

DICK EARDLEY SENIOR CENTER

CITY of BOISE | DECEMBER 2024/JANUARY 2025

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

Coming up ...

The Senior Center will be closed:

- Dec. 24 and 25 for Christmas
- Jan. 1 for New Year
- Jan. 20 for Martin Luther King, Jr. Day

The thrift store and craft boutique will be closed all of Christmas week, Dec. 23-27.

Free Tax help is coming. Get the details on page 2.

The Senior Prom dinner and dance event coordinated by Timberline High School students is on March 4, 6-9 p.m. Save the date!

CHRISTMAS TRIVIA

1. In the song "Frosty the Snowman," what made Frosty come to life?
2. Who played George Bailey in the Christmas classic "It's a Wonderful Life?"
3. Which of Santa's reindeer shares a name with a famous symbol of Valentine's Day?
4. What love-it-or-hate-it Christmas edible is known for its long shelf life?
5. What's the name of the family featured in National Lampoon's Christmas Vacation?
6. In "A Christmas Story," what happens to Ralphie's friend as a result of a "triple-dog dare" (gasp!) from another classmate?



Answers are on page 3.

COME DANCE, EAT, AND MINGLE AT THE HAPPY HOLIDAY HOP

Join us for live music, dancing, snacks and a no-host beer and wine bar in a festive holiday setting during our annual Happy Holiday Hop on Thursday, Dec. 5 from 4-6 p.m.

We'll welcome the Prime Time Swingers to the Senior Center stage to perform their popular Christmas show using one-of-a-kind handmade instruments.

Our event sponsor, Borchers Insurance, is helping us keep ticket prices low at \$5 each. Admission price includes snacks. Advanced purchase is required by 5 p.m. on Tuesday, Dec. 3. Call 208-608-7580.



BORCHERS INSURANCE



WINTER/SPRING ACTIVITY GUIDE IS LIVE

The Boise Parks and Recreation Activity Guide is full of activities for people of all ages, and the Winter/Spring edition is now available. The guide features classes and activities from January through May. Registration opens at 7 a.m. on Dec. 2 for residents and Dec. 4 for non-residents. We have printed copies of adult sections available at the front desk.



TRAVEL MEETINGS SCHEDULED IN JANUARY

The Senior Center partners with travel companies to present senior-friendly group travel to different parts of the U.S. and around the world. Learn about upcoming trips at two travel presentations in January.

Jan. 14, 10-11:30 a.m. Premier World Travel will share details about their upcoming trips: Black Hills, Badlands, and Mt. Rushmore; Cape Cod & the Islands; and Smoky Mountains & Pigeon Forge Holiday.

Jan. 28, 10-11:30AM Collette Travel will share details about their upcoming trips: Spain's Costa del Sol & Madrid Discovery; Discover British Landscapes; Magical Christmas Markets (Germany & Austria).

Reserve your spot at either or both presentations by calling 208-608-7580.



AARP'S FREE TAX HELP BEGINS ON FEB. 4

AARP will offer free tax preparation at the Senior Center on Tuesdays and Thursdays, Feb. 4 to April 10, from 9 a.m. to 2 p.m. Tax preparation will be done on a first-come, first-serve basis. Bring all of your needed tax documents.

Circuit Breaker, the property tax reduction assistance service available through the Ada County Assessor's office, will be offered at the Senior Center from 9 a.m. to 12 p.m. on Feb. 11, Feb. 25, March 11, and March 25. You can also get Circuit Breaker assistance at the Ada County Assessor's Office, 208-287-7200.

BOISE PILOTS FOOD SCRAP DROP-OFF PROJECT

The City of Boise is piloting a Food Scrap Drop-off Program for multi-family residents. Boiseans who live in apartments, condos, or other multi-family communities can now reduce food waste by collecting food scraps at home and delivering the material to a local drop-off location, such as the site in the Fort Boise parking lot between the baseball fields and bike park. Register for this free pilot program at CityOfBoise.org/Food-Scrap-Drop-Off



"BLESSING BIKES" ARE COMING; STAY TUNED!

The Senior Center has been contacted by John & June's Mission, a local organization that recently absorbed The Blessing Bike program, and we were excited to learn that we will get to try out one of the 3-wheeled, front-passenger bikes that give people with physical limitations the opportunity to enjoy bike riding. We'll share more when we know more!



FREE TECHNOLOGY EDUCATION CLASSES

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

Topic-specific classes and lectures are offered on Mondays, and an open help lab is available on Tuesdays. All classes, lectures and labs begin at 10:30 a.m. and last approximately 75 minutes. Space is limited. Give us a call at 208-608-7580 to reserve your spot.

