

DICK EARDLEY SENIOR CENTER

CITY of BOISE | APRIL/MAY 2024

MISSION: To provide a safe and supportive environment where older adults can engage in activities that promote physical, intellectual, and social wellbeing.

Coming up ...

Casino Night Dinner & Dance tickets go on sale April 15. See page 2 for more information.

We have a new partner for our **spring health fair**. Details are on page 9.

The Senior Center will be closed on Monday, May 27 for Memorial Day.

Dads, you're next for a lunchtime celebration! Keep an eye out for details in the June/July newsletter.

A Holistic Health Fair is in the works. Mark your calendar for July 17 and stay tuned.

DID YOU KNOW?

You've heard the saying, "April showers bring May flowers," but do they really?

According to the National Centers for Environmental Information, April is the fifth wettest month in the U.S. (June is the wettest month of the year on average, and May 2015 was the wettest month in the history of the United States.) However, April does have more showers than other months. During the month of April, a band of strong winds, known as the jet stream, moves northward. This changes the air pressure and leads to an explosion of cumulus clouds—the type of clouds that create rain showers.

Does the rain actually help flowers grow in May? The short answer is yes. April kicks off the spring growing season in the U.S. and the rain, combined with increasingly warming temperatures and sunlight, gives plants the nutrients they need to thrive in the spring and summer.

Source: accuweather.com

PLEASE JOIN US FOR A SPECIAL MOTHER'S DAY LUNCH

A note to all moms: We hope you will join us on Friday, May 10 beginning at 12 p.m. for a special lunchtime celebration. This year's event is being sponsored by Blue Cross of Idaho, and every mom in attendance will receive a flower.

Meals on Wheels Metro Boise is planning a special lunch of roast pork with mashed potatoes and mushroom gravy (regular lunch charges apply).

This year's Mother's Day event falls on the same day as our monthly Birthday Friday celebration. Everyone who attends lunch that day will also get a slice of birthday cake!



EXPLORE SPACE WITH RETIRED NASA SPECIALIST KEVIN HUSSEY

We're excited to announce that Kevin Hussey, retired NASA Jet Propulsion Laboratory specialist, will return to the senior center on Friday, April 26 for "Exploring our Earth, Solar System and Beyond Using NASA's Eyes." This event begins at 10:30 a.m. and is free to attend, but space is limited so please sign up in advance. See NASA on page 10 for more information about this special event.

WE'RE HOSTING A BLOOD DRIVE WITH THE AMERICAN RED CROSS

There's an ongoing urgent need for blood nationwide, so we've teamed up with the American Red Cross to host a blood drive on Friday, May 3. Every 2 to 3 seconds, someone in the U.S. needs a unit of blood, and only volunteer donors can fulfill that need for people in our community. Call the front desk to schedule your donation, 208-608-7580. There are several time slots available.

SUMMER ACTIVITY REGISTRATION OPENS APRIL 1 & 3

The Boise Parks and Recreation Activity Guide is chock-full of activities for people of all ages, and the summer edition has arrived! Registration opens on April 1 for city residents and April 3 for non-residents. Give us a call at 208-608-7580 for more information or to sign up for activities.



Volunteers Make a Difference

April is National Volunteer Month, so we're spotlighting all of the many volunteers who give their time to the Dick Eardley Senior Center. These generous individuals help us maintain a safe, friendly, supportive and enjoyable place for all who visit and participate here, and we can't thank them enough.

National Volunteer Month is dedicated to honoring volunteers in communities throughout the United States. Nationwide, volunteers give time equivalent to billions of dollars every year. But it's not just about dollars. It's also about people—the people who serve and the people being served.

According to a report by the Points of Light Institute, an organization committed to mobilizing volunteers worldwide, volunteering:

- Helps build a more cohesive, safer, stronger community, and increases the social network between communities and neighborhoods.
- Promotes people to be more active in civic engagement.
- Has positive effects on volunteers as individuals, increases their self-esteem, enhances skills and abilities, and promotes physical and mental health.
- Makes a significant contribution to the global economy.

In short, everyone benefits from the help of volunteers. At the Senior Center, we see the positive effect they have every day on visitors, shoppers, staff, and each other. Please take a moment while you're here to thank a volunteer for all they do for our community.



Jimmy Carter
39th president of the United States
Habitat for Humanity volunteer

"Throughout my life, I've seen the difference that volunteering efforts can make in people's lives. I know the personal value of service as a local volunteer."

CASINO NIGHT TICKETS GO ON SALE APRIL 15



The 4th Annual Casino Night Dinner & Dance is shaping up to be one to remember, so get your tickets early before they sell out. Tickets to this popular social event go on sale at 9 a.m. on April 15. Cost is \$10 for one or \$18 for two. Buy with a friend and save! **Casino Night will be on**

Thursday, June 13, 6-9 p.m. Watch for event details in the June/July newsletter.

AARP'S FREE TAX HELP CONTINUES IN APRIL

AARP tax preparation volunteers continue to offer free tax help through April 11. The service is available on Tuesdays and Thursdays, from 9 a.m. to 2 p.m., on a first-come, first-serve basis. Bring all of your needed tax documents.

HALF-OFF SALE & BAG-A-DEAL EVENT IN APRIL!

It's time to bring out our spring and summer apparel, so we're clearing out inventory in the thrift store with a half-off sale on all men's and women's clothing and accessories. The week-long sale begins on April 8 and continues through April 12. Additionally, shoppers can stuff a shopping bag with clothing and accessories on April 12 for just \$3 (bags will be supplied). The store is open Monday-Friday, 10 a.m. to 2 p.m.



