

# JANUARY ACTIVITIES

208-888-5555  
meridianseniorcenter.org

**Winter Wonderland**  
**Dance & Social**  
**January 23rd**

**HAPPY NEW YEAR**

**CENTER CLOSED**  
**NO MEALS SERVED**

**WEDNESDAY - JANUARY 1**

**THURSDAY - JANUARY 2**

11:45 SENIOR GOLDMINE  
12:00 LUNCH  
12:30 - 1:15 ATTORNEY CONSULT \*  
1:00 HAND & FOOT  
1:00 BASIC LINE DANCING  
2:00 BEG. / INT. LINE DANCING

**FRIDAY - JANUARY 3**

8:30-2:30 FOOT CLINIC \*  
10:00 ZUMBA GOLD  
11:00 MUSIC BY ALI  
12:00 LUNCH  
1:00 PINOCHLE

**DID YOU KNOW?**  
ALASKA BECAME A STATE JAN. 3, 1959?

BINGO - DOORS OPEN 4:00

**La Boutique**

**MONDAY - FRIDAY**  
**10:00 AM - 1:00 PM**

Household goods, Jewelry, & Women's Clothing  
DONATIONS & VOLUNTEERS NEEDED!

**ACTIVITIES**

**\$2 FOR MEMBERS**  
**\$5 FOR NON-MEMBERS**

\*DENOTES MEMBERSHIP REQUIRED

**BILLIARDS & DARTS**

**MONDAY & WEDNESDAY - 12:15 - 3:30**  
**TUESDAY & THURSDAY - 11:00 - 3:30**  
**FRIDAY - 8:00 - 3:30**

**Ping Pong**

**SHUFFLE BOARD!**

**MONDAY - JANUARY 6**

8:45 TAP DANCE  
9:00 CHAIR VOLLEYBALL  
10:00 CHAIR YOGA  
10:20 - 12:00 CHAIR MASSAGE \*  
11:00 RODERICK'S CRUZIN' CLASSICS  
12:00 LUNCH  
12:00 MARVELOUS MAH JONGG  
1:00 PINOCHLE

**TUESDAY - JANUARY 7**

9:00 FIT & FALL PROOF  
10:00 FIT & FALL PROOF  
11:00 MOM & DOUBLE IMAGE  
12:00 LUNCH  
1:00 ART CLASS  
1:00 GAMES  
1:00 WOOD CARVING  
1:00 HAND & FOOT

**WEDNESDAY - JANUARY 8**

9:00 CHAIR VOLLEYBALL  
10:00 KNIT & LOOM  
10:30 TAI CHI  
11:00 HEARTFELT COUNTRY  
12:00 LUNCH  
12:45 BOOK CLUB  
1:00 PINOCHLE  
1:00 INT. BRIDGE  
1:00 FRIENDS OF ART

**THURSDAY - JANUARY 9**

9:00 FIT & FALL PROOF  
10:00 FIT & FALL PROOF  
11:00 AND FRIENDS  
12:00 LUNCH  
12:30 - 2:00 FINANCIAL CONSULTS \*  
1:00 HAND & FOOT  
1:00 BASIC LINE DANCING  
2:00 BEG. / INT. LINE DANCING

**FRIDAY - JANUARY 10**

8:30-2:30 FOOT CLINIC \*  
10:00 ZUMBA GOLD  
12:00 LUNCH  
1:00 PINOCHLE

**DID YOU KNOW?**  
ELLIS ISLAND OPENED JAN. 1, 1892? IMMIGRATION OF OVER 20 MILLION PEOPLE

BINGO  
DOORS OPEN 4:00

**MEMBER PERKS**

**CHAIR MASSAGE**

**Monday Mornings**

Appointments & Pre-Payment Are Required

**\$15 for 15 min.**

**SPONSOR CONSULTS FOR OUR MEMBERS**

ALPHA III WEALTH MANAGEMENT  
PREFERRED SENIOR BENEFITS  
TRICIA DAIGLE LAW OFFICE  
-15 MIN CONSULTATIONS-

**MONDAY - JANUARY 13**

8:45 TAP DANCE  
9:00 CHAIR VOLLEYBALL  
10:00 CHAIR YOGA  
10:20 - 12:00 CHAIR MASSAGE \*  
11:00 PRIME TIME SWINGERS  
12:00 LUNCH  
12:00 MARVELOUS MAH JONGG  
1:00 PINOCHLE

**TUESDAY - JANUARY 14**

9:00 FIT & FALL PROOF  
10:00 FIT & FALL PROOF  
11:00 THE KEYSRINGS  
12:00 LUNCH  
1:00 ART CLASS  
1:00 GAMES  
1:00 WOOD CARVING  
1:00 HAND & FOOT  
1:00 BUNCO

**WEDNESDAY - JANUARY 15**

9:00 CHAIR VOLLEYBALL  
10:00 KNIT & LOOM  
10:30 TAI CHI  
12:00 LUNCH  
1:00 INT. BRIDGE  
1:00 PINOCHLE

**THURSDAY - JANUARY 16**

9:00 FIT & FALL PROOF  
10:00 FIT & FALL PROOF  
11:00 KAY & THE BOGUS STRING BAND  
12:30 - 1:15 ATTORNEY CONSULT \*  
1:00 HAND & FOOT  
1:00 BASIC LINE DANCING  
2:00 BEG. / INT. LINE DANCING