- Dec. 2, Holiday Shopping Online
- Dec. 9, Chatting with ChatGPT AI
- Dec. 16, Streaming & Smart TVs
- Dec. 30, Sharing Photos with a Smartphone
- Jan. 6, Smartphone Tips & Tricks
- Jan. 13, Smartphone Photography
- Jan. 27, Smartphone Camera Uses Beyond Photography

FREE ONE-ON-ONE TECH HELP AVAILABLE

One-on-one tech help drop-in appointments with Izzy, a digital navigator from College of Western Idaho, are available from 11 a.m. to 2 p.m. on Fridays in December. There's no cost and no need to schedule an appointment. Be sure to bring your device with you.

TIMBERLINE STUDENTS PLAN SENIOR PROM

Timberline Wolf Connection leadership students will continue to visit the Senior Center through January (February's visits will take place at Timberline High School) as part of an annual community service project that will culminate in an inter-generational "Senior Prom" on March 4, 2025.

The prom is open to all older adults, is free to attend, and includes dinner, dancing, and socializing with the students who make it all happen. If you've never attended the Senior Prom at the Senior Center, consider making 2025 your first. It's an event to remember! Watch for details in the February/March newsletter.

LEARN ABOUT THE "BIOLOGY OF ADDICTION" WITH DR. SUZANNE WEES



Come join us for the latest information on what makes alcoholism and addiction a disease. "Biology of Addiction" is being presented by Suzanne Wees, Ph.D., on Monday, Dec. 9 from 10:30 a.m. to 12 p.m.

Participants will learn what causes some individuals to become addicted and not others. We will also explore how addiction is diagnosed and what to do to heal from it. Everyone is welcome, and there's no cost to attend. Please sign up in advance at 208-608-7580.

HANDS-ON ARTIFICIAL INTELLIGENCE CLASSES

Join us for a 30-minute hands-on lesson in artificial intelligence led by Dr. Margaret Sass, a lecturer at Boise State University. Hands-on A.I. will be offered on Dec. 11 and Jan. 21, both starting at 11 a.m. These short sessions will introduce participants to different A.I. tools that could be useful to everyday life. There's no cost to attend but please sign up in advance at 208-608-7580.

WE'RE PLAYING BUNCO EVERY MONDAY!

Bunco takes place on Mondays from 1-3 p.m. Drop-in fee is \$2. Prizes are provided by Brookdale Independent Living! Sign up in advance, 208-608-7580.

HELP PUT SENIOR HUNGER ON ICE WITH BSU

The annual "Hunger on Ice" game benefiting Meals on Wheels Metro Boise is scheduled for Feb. 1, 2025. Boise State's Hockey Club is set to go up against the University of Denver at Idaho Central Arena. Stay tuned for more details.

BOISE CASCADE IS COMING TO SERVE ON DEC. 11

A team of volunteers from Boise Cascade is coming to Serve Our Seniors during lunch on Dec. 11. Everyone who attends lunch that day can relax and be served restaurant-style. The Boise Cascade team also buses the tables so that you can just sit back and enjoy.

WE'RE HOSTING A BLOOD DRIVE ON JAN. 3

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, Jan. 3 from 10 a.m. to 3 p.m. Call the front desk to schedule your donation, 208-608-7580. There are several time slots available.

WINTER MARKET OFFERED HERE THROUGH DEC. 14

The Boise Farmers Market will continue to offer their Winter Market in the Senior Center dining room from 9 a.m. to 1 p.m. on Saturdays through Dec. 14. The Dec. 21 Winter Market will take place at the Shrine Social Club.

TRAVEL WITH US

EXPANDED TRAVEL OPPORTUNITIES

Black Hills, Badlands, & Mt. Rushmore
Spain's Costa del Sol & Madrid Discovery
Cape Cod & The Islands
British Landscapes
Smoky Mountains & Pigeon Forge Holiday
Magical Christmas Markets (Austria & Germany)



INFORMATIONAL MEETINGS

Learn about these 2025 destinations, and more!

JANUARY 14

10-11:30 a.m.

Premier World Discovery Travel



JANUARY 28

10-11:30 a.m.

Collette Travel



DICK EARDLEY SENIOR CENTER

Call 208-608-7580 to save your spot.
TTY: 1-800-377-3529

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



CHRISTMAS TRIVIA ANSWERS

1. An old silk hat,
2. Jimmy Stewart,
3. Cupid,
4. Fruitcake,
5. The Griswolds,
6. He gets his tongue stuck to a flagpole.