Medicare's Highest Rating

5 out of 5 stars for the (HMO) product in 2024



855-442-9900 (TTY:711)
Selecthealth.org/medicare



ARE YOU READY TO TELL YOUR STORY? WE'RE BRINGING IN "STORY STORY NIGHT" TO HELP



As Cultural Ambassador for the City of Boise in 2024, Story Story Night is heading our way to help us tell our stories through a free writing workshop designed to tease out extraordinary moments from so-called "ordinary"

lives. Sound like just the motivation you need to finally start putting those memories on paper? Great! Mark your calendar for May 3, 10:30 a.m. to 12 p.m., and plan to join us. You can claim your spot by calling 208-608-7580.



We'll welcome Patti O'Hara as our Story Story Studio Guide. Patti has been performing in commercials, film, and on community and professional stages in Madison, Wis., Chicago, Ill., and now Boise, for ... well, a long time. Her appreciation of a good story began with her father's selected recollections of WWII, his tales of being a traveling salesman,

and his life as the youngest child of immigrants. Patti has been a Story Story Night featured storyteller, and as your workshop guide, she'll ensure you launch and land your story with grace and style.

CREATIVE JOURNALING GROUP BEGINS IN APRIL

For the past 25 years, Shelley Kyle has been telling the story of her life through creative journaling, and she wants to share her passion for it with you. Join us on Tuesday, April 23 at 10:30 a.m. for Creative Journaling, a free social group that will have you filling your own journal pages with a lifetime of memories and a little bit of artistic flair.

This isn't your English teacher's journaling group. We're going to break down your life's story into bite-sized, manageable pieces and savor each one. No artistic talent? No problem, Shelley says. "If you can fold a piece of paper and hold a glue stick, you can do this."

Creative Journaling emphasizes a free-flowing approach to writing. "You're telling your story your way," Shelley said. "I'll show you how to not just journal, but how to make your journal unique." The importance of individual journals might not be obvious to the people who write them, she said, "but they're important to the people who will one day read them. This is the conversation you might never get a chance to have." Bring a baby picture of yourself to the first class. If you don't have a baby picture, bring an early memory.

Everyone is invited to participate. Please reserve your seat by calling 208-608-7580.

TIDBITS

Cash Prize Bingo! A generous donation has made it possible for the Senior Center to offer a \$25 cash prize for the Blackout game during Bingo every Thursday in April. Enjoy!

Student-led Afternoon Activities. As part of their Senior Project, students from One Stone Charter School will offer fun activities in the dining room on April 4, from 3:30-5 p.m. Everyone is invited to participate.

Learn to Use e-Books. The Boise Public Library will teach us how to download and use e-books on April 25 at 11 a.m.

Travel Meeting. Collette Travel will visit on May 15 at 10 a.m. to tell us about upcoming trips: Southern Holiday Charm, Spotlight on Tuscany, and Mackinac Island. Call to reserve your spot, 208-608-7580.

Shred Day with AARP. Watch for information about an AARP-sponsored Shred Day at the Senior Center this summer.

FOOD FOR LIFE CLASSES ARE FREE TO ATTEND!

Join us on the following dates to learn about plant-based meal planning and how foods affect brain health:

- April 19, 11 a.m., Plant-Based Meal Planning, features Chickpea Salad.
- May 17, 11 a.m., Brain Health, features Colorful Pasta Salad.



Classes are taught by certified Food for Life instructor Barb Smith and feature a cooking demonstration with samples of health-promoting dishes and take-home recipes. Registration is required. Call 208-608-7580 to sign up.

The comforts of home,
balanced with care.



Senior Living | Home Health | Hospice

Edgewood
edgewoodhealthcare.com
208.618.2124

All Care
allcarehealthsolutions.com
208.473.2717

Dick Eardley Senior Center
690 Robbins Road
Boise, ID 83702
208-608-7580
Monday-Friday 9 a.m.-5 p.m.
cityofboise.org/seniorcenter



MEALS ON WHEELS
METRO BOISE

The noon meal is prepared on site by Meals on Wheels Metro Boise, 208-321-0031, and is served in the Robbins Nest Cafe until 12:30 p.m. Substitutions may be necessary without advanced notice.

AARP Tax Aide
T&Th, 9 a.m.-2 p.m. through April 11.



Billiards Room
Open M-F, 9 a.m.-5 p.m.



Walk Your Socks Off
M, T, F, 9-11 a.m., 2-5 p.m.



Thrift Store & Craft Boutique
Open M-F, 10 a.m.-2 p.m.



PARKS AND RECREATION

* These programs require advanced registration. Call 208-608-7580.

** The Activity Guide Registration Phone Line opens at 7 a.m. on April 1/April 3 and can be reached at 208-608-7680.

MONDAY

1 Treats by Mutual of Omaha
7 am by phone Summer Activity Registration opens for Boise residents**
Noon Meal Chicken Cordon Bleu with Cheese Sauce
1-4 pm Mexican Train (Dominoes)
1-5 pm Bridge

8
10:30-11:45 am Tech: Antivirus & Malware*
Noon Meal Chicken Enchilada Pasta
1-4 pm Mexican Train (Dominoes)
1-5 pm Bridge

Thrift Store half-off sale all week!

