR APPT. MEMBERSHIP REQ.		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 ** BLACK OUT BINGO ** BINGO DOORS OPEN 2 PM
MONDAY - NOV. 5	TUESDAY - NOV. 6	WEDNESDAY - NOV. 7	THURSDAY - NOV. 8	FRIDAY - NOV. 9	
9:30 YOGA 10:30 GUIDED MEDITATION 11:00 CHAIR YOGA 12:00 LUNCH 1:00 DOMINOES 1:00 PINOCHLE 6:30 PINOCHLE	10:00 ALZ. SPT. GROUP <u>11:00 MOM &amp; 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>11:00 COUNTRY ROADS</u> <u>W/BILL &amp; CAROLYN</u> 12:00 LUNCH 1:00 HAND & FOOT	9:30 ZUMBA GOLD 11:15 - BRING UNIFORM FOR ARMISTICE DAY 12:00 LUNCH 1:00 CANASTA 1:00 PINOCHLE BINGO DOORS OPEN 2 PM	
MONDAY - NOV. 12	TUESDAY - NOV. 13	WEDNESDAY - NOV. 14	THURSDAY - NOV. 15	FRIDAY - NOV. 16	
VETERAN'S DAY CENTER CLOSED  VISIT OUR WEBSITE AT: <a href="http://WWW.MERIDIANSENIORSCENTER.COM">WWW.MERIDIANSENIORSCENTER.COM</a>	10:00 KNIT & LOOM <u>11:00 MUSIC BY ALI</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 <u>11:00 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 GOLD 11:45 ASSOC. MEETING 12:00 LUNCH 1:00 CANASTA 1:00 PINOCHLE  BINGO DOORS OPEN 2 PM	
MONDAY - NOV. 19	TUESDAY - NOV. 20	WEDNESDAY - NOV. 21	THURSDAY - NOV. 22	FRIDAY - NOV. 23	
9:30 YOGA 10:30 GUIDED MEDITATION 11:00 CHAIR YOGA 12:00 LUNCH 1:00 DOMINOES	<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 BOARD MEETING	9:30 YOGA 10:30 CHAIR YOGA <u>11:00 RICHIE KENT EXP.</u> 12:00 LUNCH 1:00 PINOCHLE	CENTER CLOSED THANKSGIVING DAY HOLIDAY 	CENTER CLOSED THANKSGIVING HOLIDAY  NO BINGO	
MONDAY - NOV. 26	TUESDAY - NOV. 27	WEDNESDAY - NOV. 28	THURSDAY - NOV. 29	FRIDAY - NOV. 30	
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 / 6:30 PINOCHLE	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 1:00 HAND & FOOT	9:30 ZUMBA GOLD 12:00 LUNCH 1:00 CANASTA 1:00 PINOCHLE  BINGO DOORS OPEN 2 PM	