DECEMBER

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. This month's menu was not available at the time of printing.

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.
Both stores will be closed
Dec. 23-27



PARKS AND RECREATION

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

MONDAY

2
7 am Activity Guide registration open for residents
9 am-2 pm Nail and Foot Care of Boise with Sandy* - call to schedule appointments, 208-747-5797
10:30-11:45 am Tech: Holiday Shopping Online
Noon Meal Polish Sausage with Sauerkraut
1-3 pm Bunco
1-4 pm Mexican Train
1-5 pm Bridge

9
9 am-2 pm Nail and Foot Care of Boise with Sandy* - call to schedule appointments, 208-747-5797
10:30-11:45 am Tech: Chatting with ChatGPT
10:30 am-12 pm The Biology of Addiction*
Noon Meal Salisbury Steak with Brown Gravy
1-3 pm Bunco
1-4 pm Mexican Train
1-5 pm Bridge
3-5:30 pm Parcero Wine Bar*
6-7 pm Radio Days presents Rosie the Riveter: Christmas Edition*

16
10:30-11:45 am Tech: Streaming & Smart TVs
Noon Meal Breaded Chicken with Country Gravy
1-3 pm Bunco
1-4 pm Mexican Train
1-5 pm Bridge

23
10 am Thrift store and craft boutique are closed this week
Noon Meal BBQ Chicken Wings
1-3 pm Bunco
1-4 pm Mexican Train
1-5 pm Bridge

30
10:30-11:45 am Tech: Sharing Photos With a Smartphone
11 am-12 pm Book Club*
Noon Meal Lemon Herb Fish over Rice Pilaf
1-3 pm Bunco
1-4 pm Mexican Train
1-5 pm Bridge

TUESDAY

3
10:30-11:30 am Longevity Stick
10:30-11:45 am Tech Help Discussion Group
Noon Meal Roast Pork with Mushroom Gravy
12-12:45 pm Adopt-a-Student*
1-2 pm Fit and Fall Proof
1-4 pm Euchre
1-4 pm Mahjong

10 Treats by The Village at Crystal Springs
10:30-11:30 am Longevity Stick
10:30-11:45 am Tech Help Discussion Group
11 am Music: Rick Kartes
11 am-12 pm Housing 101 with Paige Doyle
Noon Meal BBQ Chicken on Whole Wheat Bun
1-2 pm Fit and Fall Proof
1-4 pm Euchre
1-4 pm Mahjong

17
10:30-11:30 am Longevity Stick
10:30-11:45 am Tech Help Discussion Group
11 am-1pm Legal Counsel*
Noon Meal Vegetarian Spaghetti
12:30-2:15 pm James Castle House*
1-2 pm Fit and Fall Proof
1-4 pm Euchre
1-4 pm Mahjong
4:30-8:30 pm BONUS: Treasure Valley Lights*

24
The Senior Center is closed for
CHRISTMAS EVE



31
10:30-11:30 am Longevity Stick
10:30-11:45 am Tech Help Discussion Group
Noon Meal Roast Beef with Gravy
12 pm New Year's Eve Countdown
1-2 pm Fit and Fall Proof
1-3 pm Euchre
1-3 pm Mahjong

The Senior Center will close at 3 p.m. for New Year's Eve.


WEDNESDAY

4 Treats by Summers Funeral Homes
7 am Activity Guide registration open for non-residents
10 am-12 pm Cribbage
10 am-12 pm Happy Hookers Knit & Crochet
10:30-11:30 am Gentle Yoga*
11:30 am Music: Caitlin Wilcox
Noon Meal NEW Chicken Parmesan Pasta
12-12:30 pm Pop-Up Library
12-1 pm Tai Chi & Qigong Intermediate*
12:15 pm NFL Pick 'Em Challenge
1-2 pm Tai Chi & Qigong Beginner*
1-3 pm Acrylics Social Group
1-5 pm Canasta

11 Treats by The Cottages
10 am-12 pm Cribbage
10 am-12 pm Happy Hookers Knit & Crochet
10:30-11:30 am Gentle Yoga*
11-11:30 am Hands-On A.I. with Dr. Sass*
11 am Welcome Tour*
12 pm Serve Our Seniors Day
Noon Meal Sweet & Sour Pork over Brown Rice
12-1 pm Tai Chi & Qigong Intermediate*
12:15 pm NFL Pick 'Em Challenge
1-2 pm Tai Chi & Qigong Beginner*
1-3 pm Acrylics Social Group
1-5 pm Canasta