14 (Sunday)
1-5:30 pm Boise State Theater*

15
9 am Casino Night ticket sales begin
9 am-2 pm Foot Clinic by Blue Bird, call 208-336-9898 for appt.
10:30-11:45 am Tech: Intro to Estate Planning*
Noon Meal Pulled BBQ Chicken
1-4 pm Mexican Train (Dominoes)
1-5 pm Bridge

22
9 am-4 pm AARP Driver Safety*
10:30-11:45 am Tech: Exploring & Downloading Apps*
Noon Meal Baked Potato with Chili & Cheese
1-4 pm Mexican Train (Dominoes)
1-5 pm Bridge

29
9 am-2 pm Foot Clinic by Blue Bird, call 208-336-9898 for appt.
10:30-11:45 am Tech: Finding Information Online*
11 am-12 pm Book Club*
Noon Meal Herb Salmon over Rice Pilaf
1-4 pm Mexican Train (Dominoes)
1-5 pm Bridge

TUESDAY

2
10:30-11:30 am Longevity Stick
11 am Music: King Pon
Noon Meal Country Fried Steak with Country Gravy
1-2 pm Fit and Fall Proof
1-4 pm Euchre
1-4 pm Mahjong

9
10:30-11:30 am Longevity Stick
10:30-11:45 am Tech LEARNers Roundtable*
11 am Music: Rick Kartes
11 am-12 pm Housing 101
11 am-1 pm Legal Counsel*
Noon Meal Cheesy Fish over Rice Pilaf
1-2 pm Fit and Fall Proof
1-4 pm Euchre
1-4 pm Mahjong

16 Treats by The Cottages
10:30 am-12 pm Spring Health & Resource Fair with LEARN Idaho
10:30-11:30 am Longevity Stick
Noon Meal Roast Pork with Mushroom Gravy
1-2 pm Fit and Fall Proof
1-4 pm Euchre
1-4 pm Mahjong

23
10:30-11:30 am Longevity Stick
10:30-11:45 am Tech LEARNers Roundtable*
10:30 am-12 pm Creative Journaling: The Story of You*
11 am-1 pm Legal Counsel*
Noon Meal Turkey & Cheese Sandwich
1-2 pm Fit and Fall Proof
1-4 pm Euchre
1-4 pm Mahjong

30
10:30-11:30 am Longevity Stick
10:30-11:45 am Tech LEARNers Roundtable*
Noon Meal Swiss Mushroom Burger
1-2 pm Fit and Fall Proof
1-4 pm Euchre
1-4 pm Mahjong

WEDNESDAY

3 Treats by Summers Funeral Homes
7 am by phone Summer Activity Registration opens for non-residents**
10 am-12 pm Cribbage
10 am-12 pm Happy Hookers Knit & Crochet
10 am-12 pm Teddy Bear Factory Sewing
12-12:30 pm Pop-Up Library
Noon Meal Honey Mustard Chicken Salad over Lettuce
12 pm Lunch & Learn: Navigating Long-Term Care
1-3 pm Acrylics Social Group
1-5 pm Canasta
1:15-4:30 pm BONUS: So Ready for Laughter*

10
10 am-12 pm Cribbage
10 am-12 pm Happy Hookers Knit & Crochet
10 am-12 pm Teddy Bear Factory Sewing
10:30-11:30 am Gentle Yoga*
11 am Welcome Tour
Noon Meal Beans & Ham
12:15 pm "Remember When" Trivia Challenge
1-3 pm Acrylics Social Group
1-5 pm Canasta
1:30-2:30 pm Declutter Club*
2-3 pm Tai Chi & Qigong Intermediate*
3-4 pm Tai Chi & Qigong Beginner*

17 Treats by St. Alphonsus/Encompass Center
10:30-11:45 am Tech LEARNers Roundtable*
10 am-12 pm Cribbage
10 am-12 pm Happy Hookers Knit & Crochet
10 am-12 pm Teddy Bear Factory Sewing
10:30-11:30 am Gentle Yoga*
11 am Music: Big Dave Walter
Noon Meal Vegetable Lasagna
12:15 pm "Remember When" Trivia Challenge
1-3 pm Acrylics Social Group
1-5 pm Canasta
2-3 pm Tai Chi & Qigong Intermediate*
3-4 pm Tai Chi & Qigong Beginner*

24 Treats by Idaho Home Health & Hospice
10 am-12 pm Cribbage
10 am-12 pm Happy Hookers Knit & Crochet
10 am-12 pm Teddy Bear Factory Sewing
10:30-11:30 am Gentle Yoga*
11 am Music: Jo Alakamovitch
Noon Meal NEW - Surprise menu item
12:15 pm "Remember When" Trivia Challenge
1-3 pm Acrylics Social Group
1-5 pm Canasta
2-3 pm Tai Chi & Qigong Intermediate*
3-4 pm Tai Chi & Qigong Beginner*



"REMEMBER WHEN" TRIVIA CHALLENGE RETURNING ON WEDNESDAYS!

Dining room volunteer Don Smart is bringing back everyone's favorite lunchtime competition, the "Remember When" Trivia Challenge, featuring nostalgia and prizes. The fun starts on April 10 at 12 p.m.

Name the first astronaut to walk on the moon. The Bay of Pigs Invasion took place on the coast of which country? The man who killed Abraham Lincoln went by his first, middle and last names; what were they?

You know the answers. Now come win some prizes! Spectators are welcome, too.

THURSDAY

4 Treats by Serengeti Care
10-11 am Bingo with Jessica
10-11:30 am Chat-n-Chew Social Group
11 am Music: CheatGrass
11 am-3 pm Rummikub
11:30 am-12:30 pm Drumming Divas
Noon Meal Sweet & Sour Pork over Brown Rice
1-5 pm Bridge
3:30-5 pm One Stone Student-led Activities

11 Treats by Edgewood Healthcare
10-11 am Bingo with Dan
10-11:30 am Chat-n-Chew: Mike Fritz, "What to See & Where to Go in Idaho"
11 am Music: David & Nancy
11 am-12:30 pm Blood Pressure Clinic
11 am-3 pm Rummikub
11:30 am-12:30 pm Drumming Divas
Noon Meal Sicilian Chicken over Brown Rice
1-3 pm Paper Crafts: Tulip bouquets*
1-5 pm Bridge

