

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

OCTOBER ACTIVITIES

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

| MONDAY OCT. 2 | TUESDAY OCT. 3 | WEDNESDAY OCT. 4 | THURSDAY OCT. 5 | FRIDAY - OCT. 6 |
|--|--|---|---|--|
| 9:30 YOGA 12:00 LUNCH 1:00 DOMINOES 1:00 PINOCHLE 7:00 PINOCHLE 7:30 DANCE LESSONS | 10:00 ALZ. SUPPORT GRP. <u>11:00 MOM & DOUBLE IMAGE</u> 12:00 LUNCH 1:00 ART CLASS 7:00 PINOCHLE | 9:30 YOGA 10:30 CHAIR YOGA 12:00 LUNCH 1:00 PINOCHLE | 8:30 FOOT CLINIC CALL FOR APPOINTMENT <u>9:00-11:00 FLU SHOTS</u> <u>11:45 SENIOR GOLDMINE</u> 12:00 LUNCH 1:00 HAND & FOOT | 9:30 ZUMBA 12:00 LUNCH 1:00 CANASTA *** BIG GAME BINGO *** BINGO DOORS OPEN 4 PM |
| MONDAY OCT. 9 | TUESDAY OCT. 10 | WEDNESDAY OCT. 11 | THURSDAY OCT. 12 | FRIDAY - OCT. 13 |
| COLUMBUS DAY CENTER CLOSED | 10:00 KNIT & LOOM <u>11:00 MUSIC BY ALI</u> 12:00 LUNCH 1:00 ART CLASS 7:00 PINOCHLE | 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 & CAROLYN</u> 12:00 LUNCH 1:00 DOMINOES 1:00 HAND & FOOT | 9:30 ZUMBA 12:00 LUNCH 1:00 CANASTA BINGO DOORS OPEN 4 PM |
| MONDAY OCT. 16 | TUESDAY OCT. 17 | WEDNESDAY OCT. 18 | THURSDAY OCT. 19 | FRIDAY - OCT. 20 |
| 9:30 YOGA 12:00 LUNCH 1:00 DOMINOES 1:00 PINOCHLE 7:00 PINOCHLE 7:30 DANCE LESSONS | <u>10:30 - 11:45</u> <u>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 7:00 PINOCHLE | 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 <u>11:00 COUNTRY ROADS</u> <u>W/BILL & CAROLYN</u> 12:00 LUNCH 12:15 ATTORNEY SIGN-UP MEMBERSHIP REQUIRED 1:00 HAND & FOOT | 9:30 ZUMBA 11:45 ASSOC. MEETING 12:00 LUNCH 1:00 CANASTA BINGO DOORS OPEN 4 PM |
| MONDAY OCT. 23 | TUESDAY OCT. 24 | WEDNESDAY OCT. 25 | THURSDAY OCT. 26 | FRIDAY - OCT. 27 |
| 9:30 YOGA <u>11:00 LARRY WORTHY</u> 12:00 LUNCH 1:00 DOMINOES 1:00 PINOCHLE 7:00 PINOCHLE 7:30 DANCE LESSONS | 10:00 KNIT & LOOM <u>10:30 - 11:45</u> <u>BLOOD SUGAR TESTING</u> <u>MEMBERSHIP REQUIRED</u> 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 <u>11:00 RICHIE KENT</u> <u>EXPERIENCE</u> 12:00 LUNCH 1:00 HAND & FOOT | 9:30 ZUMBA 12:00 LUNCH 1:00 CANASTA BINGO DOORS OPEN 4 PM |
| MONDAY OCT. 30 | TUESDAY OCT. 31 | | | |
| 9:30 YOGA 12:00 LUNCH 1:00 DOMINOES 1:00 PINOCHLE 7:00 PINOCHLE 7:30 DANCE LESSONS | 12:00 LUNCH 1:00 ART CLASS 7:00 PINOCHLE  | FOOT CLINIC MEMBERSHIP REQUIRED CALL JONICA FOR APPT.  463-8834 VISIT OUR WEBSITE AT: WWW.MERIDIANSENIORSCENTER.COM | EXERCISE CLASS PLEASE TURN OFF CELL PHONES & DON'T WEAR PERFUME | PLAY POOL MON., TUES., THURS. & FRI. 8:30 - 3:30 WEDNESDAY 10:30 - 3:30 POOL PARTNERS AVAIL. MON. - WED. - FRI. 12-3:30 |

starting in November Larry Worthy 2nd Monday of every month