


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. 1	TUESDAY - OCT. 2	WEDNESDAY - OCT. 3	THURSDAY - OCT. 4	FRIDAY - OCT. 5
9:30 YOGA 10:30 GUIDED MEDITATION 11:00 CHAIR YOGA 12:00 LUNCH 1:00 DOMINOES 1:00 / 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 <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  BINGO DOORS OPEN 2 PM
MONDAY - OCT. 8	TUESDAY - OCT. 9	WEDNESDAY - OCT. 10	THURSDAY - OCT. 11	FRIDAY - OCT. 12
COLUMBUS DAY CENTER CLOSED  VISIT OUR WEBSITE AT: <a href="http://WWW.MERIDIANSSENIORSCENTER.COM">WWW.MERIDIANSSENIORSCENTER.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 <u>11:00 HEARTFELT COUNTRY</u> 12:00 LUNCH 1:00 PINOCHLE	8:30 FOOT CLINIC CALL FOR APPOINTMENT <u>11:00 COUNTRY ROADS W/BILL &amp; CAROLYN</u> 12:00 LUNCH 1:00 HAND & FOOT 1:00 DOMINOES	9:30 ZUMBA 12:00 LUNCH 1:00 CANASTA 1:00 PINOCHLE  BINGO DOORS OPEN 2 PM
MONDAY - OCT. 15	TUESDAY - OCT. 16	WEDNESDAY - OCT. 17	THURSDAY - OCT. 18	FRIDAY - OCT. 19
9:30 YOGA 10:30 GUIDED MEDITATION 11:00 CHAIR YOGA 12:00 LUNCH 1:00 DOMINOES 1:00 PINOCHLE 6:30 PINOCHLE	<u>10:30 - 11:45 BLOOD SUGAR TESTING MEMBERSHIP REQUIRED</u> <u>11:40 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 &amp; CAROLYN</u> 12:00 LUNCH 12:15 ATTORNEY SIGN-UP MEMBERSHIP REQUIRED <u>CENTER CLOSES AT 1:30</u>	9:30 ZUMBA 11:45 ASSOC. MEETING 12:00 LUNCH 1:00 CANASTA 1:00 PINOCHLE  BINGO DOORS OPEN 2 PM
MONDAY - OCT. 22	TUESDAY - OCT. 23	WEDNESDAY - OCT. 24	THURSDAY - OCT. 25	FRIDAY - OCT. 26
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 <u>11:00 RICHIE KENT EXP.</u> 12:00 LUNCH 1:00 HAND & FOOT	9:30 ZUMBA 12:00 LUNCH 1:00 CANASTA 1:00 PINOCHLE  BINGO DOORS OPEN 2 PM
MONDAY - OCT. 29	TUESDAY - OCT. 30	WEDNESDAY - OCT. 31		
9:30 YOGA 10:30 GUIDED MEDITATION 11:00 CHAIR YOGA 12:00 LUNCH 1:00 DOMINOES 1:00 / 6:30 PINOCHLE	12:00 LUNCH 1:00 ART CLASS	9:30 YOGA 10:30 CHAIR YOGA <u>11:30 COSTUME CONTEST</u> 12:00 LUNCH 1:00 PINOCHLE	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.