18 Treats by Advanced Neuropathy Center
10 am-11 am Bingo with Jim
10-11:30 am Chat-n-Chew Social Group
11 am Music: Bluegrass Jammers
11 am-3 pm Rummikub
11:30 am-12:30 pm Drumming Divas
Noon Meal Chicken Salad Sandwich
1-5 pm Bridge

25 Treats by Trinity Health
10-11 am Bingo with Andre
10-11:30 am Chat-n-Chew Social Group
10 am-12:30 pm Lucky Peak Dam Tour*
11 am-12 pm E-Books Tutorial*
11 am-12:30 pm Blood Pressure Clinic
11 am-12:30 pm Pet Therapy Visit
11 am-3 pm Rummikub
11:30 am-12:30 pm Drumming Divas
Noon Meal Spaghetti with Meat Sauce
12 pm Lunch & Learn: Fair Housing Issues
1-5 pm Bridge

FRIDAY

5 Treats by United Healthcare
10 am-2 pm Pinochle
11:30 am Senior Goldmine Visit
Noon Meal Roast Turkey with Gravy
1-2 pm Fit and Fall Proof
2-3 pm How Exercise Benefits Brain Health*
2-5 pm Intro to Pinochle

12 Birthday Cake by Aetna
10-11:30 am Widow/Widower Support Group
10 am-2 pm Bag-A-Deal in the Thrift Store
10 am-2 pm Pinochle
11:15-11:45 am Meditation for Health & Wellness: Staying in Balance*
Noon Meal Roast Beef with Brown Gravy
12 pm Birthday Friday
1-2 pm Fit and Fall Proof
2-5 pm Intro to Pinochle

19
10 am-2 pm Pinochle
11 am Music: Rick Hilleary, Lyrical Hiker
11 am-12 pm Food for Life: Plant-Based Meal Planning*
Noon Meal Beef Pepper Casserole
1-2 pm Fit and Fall Proof
2-3 pm Recreating Memories*
2-5 pm Intro to Pinochle

26 Treats by Oasis Senior Advisors
10-11:30 am Widow/Widower Support Group
10 am-2 pm Pinochle
10:30 am-12 pm Earth, Solar System and Beyond*
Noon Meal Breaded Chicken with Country Gravy
1-2 pm Fit and Fall Proof
2-3 pm Recreating Memories*
2-5 pm Intro to Pinochle
2-7:30 pm Y Knot Winery*

May

Dick Eardley Senior Center
 690 Robbins Road
 Boise, ID 83702
 208-608-7580
 Monday-Friday 9 a.m.-5 p.m.
cityofboise.org/seniorcenter



The noon meal is prepared on site by **Meals on Wheels Metro Boise, 208-321-0031**, and is served in the Robbins Nest Cafe until 12:30 p.m. Substitutions may be necessary without advanced notice.

Billiards Room
 Open M-F, 9 a.m.-5 p.m.



Walk Your Socks Off
 M, T, F, 9-11 a.m., 2-5 p.m.



Thrift Store & Craft Boutique
 Open M-F, 10 a.m.-2 p.m.



PARKS AND RECREATION

* These programs require advanced registration. Call 208-608-7580.

MONDAY

6 Treats by Mutual of Omaha
 9 am-2 pm Foot Clinic by Blue Bird, call 208-336-9898 for appt. 9
 9am-4 pm AARP Driver Safety*
 10:30-11:45 am Tech: Staying Safe Online*
Noon Meal **Sherry Mushroom Chicken over Pasta**
 1-4 pm Mexican Train (Dominoes)
 1-5 pm Bridge

13
 10:30-11:45 am Tech: How to Use YouTube*
Noon Meal **Penne Pasta, Meat Sauce**
 1-4 pm Mexican Train (Dominoes)
 1-5 pm Bridge

20
 9 am-4 pm AARP Driver Safety*
 10:30-11:45 am Tech: What is A.I.??
 11 am-12 pm Book Club*
Noon Meal **Breaded Chicken w/ Country Gravy**
 1-4 pm Mexican Train (Dominoes)
 1-5 pm Bridge

27
 The Senior Center is closed for
Memorial Day

TUESDAY

7
 10 am-12 pm Lucky Peak Dam Testing*
 10:30-11:30 am Longevity Stick
 10:30-11:45 am Tech LEARNers Roundtable*
 10:30 am-12 pm Creative Journaling*
Noon Meal **Cranberry Meatballs over Brown Rice**
 1-2 pm Fit and Fall Proof
 1-4 pm Euchre
 1-4 pm Mahjong
 1:30-4:30 pm Ferry Museum*

14
 8:30 am-5 pm Evans Cheese*
 10:30-11:30 am Longevity Stick
 10:30-11:45 am Tech LEARNers Roundtable*
11 am **Music: Rick Kartes**
 11 am-12 pm Housing 101
 11 am-1 pm Legal Counsel*
Noon Meal **Tuna Salad on 9-Grain Bread**
12 pm **Serve Our Seniors Day with Boise Cascade**
 1-2 pm Fit and Fall Proof
 1-4 pm Euchre
 1-4 pm Mahjong

21
 8 am-8 pm ELECTION DAY
 10:30-11:30 am Longevity Stick
 10:30-11:45 am Tech LEARNers Roundtable*
 10:30 am-12 pm Creative Journaling*
Noon Meal **Roast Beef w/ Brown Gravy**
 1-2 pm Fit and Fall Proof
 1-4 pm Euchre
 1-4 pm Mahjong

28
 10:30-11:30 am Longevity Stick
 10:30-11:45 am Tech LEARNers Roundtable*
 11 am-1 pm Legal Counsel*
Noon Meal **NEW - Cowboy Pasta Salad**
 1-2 pm Fit and Fall Proof
 1-4 pm Euchre
 1-4 pm Mahjong
 1-5 PM Bridge