18 Treats by St. Alphonsus/Encompass
10 am-12 pm Cribbage
10 am-12 pm Happy Hookers Knit & Crochet
10:30-11:30 am Gentle Yoga*
11 am Music: Big Dave Walter
Noon Meal Mushroom Swiss Burger
12:15 pm NFL Pick 'Em Challenge
1-3 pm Acrylics Social Group
1-5 pm Canasta
4:30-7:30 pm Winter Garden Aglow*

25
The Senior Center is closed for
CHRISTMAS



31
10:30-11:30 am Longevity Stick
10:30-11:45 am Tech Help Discussion Group
Noon Meal Roast Beef with Gravy
12 pm New Year's Eve Countdown
1-2 pm Fit and Fall Proof
1-3 pm Euchre
1-3 pm Mahjong

The Senior Center will close at 3 p.m. for New Year's Eve.

THURSDAY

5 Treats by Serengeti Care
10-11 am Bingo with Kelly
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 Beef Stew
1-5 pm Bridge
4-6 pm Happy Holiday Hop Dance & Social*

12 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
11:50 am-12:20 pm Origami: Santa & Candy Cane*
Noon Meal Beans & Ham
12:30-2:30 pm Paper Crafts: Christmas Tree*
1-5 pm Bridge
5:30-10:30 pm BLT - A Christmas Story*

19
10-11 am Bingo with Jim
10-11:30 am Chat-n-Chew Social Group
11 am Holiday Sing-Along with The B Team
11 am-3 pm Rummikub
11:30 am-12:30 pm Drumming Divas
Noon Meal Christmas Holiday Meal
baked ham, cheesy potatoes, mixed vegetables, dessert
12:30-2:30 pm Paper Crafts: Advanced Snowflake Ball*
1-5 pm Bridge

26 Treats by Copper Falls Hospice
10 am Thrift store and craft boutique are closed this week
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-3 pm Rummikub
11 am-12:30 pm Pet Therapy Visit
11:30 am-12:30 pm Drumming Divas
Noon Meal Swedish Meatballs over Rice
12:15 pm NFL Pick 'Em Challenge
1-5 pm Bridge

FRIDAY

6 Treats by Borchers Insurance
10 am-2 pm Pinochle
10:30-11:30 am Fall Prevention*
11 am-2 pm Tech Help Drop-In
11:30 am Senior Goldmine Visit
Noon Meal Herb Salmon over Rice Pilaf
1-2 pm Fit and Fall Proof
2-5 pm Intro to Pinochle

13 Birthday Cake by Connect Health
10-11:30 am Widow/Widower Support Group
10 am-2 pm Pinochle
11 am Music: Kattywampus
11-11:45 am Meditation for Optimal Health*
11 am-2 pm Tech Help Drop-In
Noon Meal Cheese-Topped Fish over Rice Pilaf
12 pm Birthday Friday
1-2 pm Fit and Fall Proof
2-5 pm Bowling*

20 Treats by Senior Helpers
10 am-2 pm Pinochle
10:30 am-12 pm In the Moment Improv Theater*
11 am-2 pm Tech Help Drop-In
Noon Meal Chicken Florentine Pasta
1-2 pm Fit and Fall Proof
2-5 pm Intro to Pinochle

27 Treats by Oasis Senior Advisors
10 am Thrift store and craft boutique are closed this week
10-11:30 am Widow/Widower Support Group
10 am-2 pm Pinochle
11 am-2 pm Tech Help Drop-In
Noon Meal Stuffed Chicken with Cheese Sauce
1-2 pm Fit and Fall Proof
2-5 pm Intro to Pinochle

JANUARY

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. This month's menu was not available at the time of printing.

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
10:30-11:45 am Tech: Smartphone Tips & Tricks
Noon Meal Menu not available
1-3 pm Bunco
1-4 pm Mexican Train
1-5 pm Bridge

13
9 am-2 pm Nail and Foot Care of Boise with Sandy* - call to schedule appointments, 208-747-5797
AARP Driver Safety*
9 am-4 pm Tech: Smartphone Photography
10:30-11:45 am Bunco
1-3 pm Mexican Train
1-4 pm Bridge
1-5 pm

20
The Senior Center is closed for
MARTIN LUTHER KING, JR. DAY



27
10 am-12 pm Living Well with Diabetes*
11 am-12 pm Book Club*
10:30-11:45 am Tech: Smartphone Camera Uses Beyond Photography
Noon Meal Menu not available
1-3 pm Bunco*
1-4 pm Mexican Train
1-5 pm Bridge

