



**OCTOBER ACTIVITIES**

				FRIDAY - OCT. 1	
BILLIARDS: MON. & WED. 12 - 3; FRI. 8-3 TUES. & THURS. 11 - 3  DON'T FORGET 2021 MEMBERSHIP DUES - \$15		<b>FOOT CLINIC</b> STONEBRIDGE HOME CARE SOLUTIONS 208-866-3907 TEXT FOR APPT. * * <b>MEMBERSHIP REQUIRED</b>		11:00 HULA LESSONS 12:00 LUNCH 1:00 PINOCHLE  BINGO DOORS OPEN 4:30	<b>MONDAY, OCT. 18</b> 10:30 - NOON VACCINE CLINIC FLU * SHINGLES PNEUMONIA COVID BOOSTER
MONDAY - OCT. 4	TUESDAY - OCT. 5	WEDNESDAY - OCT. 6	THURSDAY - OCT. 7	FRIDAY - OCT. 8	
10:00 CHAIR YOGA 12:00 LUNCH 1:00 DOMINOES 1:00 PINOCHLE	10:00 FIT & FALL PROOF 11:00 <u>MOM &amp; DOUBLE IMAGE</u> 12:00 LUNCH 1:00 ART CLASS	10:45 TAI CHI 11:00 <u>THE KEY STRINGS</u> 12:00 LUNCH 1:00 PINOCHLE	10:00 FIT & FALL PROOF 11:45 SENIOR GOLDMINE 12:00 LUNCH 1:00 HAND & FOOT	9:30 - 1:00 <u>FOOT CLINIC</u> 10:00 - NOON <u>INTEGRITY BENEFITS</u> 11:00 <u>RICHIE KENT EXP.</u> 12:00 LUNCH 1:00 PINOCHLE BINGO - OPEN 4:30	
MONDAY - OCT. 11	TUESDAY - OCT. 12	WEDNESDAY - OCT. 13	THURSDAY - OCT. 14	FRIDAY - OCT. 15	
10:00 CHAIR YOGA 12:00 LUNCH 1:00 DOMINOES 1:00 PINOCHLE	10:00 FIT & FALL PROOF 10:30 <u>MEDIGOLD VENDOR TABLE</u> 11:00 ALZHEIMERS SUPPORT GROUP 11:00 <u>THE KEY STRINGS</u> 12:00 LUNCH 1:00 ART CLASS	10:00 KNIT & LOOM 10:45 - 11:45 <u>MERIDIAN LIBRARY</u> 10:45 TAI CHI 12:00 LUNCH 1:00 PINOCHLE	8:00 - 9:30 <u>COFFEE WITH THE MAYOR</u> 10:00 FIT & FALL PROOF 11:00 <u>COUNTRY ROADS W/BILL &amp; CAROLYN</u> 12:00 LUNCH 1:00 HAND & FOOT 1:00 BOOK CLUB	11:00 UKULELE LESSONS 11:00 <u>MUSIC BY ALI</u> 12:00 LUNCH 1:00 PINOCHLE  BINGO DOORS OPEN 4:30	<b>THURS., OCT. 14</b>  ST. AL'S SEMINAR 1:00 BASICS OF HEALTHCARE
MONDAY - OCT. 18	TUESDAY - OCT. 19	WEDNESDAY - OCT. 20	THURSDAY - OCT. 21	FRIDAY - OCT. 22	SATURDAY - OCT. 23
10:00 CHAIR YOGA 10:30 - NOON <u>VACCINE CLINIC</u> 11:00 <u>RICHIE KENT EXP.</u> 12:00 LUNCH 1:00 DOMINOES 1:00 PINOCHLE	10:00 FIT & FALL PROOF 10:30 - 11:45 - <u>BLOOD SUGAR TESTING *</u> 11:00 <u>PRIME TIME SWINGERS</u> 12:00 LUNCH 1:00 ART CLASS 1:00 BOARD MEETING	10:45 TAI CHI 11:00 <u>HEARTFELT COUNTRY</u> 12:00 LUNCH 1:00 PINOCHLE	10:00 FIT & FALL PROOF 12:00 LUNCH 12:30 - 1:15 <u>ATTORNEY *</u> 1:00 HAND & FOOT 1:00 - IDAHO ESTATE PLANNING  BOO!  6:00 - 9:00 P.M. <u>TRUNK OR TREAT DOWNTOWN</u>	12:00 LUNCH 12:30 ASSOCIATION MEETING 1:00 PINOCHLE  BINGO DOORS OPEN 4:30	 THE LEFTOVERS DOORS OPEN 4:30 TIME: 5 - 7:30 PM \$5 PER PERSON
MONDAY - OCT. 25	TUESDAY - OCT. 26	WEDNESDAY - OCT. 27	THURSDAY - OCT. 28	FRIDAY - OCT. 29	
10:00 CHAIR YOGA 12:00 LUNCH 1:00 DOMINOES 1:00 PINOCHLE	10:00 FIT & FALL PROOF 11:00 <u>SENIOR JAMMERS</u> 12:00 LUNCH 1:00 ART CLASS	10:00 KNIT & LOOM 10:45 - 11:45 <u>MERIDIAN LIBRARY</u> 10:45 TAI CHI 11:00 BLOOD PRESSURE 11:00 <u>HEARTFELT COUNTRY</u> 12:00 LUNCH 1:00 PINOCHLE	10:00 FIT & FALL PROOF 12:00 LUNCH 1:00 HAND & FOOT 1:00 - IDAHO ESTATE PLANNING	11:00 <u>HALLOWEEN COSTUME CONTEST PRIZES</u> 12:00 LUNCH 1:00 PINOCHLE  BINGO DOORS OPEN 4:30	<b>MEDICARE - OPEN ENROLLMENT</b>  DIANA PULSIPHER OCT. 20 & 27 - 9:00  REGENCE OCT. 19 & 28 - 9:30
VISIT OUR WEBSITE AT: <a href="http://www.meridianseniorscenter.com">www.meridianseniorscenter.com</a>					