WEDNESDAY

1 Treats by Summers Funeral Homes
 10 am-12 pm Cribbage
 10 am-12 pm Happy Hookers Knit & Crochet
 10 am-12 pm Teddy Bear Factory Sewing
 10:30-11:30 am Gentle Yoga*
11 am **Music: King Pon**
Noon Meal **Chicken & Chile Casserole**
12 pm **Lunch & Learn: Clean Energy, Efficiency & Incentives**
 1-3 pm Acrylics Social Group
 1-5 pm Canasta
 2-3 pm Tai Chi & Qigong Intermediate*
 3-4 pm Tai Chi & Qigong Beginner*

8
 10 am-12 pm Cribbage
 10 am-12 pm Happy Hookers Knit & Crochet
 10 am-12 pm Teddy Bear Factory Sewing
 10:30-11:30 am Gentle Yoga*
 11 am Welcome Tour*
Noon Meal **Pastrami & Swiss on 9-Grain**
12-12:30 pm **Pop-Up Library!**
 12:15 pm "Remember When" Trivia Challenge
 1-3 pm Acrylics Social Group
 1-3 pm Bocce*
 1-5 pm Canasta
 2-3 pm Tai Chi & Qigong Intermediate*
 3-4 pm Tai Chi & Qigong Beginner*

15 Treats by St. Alphonsus/Encompass
 10-11 am Collette Travel Presentation*
 10 am-12 pm Cribbage
 10 am-12 pm Happy Hookers Knit & Crochet
 10 am-12 pm Teddy Bear Factory Sewing
 10:30-11:30 am Gentle Yoga*
11 am **Music: Big Dave Walter**
Noon Meal **Orange Chicken, Brown Rice**
 12:15 pm "Remember When" Trivia Challenge
 1-3 pm Acrylics Social Group
 1-5 pm Canasta
 2-3 pm Tai Chi & Qigong Intermediate*
 3-4 pm Tai Chi & Qigong Beginner*

22 Treats by Idaho Home Health & Hospice
 10 am-12 pm Cribbage
 10 am-12 pm Happy Hookers Knit & Crochet
 10 am-12 pm Teddy Bear Factory Sewing
 10:30-11:30 am Gentle Yoga*
11 am **Music: Jo Alakamovitch**
Noon Meal **Sausage Alfredo Spaghetti**
 12:15 pm "Remember When" Trivia Challenge
 1-3 pm Acrylics Social Group
 1-3 pm Bocce*
 1-5 pm Canasta

29
 10 am-12 pm Cribbage
 10 am-12 pm Happy Hookers Knit & Crochet
 10 am-12 pm Teddy Bear Factory Sewing
 10:30-11:30 am Gentle Yoga*
Noon Meal **Herb Salmon over Rice Pilaf**
 12:15 pm "Remember When" Trivia Challenge
 1-3 pm Acrylics Social Group
 1-5 pm Canasta

THURSDAY

2 Treats by Serengeti Care
 10-11 am Bingo with Jessica
 10-11:30 am Chat-n-Chew Social Group
 10:30-11:45 am Tech: Finding Info Online*
11 am **Music: CheatGrass**
 11 am-3 pm Rummikub
 11:30 am-12:30 pm Drumming Divas
Noon Meal **Beans & Ham**
 1-5 pm Bridge

9 Treats by Edgewood Healthcare
 10-11 am Bingo with Dan
 10-11:30 am Chat-n-Chew Social Group
11 am **Music: Big Dave Walter**
 11 am-12:30 pm Blood Pressure Clinic
 11 am-3 pm Rummikub
 11:30 am-12:30 pm Drumming Divas
Noon Meal **Lemon Herb Fish, Rice Pilaf**
 1-3 pm Paper Crafts: Photo Frame Cards*
 1-5 pm Bridge

16 Treats by Advanced Neuropathy
 9-11:30 am Idaho Botanical Garden*
 10-11 am Bingo with Jim
 10-11:30 am Chat-n-Chew: Speaker Mike Fritz
 "What to See & Where to Go in Idaho"
11 am **Music: Bluegrass Jammers**
 11 am-3 pm Rummikub
 11:30 am-12:30 pm Drumming Divas
Noon Meal **BBQ Pork Riblet on Hoagie**
 1-5 pm Bridge

23 Treats by Trinity Health
 10-11 am Bingo with Andre
 10-11:30 am Chat-n-Chew Social Group
 11 am-12:30 pm Blood Pressure Clinic
 11 am-2 pm Macks Creek*
 11 am-3 pm Rummikub
 11:30 am-12:30 pm Drumming Divas
Noon Meal **Chicken Club Pasta**
12 pm **Lunch & Learn: Homesharing**
 1-5 pm Bridge

30
 9:30-10:30 am Tai Chi & Qigong Intermediate*
 9:30-11:30 am Fire Station Tour*
 10-11 am Bingo with Amy
 10-11:30 am Chat-n-Chew Social Group
 10:30-11:30 am Tai Chi & Qigong Beginner*
 11 am-12:30 pm Pet Therapy Visit
 11 am-3 pm Rummikub
 11:30 am-12:30 pm Drumming Divas
Noon Meal **Polish Sausage & Sauerkraut**
 1-5 pm Bridge

FRIDAY

3 Treats by The Cottages
 10 am-2 pm Pinochle
 10 am-3 pm Red Cross Blood Drive*
10:30 am-12 pm **Story Story Night Writing Workshop***
11:30 am **Senior Goldmine Visit**
Noon Meal **Beef Philly on Hoagie Roll**
 1-2 pm Fit and Fall Proof
 2-3 pm Recreating Memories*
 2-5 pm Intro to Pinochle