**FRIDAY - JANUARY 17**

10:00 ZUMBA GOLD  
12:00 LUNCH  
1:00 PINOCHLE

**DID YOU KNOW?**  
THE END OF THE MONARCHY IN HAWAII ENDED ON JAN. 24TH WITH THE ABDICATION OF QUEEN LILIUOKALANI?

BINGO - DOORS OPEN 4:00

**EVENTS ON THE CALENDAR**  
MAY CHANGE AFTER PUBLICATION

**PARTNER TABLES**

10 A.M. - 1 P.M.

**JAN. 7**  
GENTLE HEARTS  
LIVING SOLUTIONS

**JAN. 14**  
TOUCHMARK AT MEADOW LAKE  
HOT COCOA BAR & TREATS

**JAN. 30**  
ST. AL'S

**SIGN UP AT THE FRONT DESK**

**TRIPS & DINNERS OUT**  
**SEATING LIMITED**  
**SIGN-UP & PAY AT FRONT DESK**  
**ACTIVITY FEES APPLY**

**JAN. 8 - CORONA VILLAGE**  
**JAN. 15 - PLANTS & POTABLES**  
**AT WOOD & ROOT BAR (MU)**  
**JAN. 28 - CHUCK-A-RAMA**

**MONDAY - JANUARY 20**

**MARTIN LUTHER KING, JR. DAY**

**CENTER CLOSED**  
**NO MEALS SERVED**

**TUESDAY - JANUARY 21**

9:00 FIT & FALL PROOF  
10:00 FIT & FALL PROOF  
10:30 BLOOD SUGAR TESTING \*  
11:00 HEARTFELT COUNTRY  
12:00 LUNCH  
1:00 ART CLASS  
1:00 GAMES  
1:00 WOOD CARVING  
1:00 HAND & FOOT

**WEDNESDAY - JANUARY 22**

9:00 CHAIR VOLLEYBALL  
10:00 KNIT & LOOM  
10:30 TAI CHI  
10:30 BLOOD PRESSURE \*  
10:45 - 11:45 MERIDIAN LIBRARY  
11:00 HEARTFELT COUNTRY  
12:00 LUNCH  
1:00 PINOCHLE  
1:00 INT. BRIDGE

**THURSDAY - JANUARY 23**

9:00 FIT & FALL PROOF  
10:00 FIT & FALL PROOF  
11:00 FIDDLE EXPRESS  
12:30 - 2:00 FINANCIAL CONSULTS \*  
12:00 LUNCH  
1:00 HAND & FOOT  
1:00 BASIC LINE DANCING  
2:00 BEG. / INT. LINE DANCING

**FRIDAY - JANUARY 24**

10:00 ZUMBA GOLD  
12:00 LUNCH  
1:00 PINOCHLE  
1:00 AGAPE CHINESE FELLOWSHIP

**Speaker Series**  
**BIRDS OF PREY**  
January 24th | 1:15-2:15

BINGO - DOORS OPEN 4:00

**NEW FOR 2025!**

**MEET UP**

Events marked with (MU) are get-togethers where everyone meets at the location - No MSC transportation will be available.

**MONDAY - JANUARY 27**

8:45 TAP DANCE  
9:00 CHAIR VOLLEYBALL  
10:00 CHAIR YOGA  
10:20 - 12:00 CHAIR MASSAGE \*  
11:00 PRIME TIME SWINGERS  
12:00 LUNCH  
12:00 MARVELOUS MAH JONGG  
1:00 PINOCHLE

**TUESDAY - JANUARY 28**

9:00 FIT & FALL PROOF  
10:00 FIT & FALL PROOF  
11:00 SENIOR JAMMERS  
12:00 LUNCH  
1:00 BOARD MEETING  
1:00 ART CLASS  
1:00 GAMES  
1:00 WOOD CARVING  
1:00 HAND & FOOT  
1:00 BUNCO

**WEDNESDAY - JANUARY 29**

9:00 CHAIR VOLLEYBALL  
10:00 KNIT & LOOM  
10:30 TAI CHI  
11:00 BRINGING YOU THE 50'S  
12:00 LUNCH  
1:00 PINOCHLE  
1:00 INT. BRIDGE

**THURSDAY - JANUARY 30**

9:00 FIT & FALL PROOF  
10:00 FIT & FALL PROOF  
12:00 LUNCH  
1:00 HAND & FOOT  
1:00 BASIC LINE DANCING  
2:00 BEG. / INT. LINE DANCING

**FRIDAY - JANUARY 31**

10:00 ZUMBA GOLD  
12:00 LUNCH  
1:00 PINOCHLE

**DID YOU KNOW?**  
IN LEAP YEARS JAN. ALWAYS STARTS ON THE SAME DAY AS APRIL & JULY

BINGO - DOORS OPEN 4:00

**FOOT CARE**

**1st & 2nd Fridays of the Month**

MEMBERSHIP REQUIRED

**CONTACT SANDY TO MAKE AN APPOINTMENT**

(941) 928 - 7107

**BINGO**

**EVERY FRIDAY NIGHT**

**OPEN TO THE PUBLIC**

**DOORS OPEN AT 4:00PM**  
**GAME PLAY STARTS AT 6:00PM**

**CASH PRIZES** \*MUST BE 18 YEARS OR OLDER TO PLAY\*