TUESDAY

7
10:30-11:30 am Longevity Stick
10:30-11:45 am Tech Help Discussion Group
12-12:45 pm Adopt-a-Student*
Noon Meal Menu not available
1-2 pm Fit and Fall Proof
1-4 pm Euchre
1-4 pm Mahjong
5:30-9 pm Caldwell Winter Wonderland*

14 **Treats by The Village at Crystal Springs**
10-11:30 am Premier Travel Presentation*
10:30-11:30 am Longevity Stick
10:30-11:45 am Tech Help Discussion Group
11 am Music: Rick Kartes
11 am-12 pm Housing 101 with Paige Doyle
Noon Meal Menu not available
1-2 pm Fit and Fall Proof
1-4 pm Euchre
1-4 pm Mahjong

21
10:30-11:30 am Longevity Stick
11-11:30 am Hands-On A.I. with Dr. Sass*
10:30-11:45 am Tech Help Discussion Group
Noon Meal Menu not available
12-12:45 PM Adopt-a-Student*
1-2 pm Fit and Fall Proof
1-4 pm Euchre
1-4 pm Mahjong
1-5 pm Bridge

28
10-11:30 am Collette Travel Presentation*
10:30-11:30 am Longevity Stick
10:30-11:45 am Tech Help Discussion Group
11 am-1 pm Legal Counsel*
Noon Meal Menu not available
12-3 pm Café de Coco*
1-2 pm Fit and Fall Proof
1-4 pm Euchre
1-4 pm Mahjong

WEDNESDAY

1
The Senior Center is closed for
NEW YEAR'S DAY



8 **Treats by The Cottages**
10 am-12 pm Cribbage
10 am-12 pm Happy Hookers Knit & Crochet
10:30-11:30 am Gentle Yoga*
11 am Welcome Tour*
11:30 am Music: Caitlin Wilcox
12-12:30 pm Pop-Up Library
Noon Meal Menu not available
12:15 pm NFL Pick 'Em 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*

15 **Treats by St. Alphonsus/Encompass**
10 am-12 pm Cribbage
10 am-12 pm Happy Hookers Knit & Crochet
10:30-11:30 am Gentle Yoga*
10:30 am-12 pm Life Transitions - Downsizing Your Home*
11 am Music: Big Dave Walter
Noon Meal Menu not available
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
10:30-11:30 am Gentle Yoga*
Noon Meal Menu not available
1-3 pm Acrylics Social Group
1-5 pm Canasta
2-3 pm Tai Chi & Qigong Intermediate*
3-4 pm Tai Chi & Qigong Beginner*

29
10 am-12 pm Cribbage
10 am-12 pm Happy Hookers Knit & Crochet
10:30-11:30 am Gentle Yoga*
Noon Meal Menu not available
1-3 pm Acrylics Social Group
1-5 pm Canasta
2-3 pm Tai Chi & Qigong Intermediate*
3-4 pm Tai Chi & Qigong Beginner*

THURSDAY

2 **Treats by Serengeti Care**
10-11 am Bingo with Kelly
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 Menu not available
12:15 pm NFL Pick 'Em Challenge
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 Menu not available
1-5 pm Bridge

16 **Treats by Advanced Neuropathy**
10-11 am Bingo with Jim
10-11:30 am Chat-n-Chew Social Group
11 am Music: The B Team
11 am-3 pm Rummikub
11:30 am-12:30 pm Drumming Divas
Noon Meal Menu not available
12:30-3:15 pm Wassmuth Education Building*
1-5 pm Bridge

23 **Treats by Copper Falls Hospice**
10-11 am Bingo with Andre
10-11:30 am Chat-n-Chew Social Group
11 am Music: David Ladines
11 am-3 pm Rummikub
11 am-12:30 pm Blood Pressure Clinic
11:30 am-12:30 pm Drumming Divas
11:50 am-12:20 pm Origami: Apple & Rabbit*
Noon Meal Menu not available
12:30-2:30 pm Paper Crafts: Snowflake Wreath*
1-5 pm Bridge
5-10 pm Boise Little Theater: Hallelujah Girls*

30
10-11 am Bingo with Tammy
10-11:30 am Chat-n-Chew Social Group
11 am-3 pm Rummikub
11 am-12:30 pm Pet Therapy Visit*
11:30 am-12:30 pm Drumming Divas
Noon Meal Menu not available
1-5 pm Bridge