10 Birthday Cake by Aetna
 10-11:30 am Widow/Widower Support Group
 10 am-2 pm Pinochle
 11:15-11:45 am Meditation for Health & Wellness: Happy, Healthy Heart*
Noon Meal **Roast Pork w/ Mashed Potatoes & Mushroom Gravy**
12 pm **Mother's Day Lunch with Blue Cross of Idaho**
12 pm **Birthday Friday**
 1-2 pm Fit and Fall Proof
 2-3 pm Recreating Memories*

17 Treats by Senior Helpers
9 am-2 pm **Craft Supply & Fabric Sale**
 10 am-2 pm Pinochle
 11 am-12 pm Food for Life: Brain Health*
Noon Meal **Stuffed Chicken, Cheese Sauce**
12 pm **Lunch & Learn: In-Home Services**
 1-2 pm Fit and Fall Proof
 2-3 pm Recreating Memories*
 2-5 pm Intro to Pinochle
 2-5:30 pm Dude DeWalt Winery*

18 (Saturday)
 9:15 am-12 pm Public Art Tour*

24 Treats by Oasis Senior Advisors
 10 am-2 pm Pinochle
 10-11:30 am Widow/Widower Support Group
Noon Meal **Cheesy Fish over Rice Pilaf**
 1-2 pm Fit and Fall Proof
 2-5 pm Intro to Pinochle

31
 10 am-2 pm Pinochle
Noon Meal **Salisbury Steak w/ Brown Gravy**
 1-2 pm Fit and Fall Proof
 2-5 pm Intro to Pinochle



CLASSIC DEVILED EGGS

Ingredients

- 6 large eggs
- 3 tablespoons mayonnaise
- 1 teaspoon Dijon mustard
- 1 teaspoon apple cider vinegar
- Salt and pepper, to taste
- Paprika, for garnish

Directions

1. Bring a pot of water to a boil. Reduce the heat to low (or off) to ensure the water is no longer boiling or has bubbles and use a skimmer to place the eggs in the water. Then increase the heat back to high and set a timer for 14 minutes.
2. While the eggs are boiling, prepare an ice water bath and set aside. After 14 minutes, remove the eggs from the water and place in the ice water bath.
3. Once the eggs have cooled completely, peel them and slice in half lengthwise. Remove the yolk to a small bowl with a spoon and place the egg whites on a plate.
4. Mash the yolks with a fork and add the mayonnaise, mustard, vinegar, salt and pepper. Stir everything together until it's smooth.
5. Use a spoon to add a portion of the deviled egg mixture back into the hole of each egg white. Sprinkle on paprika for garnish.

Recipe source: downshiftology.com

We want your family recipes!

Do you have a favorite family recipe that you'd like to share? We would love to feature it on this page in an upcoming edition of the newsletter. Drop it off at the front desk or email it to SeniorCenter@CityofBoise.org



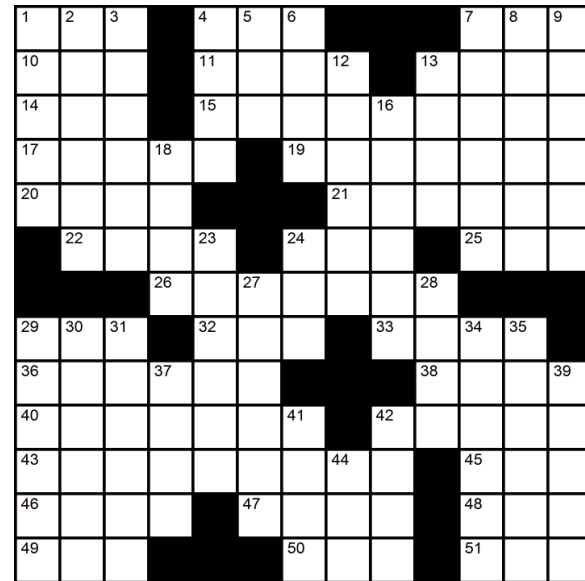
CROSSWORD PUZZLE

ACROSS

- 1 Dot follower
- 4 Flat-screen type (Abbr.)
- 7 Winter malady
- 10 Government consumption advice
- 11 Iridescent gem
- 13 Enfold
- 14 Broadcast
- 15 Those completing a race
- 17 Damp
- 19 First Marxist Chilean President
- 20 Feeble
- 21 Surgeon's knife
- 22 Male heirs
- 24 Louse egg
- 25 Slugger's stat.
- 26 Army snack bar
- 29 Torpedo vessel (Abbr.)
- 32 Scrooge's expression of disdain
- 33 Worn clothes
- 36 In the slightest
- 38 Political top dog (Abbr.)
- 40 "--- and old lace"
- 42 Take over illegally
- 43 Tidal measures
- 45 Wharton product
- 46 President and Chief Justice
- 47 Love god
- 48 Needed to use an ATM
- 49 Lyric poem
- 50 Rocky crag
- 51 Tibetan ox

DOWN

- 1 E.g. charley horse
- 2 Detestable
- 3 Dolphins quarterback Dan ---
- 4 Barn upper level
- 5 Cost-of-living yardstick
- 6 SNL comic --- Carvey



- 7 Like fries or leave
- 8 Pantry
- 9 Discombobulates
- 12 Actress --- Langtry
- 13 As soon as
- 16 Roofer
- 18 Coordinate
- 23 Californian pine
- 24 Ultimate degree
- 27 Indigenous
- 28 Siestas
- 29 Therefore regarding
- 30 Ill-informed
- 31 Take care of yourself!
- 34 Irritable
- 35 Novak Djokovic's homeland
- 37 Slack support
- 39 Slap on the bottom
- 41 Breath mint
- 42 A k a C C C P
- 44 Old card game

Answers are available at the front desk.

