

## WELCOME!

### Address:

4001 N. Cook Street  
Spokane, WA. 99207  
Phone: (509)482-0803  
Fax: (509) 474 - 1027

### Website:

[hillyardseniorcenter.org](http://hillyardseniorcenter.org)

Email: [hillyardseniorcenter@yahoo.com](mailto:hillyardseniorcenter@yahoo.com)

### Days and Hours of Operations:

8:30AM - 3:30PM  
(Monday - Friday)

## CENTER STAFF

### JERRY UNRUH

Executive Director  
& Activity Coordinator

### KAREN CLARK-PARSON

Office Manager

### MARY SULLIVAN

Senior Nutrition Manager

### SANDI WHITE

Program Assistant

### LINDA TICHEY

Bookkeeper

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# HILLYARD SENIOR CENTER

# NEWSLETTER

4001 N. COOK STREET SPOKANE, WA. 99207



Newsletter Date | JANUARY 2022



## HAPPY NEW YEARS!

## A MESSAGE FROM THE DIRECTOR

### Greetings!



A **NEW YEAR!** is upon us! I am so hopeful that 2022 will be a better year than the previous one. So..... This is now my 24th year here at HSC and they have been fun, exciting, and interesting years. As my days and years dwindle, I view each and every event as possibly the last time I will get to do one of these fun activities with you. But right now, I'm only looking forward to a day when Covid 19 will not dominate our conversations, regulations, and considerations when it comes to planning and operating all of the activities, events, and trips here at the center. In other words, I look forward to beating this virus thing for the last time so we can all get on with Life!!! Therefore..... I encourage everyone who can, to get vaccinated and to continue to be diligent about wearing your masks and social distancing when attending one of our activities, trips or events. These simple tasks will help in defeating this pandemic and return our lives to something that we all recognized prior to March 16th, 2020. This month... we have more fun activities for you to participate in, like Karaoke Day on January 12th, The "Osborn Files" on January, 19th, Ballroom Dancing, Movie Day, and a number of fun day trips for you to go on! There's always something to do, so come do it! I want to thank all the Volunteers who helped make our 2021 a successful year, and can't wait to make 2022 even more active, and enjoyable for each of you!

Here's wishing each of you a Happy and Healthy New Year!

Jerry 😊

The mission of the Hillyard Senior Center is to create a philosophy and provide an environment which encourages seniors to keep active in mind, body and spirit; to meet other friends; to share interests with others who enjoy living their life to it's fullest!



## TALES & TRIBUTES

Thanks to those who donated supplies to the office recently, including Carol Davis, Jan Mullen, Susan Armstrong, John McKelvey, Linda Cox, Linda Mawson, Cheryl McManamon, Ed & Jackie Engel, and anonymous donors.

We also greatly appreciate all those who made cash donations, memorials, and senior pledges this month: including Ethel Cutler, Dorothy & Dave Hutchisson, Jan Thread, Cardmaking Class, Barbara Heywood, Marlene Whitney, Jeanne Ahlberg, Kathy Fisher, and other anonymous donors. Your generosity makes a big difference! Thank you!



Our sympathy is with the family and friends of long time member Jean Brewer (wife of Bill Brewer), who recently passed away. We are also thinking of Jo Cornelius, who lost a granddaughter.

Best wishes to all our members who have been ill, including Joyce Bagdon, Linda DeMaio, Phyllis Bray, Ed Vetter, Peggy Lain and others we may not be aware of. We wish you all a speedy recovery!

**Note:** Please let us know when someone has passed away or has been ill so that we may send a card. Thank you!



Jerry-At-Tricks Christmas Concert December 8th !



Thanks to the HSC Craft Ladies who made Holiday Wreaths !



Check out this Great Holiday Photo on our Lights Tour on December 16th!

## December 2021 Scrap Book Photos!



Harold Hubbard at HSC's Holiday Photo Day!