FRIDAY

3 **Treats by Borchers Insurance**
10 am-2 pm Pinochle
10 am-3 pm Red Cross Blood Drive*
11:30 am Senior Goldmine Visit
Noon Meal Menu not available
1-2 pm Fit and Fall Proof
2-5 pm Intro to Pinochle

10 **Birthday Cake by Connect Health**
10-11:30 am Widow/Widower Support Group
10 am-2 pm Pinochle
11 am Music: Kattywampus
11-11:45 am Meditation for Optimal Health*
Noon Meal Menu not available
12 pm Birthday Friday
1-2 pm Fit and Fall Proof
2-5 pm Intro to Pinochle

17 **Treats by Senior Helpers**
10 am-2 pm Pinochle
10:30 am-12 pm In the Moment Improv Theater*
Noon Meal Menu not available
1-2 pm Fit and Fall Proof
2-5 pm Intro to Pinochle

24 **Treats by Oasis Senior Advisors**
10-11:30 am Widow/Widower Support Group
10 am-2 pm Pinochle
Noon Meal Menu not available
1-2 pm Fit and Fall Proof
1:30-5 pm Sawtooth Winery*
2-5 pm Intro to Pinochle

31
10 am-2 pm Pinochle
11 am-5 pm Idaho City Hot Springs*
Noon Meal Menu not available
1-2 pm Fit and Fall Proof
2-5 pm Intro to Pinochle



BASIC HOLIDAY FUDGE

Fudge is a classic Christmas treat. This easy recipe can bring rich, delicious flavor to your next holiday party. You can make it plain or mix in nuts for added flair. You can incorporate the add-ins into the fudge or place them on top. Also, remember that the baking sheet you use will need to fit in the refrigerator.

Ingredients

12-ounce bag of semi-sweet chocolate chips

14-ounce can of sweetened condensed milk

1/4 tsp salt

1 tsp vanilla extract

Optional Add-ins

Chopped walnuts or pecans

Crushed candy canes

Sprinkles

Mini Marshmallows

Instructions

1. Prepare a 9-inch pan with wax paper.
2. Melt the chocolate and stir in sweetened condensed milk and salt. Mix well.
3. Remove from heat and add vanilla. Mix in add-in now, if desired.
4. Spread fudge in one even layer in the prepared pan. Place add-ins on top, if desired.
5. Refrigerate until firm, about 2 hours.
6. Lift the edges of the wax paper to remove the fudge from the pan.

Source: anitasangels.com

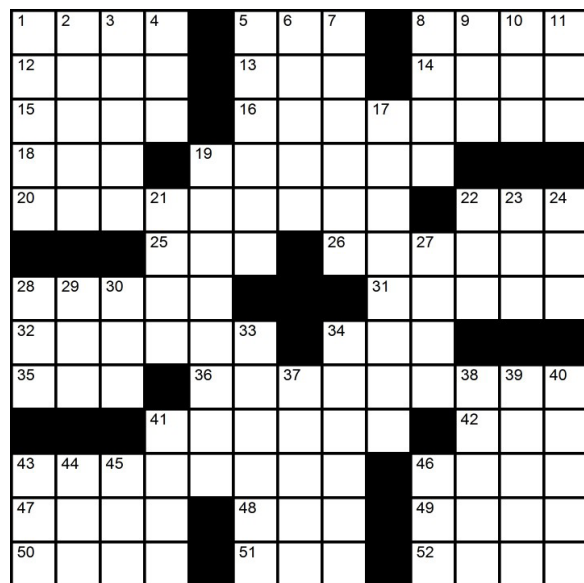
CROSSWORD PUZZLE

ACROSS

- 1 Roasting skewer
- 5 Got together
- 8 Mischievous
- 12 Seduced by a swan
- 13 "The Locomotion" singer Little ---
- 14 Sharp flavor
- 15 Yemeni port
- 16 Chemical warfare agent
- 18 Firearms lobby
- 19 Slightly colored
- 20 Five-term Arizona senator Barry ---
- 22 Type of computer program
- 25 "You've Got Mail" company
- 26 Catsup constituent
- 28 Moron
- 31 Ronald's missus
- 32 Bahamian capital
- 34 1/1000 inches
- 35 Intelligence org.
- 36 Abbott and Costello film of 1944
- 41 Colorado Home Rule municipality
- 42 Ram's dam
- 43 Target center
- 46 Operatic solo
- 47 Worldwide nuclear watchdog
- 48 Belief system
- 49 Muscular spasms
- 50 Wagers
- 51 --- Alamos
- 52 Fitting