Puzzle made available by our sponsor, Jim Starr

Jim also sponsors the Senior Center's weekly Bingo game and calls Bingo on the 3rd Thursday of each month. Give Jim a call if you have questions regarding Medicare or want to compare notes about this month's puzzle, 208-713-3166.



SPRING HEALTH & RESOURCE FAIR and drug take-back event

The annual spring health fair will return to the Senior Center this year with LEARN Idaho as our event partner, so mark your calendar for April 16 from 10:30 a.m. to 12 p.m. and plan to join us for this free event.



LEARN (Lifelong Education and Aging Resource Network) Idaho provides free education for older adults, family caregivers, and the professionals who serve them. Their mission is to help people navigate the joys and challenges of aging and caregiving.

Health fair vendors this year include assisted living centers, caregiving

agencies, finance professionals, health care providers, hospice, insurance, legal services, and more. Each vendor is offering a door prize, so be sure to stop at every booth to be entered into all of the drawings. This year's event sponsor is Bowman Funeral Home.

The Boise Police Department will be onsite with a drug take-back booth

where attendees can safely and conveniently dispose of unwanted prescription and over-the-counter medications. We will also host a vaccine clinic by Albertsons pharmacy. Vaccines will include Covid, shingles, pneumonia, tetanus, and RSV.

Please call in advance if you would like a vaccine, 208-608-7580. We will need your full name and date of birth. Please bring your medical insurance card(s) to the vaccine clinic. If you would like to complete required paperwork ahead of time, you can pick up a copy at the front desk.

LEARN HOW EXERCISE BENEFITS BRAIN HEALTH



Tommy Ferguson, a Doctor of Physical Therapy student at Regis University in Denver, will speak at the Senior Center in April on the topic of exercise and its many benefits to brain health. He will address how exercise can be used to prevent cognitive decline, improve

mental health, manage stress levels, and be used as a protective factor against neurodegenerative diseases. Tommy is in Boise completing a 13-week clinical rotation with St. Luke's Outpatient Neurologic Rehabilitation Program. His presentation will take place in the dining room on April 5 starting at 2 p.m. Everyone is invited to attend this free event. Please RSVP at 208-608-7580.



MEDITATION FOR HEALTH & WELLNESS

Meditation instructor Michelle Wood will offer guided chair classes in April and May, from 11:15 to 11:45 a.m.

April 12 - Balance: The focus of this visualization will be staying in balance.

May 10 - Happy, Healthy Heart: We'll focus on how to take the best care of yourself for Mother's Day.

These classes are free. Call to register, 208-608-7580.

"RECREATING MEMORIES" OPEN TO VETERANS

The Boise VA will offer a 5-week recreational program at the Senior Center beginning on Friday, April 19 for seniors who are veterans experiencing memory loss or behavior changes. Recreating Memories will continue every Friday, from 2-3 p.m., through May 17. Activities will include table games, yard games, arts & crafts, and movement. Space is limited and registration is required. Sign up by calling Christine Walsh at 208-422-1000, ext. 7974.

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GrinWell for You
a free dental program for income-qualified seniors.
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Questions? Contact us at 1-866-894-3563 | deltadentalid.com

NASA continued from page 1

Kevin will be using software he produced at JPL to show what's going on in space. He will virtually fly us around the solar system to view historic events in NASA's robotic explorations and preview what is to come. We'll also get a look at what's happening on Earth and view planetary systems around distant stars. All attendees will receive their own pair of cool NASA 3D glasses!

Kevin spent the majority of his 43-year career pioneering innovative tools and techniques to graphically represent virtually every type of data and abstract information used by NASA and Walt Disney Feature Animation. The FBI, Nuclear Regulatory Commission, National Archives, NASA and the Department of Defense have all consulted Kevin.



PAPER CRAFTS WITH SUNMI: TULIP BOUQUET FOR APRIL AND COLORFUL FRAMES FOR MAY

Paper craft instructor Sunmi Choi will lead us in two paper-folding activities this spring: Tulip bouquets on April 11 from 1-3 p.m., and picture frame cards on May 9 from 1-3 p.m.

Sunmi points out that the art of folding paper has many benefits, including improved cognitive function. According to an article titled *Health Benefits of Origami* at DoveMed.com, origami can help reduce stress and anxiety, improve fine motor skills, and increase social interaction. Origami has been used as a therapeutic tool for people with cognitive impairment, such as dementia and Alzheimer's disease, and can contribute to a sense of accomplishment and self-esteem.

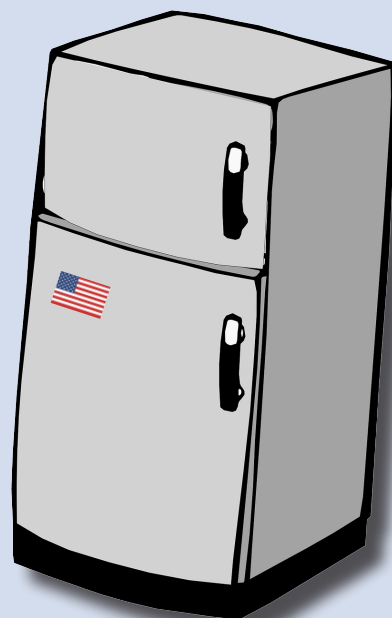
Cost is \$3 per person per class. All materials are included. Space is limited, so please register in advance at the front desk, or call 208-608-7580.

OVERHEARD IN THE HALLWAY

"Is your refrigerator running?"

"Yes ..."

"Good! I'm thinking of voting for it."



LUNCH & LEARN

NEW FORMAT: Lunch & Learn presentations begin at 12:10 p.m. inside the Robbins Nest Cafe and are free to attend (regular lunch charges apply). They last about 5 minutes, followed by an opportunity to meet with the presenter to learn more.