**Sponsored By:**  
**First Interstate Bank**  
421 Riverside (Downtown)

### 1st Interstate Bank Presents HSC with \$950 Program Donation!

Hillyard Senior Center recently received a \$950 Donation as part of an effort to help support the center during the Corona Virus Covid 19 Pandemic. **HUGE Thanks** goes to Manager, **Chris Cornell at First Interstate Bank** for leading the way in helping find the Program support for HSC! The Donation will again help support our Tuesday & Thursday Bingo Program! **THANK YOU !**



## HILLYARD CENTER ANNOUNCEMENTS – JANUARY

**Winter Wii Bowling Continues:** HSC will continue our Open Wii Bowling on Friday mornings from 9:00AM– 11:30AM! We are looking for more bowlers to join us! Our Wii bowling is just the thing to give you a little exercise, excitement and a whole lot of fun! If you are interested in playing or in learning to Wii Bowl, please drop in on Friday mornings in the Assembly Room!


**HSC Center Activity Closures:** Please note the December center closure. HSC will be closed for lunch and all activities on Friday December 31st for the ***New Year's Holiday!*** Also, HSC will be Closed on Monday January, 17th in Observance of ***Martin Luther King Day!***

**Onsite & Grab-N-Go Meals Available:** Greater Spokane County Meals on Wheels is now offering their Senior Nutrition Lunch Meals as well as Grab-N-Go meals at Hillyard Senior Center! Meals are offered Monday

through Friday at Noon and for pick up here at HSC by our Kitchen back door at 12:15PM. Meals include a hot entrée, vegetables, fruit, roll, soup or salad, and milk or juice. Meals are by donation, with a suggested donation of \$5.00 per meal. If you can't afford a donation, you may still eat. Meals are available to seniors 60 years and older. If you ate GSC Meals on Wheels lunches here at HSC before the pandemic started, you should already be registered. If not, you can register the first day you pick up a meal. **\*\*\*Please note you need to order meals by calling HSC at 482-0803 by noon the day before you'd like to eat.\*\*\*** The month's menu is printed in this newsletter.

**NECCA (Boot & Sock Drive):** NE Community Ctr and other local Sponsors are conducting a Boot and Sock Drive (Men & Women All Sizes ) thru January 18th for Shaw Middle School Students & NE Area families. Drop off any donations at NECCA front Desk!



### WISH LIST



- \* Coffee & Creamer
- \* Bic White Out EZ Roller correction tape.
- \* Individually wrapped bite size candy

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## Breakfast Out

Monday, Jan. 10<sup>th</sup> (\*Easy)

\$4 Member / Non-Member \$7



Join your Director and friends from the HSC for a delicious morning breakfast at the Old European Restaurant in North Spokane. The food is fantastic and the conversation with your HSC friends is even better. **Remember breakfast is on your own.** Hurry this trip fills quickly! Trip price includes Transportation, and Escort. **HSC Pick-up is at 9:30 am, Home pickups will be before.**

## Let's Go to the Movies

Friday, January 14<sup>th</sup> (\*Easy)

\$15 Member / Non-Member \$18



It's always fun to go to the movies, but much more fun to go together with your HSC friends! Come along with and join us for an afternoon movie. The movie and leave time will be determined as we get closer to the date. Your Trip price includes: Transportation, Escort, and Movie Admission.

## Gonzaga Women's Basketball

### GU -vs- Santa Clara

Thurs, January 20<sup>th</sup> (\*\*Moderate)

\$15 Member / Non-Member \$18

Join your fellow Zags fans from HSC to cheer on the lady Zags as they take on the University of Santa Clara!



This will be an exciting game to be a part of, sign up early to get your seat, they'll go fast! Trip price includes: Transportation, Escort, and admission. HSC pickup is at 4:15pm and Home pickups afterwards PLEASE NOTE: We will have upper level seating so **STAIR CLIMBING IS REQUIRED** for those attending this event and trip!