DOWN

- 1 Argot
- 2 Spanish Peter
- 3 Paragon
- 4 Beat
- 5 Lowly
- 6 Happening
- 7 Aim
- 8 Sleeping



- 9 Semi
- 10 "L" operator
- 11 "--- So Fine" (old Chiffons number)
- 17 Speedwell
- 19 Relatively weak poker hand
- 21 Hydroelectric generators
- 22 Prohibit
- 23 One way to sell stocks
- 24 Miniature
- 27 Formerly French Sudan
- 28 Cable/satellite network
- 29 Owns
- 30 World's largest economy
- 33 Reveal
- 34 Old web connectors
- 37 Permission
- 38 Creepy
- 39 Once bitten, --- shy
- 40 Leavening agent
- 41 Unfortunately
- 43 Tipple
- 44 The Emirates
- 45 Allow
- 46 Bill dispenser

Answers are available at the front desk.

Puzzle made available by our sponsor, Jim Starr

Jim also sponsors Birthday Friday and the center's weekly Bingo game, and he 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.



STAYING SAFE IN THE WINTER IS THE FOCUS OF A FALL PREVENTION CLASS ON DEC. 6

Join us on Friday, Dec. 6 from 10:30-11:30 a.m. to learn how you can minimize your risk of falling and becoming injured, particularly in winter weather.

The class is led by physical therapist Beau Urbaniak. "In the winter, rates of falls increase significantly, and falls can lead to long-term health complications. During the class we will discuss home and community modifications to improve safety, risks factors that may increase your risk, as well as discussing exercises that anyone can do to improve balance," he said.

There's no cost to attend but registration is required. Call 208-608-7580.

CONSIDERING DOWNSIZING YOUR HOME?

Everyone is invited to attend "Life Transitions—Downsizing Your Home," a class being offered by Idaho Realtor Tiffany Scudder that will help attendees make informed decisions about their housing choices.

"We will delve into the practical real estate considerations that arise when individuals and families prepare to upsize or downsize their home. We'll explore strategies for selling your home and choosing your next home. You'll learn the basic process for selling a home as well as explore options for buying or transitioning to your next home. We'll also cover financial considerations. By the end of this class, you'll be equipped with the knowledge, wisdom and tools to navigate your future housing and life transitions," she said. The class is on Jan. 15 from 10:30 a.m. to 12 p.m. Register in advanced at 208-608-7580.

IMPROV WORKSHOP OFFERED ONCE A MONTH

An improv theater workshop is now offered on the third Friday of every month from 10:30 a.m. to 12 p.m. Everyone is invited to explore this creative and playful activity. The workshop is led by Erika Shaver-Nelson, who has a master's degree in psychology/drama therapy and 20 years of experience leading creativity programs for older adults.

There's no experience needed. Some of the benefits of improvisational theater include connecting with others, trying something new, spontaneity, laughter, playfulness, physical movement, and creative expression.

There is no cost to attend, but registration is required. Call 208-608-7580.

NFL PICK 'EM DATES SHIFT WITH HOLIDAYS

The NFL Pick 'Em challenge offered every Wednesday during lunch will shift to Thursdays on Dec. 26 and Jan. 2 due to holiday closures. Please join us in the dining room during lunch. Winners are announced at 12:15 p.m. and must be present to win.



PAPER CRAFTS CLASS OFFERS WINTER PROJECTS

Paper crafts instructor Sunmi Choi is offering free 30-minute origami classes in December and January. Students will learn to fold paper Santas and candy canes on Dec. 12 and apples and rabbits on Jan. 23. Both origami classes begin at 11:50 a.m. and end at 12:20 p.m.

Upcoming intermediate paper folding classes will include a Christmas tree on Dec. 12 and a snowflake wreath on Jan. 23. There is also an advanced class to make modular snowflake balls on Dec. 19. Paper folding classes begin at 12:30 p.m. and last approximately 90 minutes. Cost is \$3 per person, and all materials are included.

Space is limited. Register in advance, 208-608-7580.

TRY MEDITATION FOR OPTIMAL HEALTH, FREE

Meditation instructor Michelle Wood offers free meditation instruction on the second Friday of every month from 11-11:45 a.m. Explore different styles of meditation proven to reduce stress and promote general health. Find one that works for you. Sign up in advance at the front desk or call 208-608-7580.

CONGRATS TO OUR MONTHLY HIGH SCORERS!