April 3: Navigating Long-Term Care with Confidence. Oni Kinberg, a licensed clinical social worker with 25 years of experience working in long-term care for adults, will talk about different types of long-term care, including an overview of senior communities. Bring your questions about navigating long-term care for yourself or a loved one. Personal experiences and thoughts welcome.

April 25: Fair Housing Issues. Sue Pierson, a staff attorney with Idaho Legal Aid, will talk about some of the issues related to fair housing, including homeowner and tenant rights, safe housing, property taxes and more. She'll also share information on the services available through Idaho Legal Aid.

May 1: Clean Today, Cleaner Tomorrow. Idaho Power has a goal of providing 100% clean energy by the year 2045. We'll hear how the electric utility industry is addressing climate change by phasing out the use of fossil fuels while incorporating clean and renewable resources. We'll also learn how our own efforts to save energy will assist Idaho Power in achieving these goals.

May 17: In-Home Services. What is the difference between Home Health and Home Care? How do I know if I qualify? What will my insurance cover? Who will perform the care and what are their qualifications? Coralee Walther from Senior Helpers will answer these questions and more.

May 23: HomeSharing: Are you a renter seeking affordable housing or a homeowner concerned about rising property taxes? Would you consider sharing a home to benefit yourself and a housemate or two? The NeighborWorks Boise HomeShare Hub addresses housing needs by matching homeowners with compatible housemates and promotes affordability, companionship, stress relief and health. Presenters are Jessica Buster, HomeShare Hub Facilitator, and Diane Ronayne, volunteer and a homesharer since 1986.

TECHNOLOGY EDUCATION CLASSES CONTINUE

Opportunities to enhance your technology skills continue, thanks to a partnership between LEARN Idaho and AARP's Senior Planet.

Classes take place on Mondays. Topics are listed below. A Tech LEARNers Roundtable practice lab with an instructor is available every Tuesday. All programs begin at 10:30 a.m. and last about 75 minutes. Space is limited, so give us a call to sign up, 208-608-7580.

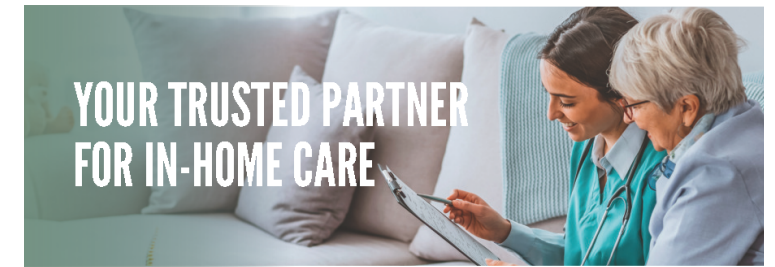
- April 8: Antivirus & Malware Removal Programs at a Glance
- April 15: Intro to Estate Planning Resources and Tools
- April 22: Exploring & Downloading Apps
- April 29: Finding Information Online
- May 6: Staying Safe Online
- May 13: How to Use YouTube
- May 20: What is A.I.?
- June 3: Connecting to the Internet



NEED ONE-ON-ONE HELP WITH YOUR DEVICE?

Service Learning students from Boise State University are once again offering one-on-one technology assistance by appointment. Get help with your phone, tablet, laptop, or other handheld device. Call the front desk for an appointment, 208-608-7580.

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Are you or a loved one in need of personalized, compassionate care? Look no further! Serengeti Care's dedicated caregivers are here to provide top-notch in-home care tailored to your unique needs.

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CONGRATS TO OUR MONTHLY HIGH SCORERS!

PINOCHLE

January
High Score:
Peggy 6,720

February

High Score:
Linda L. 7,770



BRIDGE

January
Monday: Ann 4,240
Thursday: Josseline 3,190

February

Monday: Steve 3,450
Thursday: Tom 4,890

— TICKET SALES BEGIN APRIL 15 —

\$10 EACH OR \$18 FOR TWO

Tickets must be purchased in advance by 5 p.m. on June 7.

CASINO NIGHT

DINNER + DANCE



JUNE 13 | 6-9 PM

DOORS OPEN 5:30 PM | DINNER SERVED 6-7:30 PM

NO-HOST BEER AND WINE BAR.

Lasagna dinner and dessert, a dance featuring musical hits from multiple eras, souvenir photographs, and a no-cash casino are included with each ticket.

CRAPS, ROULETTE, TEXAS HOLD-EM + BLACK JACK

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Hours: Monday-Friday 9 a.m.-5 p.m.

Website: cityofboise.org/seniorcenter



DON'T MISS OUR CRAFT SUPPLY & FABRIC SALE!

If you sew, quilt, knit, crochet, scrapbook, rubber stamp, or enjoy other crafts, you don't want to miss this year's Craft Supply and Fabric Sale on Friday, May 17, from 9 a.m.-2 p.m.

We have been collecting quality donations of fabric, yarn, and other crafting supplies since last year's sale, and we are motivated to make a deal! No reasonable offer will be turned down. Load up on supplies and support the Senior Center while you shop. We will also have a silent auction on completed quilts and other donated treasures. Bring a friend. They don't want to miss this sale either!

BIRTHDAY CORNER



Happy Birthday to everyone who celebrated February and March birthdays with us!

February

- Glenn Allen
- Lisa Craig
- Julie Davis
- Hobert Heiken
- Judi Kopp
- David March
- Cindy Rosen
- Wes Underwood

March

- Barbara Davis
- Andy Longpre
- Dianne McKee
- Vicki Taylor
- Ken Viste

Celebrate your special day with us on the second Friday of every month beginning at 12 p.m.

A big thank you to our Birthday Friday sponsor: 