PINOCHLE

September
High Score:
Nancy B. 6,470

October
High Score:
Bob B. 6,600



BRIDGE

September
Monday: Ann 4,120
Thursday: Ann 3,900

October
Monday: Sandy 3,990
Thursday: Doris 2,930

Can you find a mistake in this newsletter? Despite our best efforts to be error-free, it is possible that we overlooked something. If you can find an error, point it out to us and receive a mini candy bar at the front desk!



Keep your smile with
GrinWell for You
a free dental program for income-qualified seniors.
DELTA DENTAL
DELTA DENTAL OF IDAHO

Questions? Contact us at 1-866-894-3563 | deltadentalid.com



RADIO DAYS IS BACK WITH A NEW HOLIDAY SHOW, AND YOUR TICKET HAS ALREADY BEEN PAID FOR!

Radio Days live theater has announced that they are back for the holidays with a brand-new show that's sure to draw a crowd. The best part is that your ticket has been paid for by an anonymous donation, so plan to join us on Monday, Dec. 9 at 6 p.m. for this 1-hour show.

"This season, we are happy to present Rosie the Riveter: The Christmas edition! This is a wonderful Readers Theatre Musical production that features letters written by a local Rosie to her soldier in the army. The show is perfect for the season as it has messages of love, hope, courage and community."

The show is filled with history, heart, and both patriotic and holiday music from the nostalgic era of the 1940s. The set features an American holiday theme and costumes that reflect the wartime effort. Here is a clip from the story:

George and June Albert are a married couple trying to cope with separation during the war. It's so difficult to be away from loved ones, especially



Radio Days production of "My Favorite Husband" in October 2024.

during the holidays. George is in the army and June is home in Idaho, and they are about to embark on a journey that includes hard work and sacrifice during one of the most difficult times in our nation's history.

Married right out of high school, June has never worked outside of the family home. Her last several years have been

spent keeping house and tending to her husband and their teen-aged daughter Peggy. But like other women all around the country, June learned a new trade as she did her part for the war effort and tried to keep the home fires burning as George fought for our freedom. Letters are a life line for both of them ... Come find out what happens next.

John



First job: Delivering furniture as a teenager.
Last job: Electrician, 32 years with J.R. Simplot.
Most proud of: My personal relationship with God.
If I met my 18-year-old self, I would tell him: Never give up.

Glenn



First job: Working on the family farm, age 13.
Last job: Retired 3 years ago as a combine auger mechanic.
Most proud of: Sixty-one years of marriage.
If I met my 18-year-old self, I would tell him: Don't break your neck again! (Broke it diving into Lake Lowell.)



Health insurance is complicated. We make it simple.

selecthealth.org



edwardjones.com/findyourrich | Member SIPC

Let's find your rich

Edward Jones

What does it mean to be rich?
 Is it being your own boss? Having more stories to share, or time to give? We'd like to hear what makes your life feel rich – and help you get there.

Let's have coffee.

Kory V Gaona
 Financial Advisor
 9050 W Overland Rd Ste 125
 Boise, ID 83709
 208-362-3299

CAT-16762-A-A1-AD © 2024 EDWARD D. JONES CO. ALL RIGHTS RESERVED. AECSPAD 22827634



Dick Eardley Senior Center
690 Robbins Road, Boise, ID 83702

PRSR STD
US POSTAGE
PAID
Boise ID
Permit No 533

**PARKS AND
RECREATION**

Phone: 208-608-7580

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

Website: cityofboise.org/seniorcenter



LIVING WELL WITH DIABETES

MEETS ON MONDAYS, JAN. 27–MARCH 10
(except Presidents’ Day, Feb. 17)

FREE! | 10AM–12PM

A free 6-week workshop designed to help participants learn ways to live a healthy life with a chronic condition.

This evidence-based program from Stanford University covers:

- Symptoms of diabetes
- Managing high and low blood sugars
- Working effectively with health care providers
- Stress-reduction techniques
- Nutrition, diet and exercise

Space is limited.

Call to reserve your spot, 208-608-7580

DICK EARDLEY SENIOR CENTER
690 Robbins Rd.



BIRTHDAY CORNER



Happy birthday to everyone who celebrated October and November birthdays with us!

October

Francie Link
Linda Latham

November

Ron Barker
Aria Crowley
Nancy D.
Mary Lou Hay
Sue Keene
Dick Owens
Bob Riley
Suzanne T.

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

A big thank you to our
Birthday Friday sponsor:



**CONNECT
HEALTH**