## Spokane Civic Theater

### Presents: "Almost Maine"

Sunday, January 23rd (\*\*Moderate)

\$15 Member / Non-Member \$18

Welcome to Almost, Maine, a place that's so far north, it's almost not in the United States. It's almost in Canada. One cold, clear, winter night, as the northern lights hover in the star-filled sky above, the residents of Almost, Maine, find themselves falling in and out of love in unexpected and hilarious ways. Knees are bruised. Hearts are broken. But the bruises heal, and the hearts mend—almost—in this delightful midwinter night's dream. This is a 2:00PM Showing (Performed by Academy Students Ages 13-18 at the Riverside Place Theater). Trip price includes: Transportation, Escort, and admission. HSC pickup is at 12:45pm and Home pickups before.

## Casino Trip to Chewelah

Wednesday Jan. 26<sup>th</sup> (\*Easy)

Member \$12 / Non-Member \$15



The casino is offering our group bonus points, and extra play cash, and more! The drive to Chewelah is beautiful, gambling is fun, and when you're finished relax in their restaurant. Register early for this trip, it fills quickly! Trip price includes: Escort and transportation. HSC pickup at 9:00am, home pickup before.

## CONGRATULATIONS TO ELECTION WINNERS!



HSC Board Members Elected to a 3 Year Term beginning January, 11th 2022!



Sandy Caudill



Jo Cornelius



Lola Mackin



Clara Richard



Marlene Whitney

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— KATHRYN GORDON  
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SOUTH HOSPICE HOUSE



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## HSC CRAFT GROUP

Thursday Mornings  
9:00am—12:00pm  
Located in the HSC Craft Room

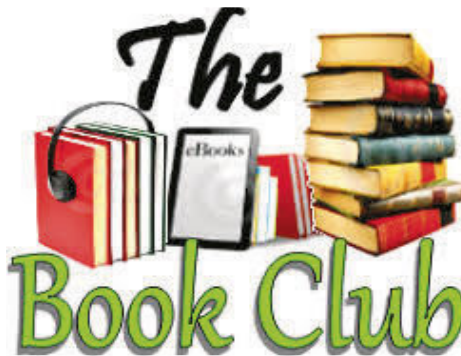
Join our Crafty Ladies here at the HSC. They meet every Thursday morning and have a lot of fun creating unique craft items and socializing together! (Free) Come spend a Thursday with our crafters!



## HSC BOOK CLUB

Tuesday, Jan. 18th  
10:00am—12:00pm  
Located in the Craft Room

Did you know that Hillyard Senior Center has a monthly Book Club that meets the **Third Tuesday** of each month. (Free) The group selects a different book each month to read and discuss at their meetings.



## HSC COLOR / DRAW GROUP

9:00am-11:00am on select Fridays  
Located in (HSC Craft Room)

Bring your colored pencils, markers, or pens and come share your creative drawings and colorings in a friendly atmosphere. Here is a great chance to show your creative art side! So come share some fun, laughter and discussion with our group.

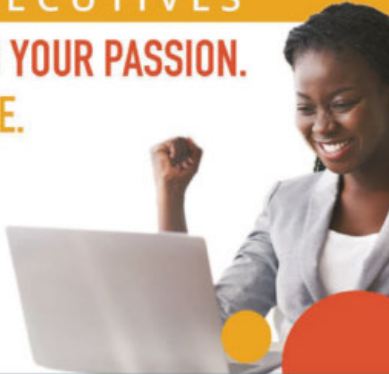


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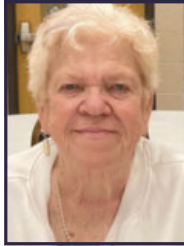
## "A MESSAGE"

### December Word Search Answers

1. A HOLLY JOLLY CHRISTMAS
2. WINTER WONDERLAND
3. HERE COMES SANTA CLAUS
4. THE MARVELOUS TOY
5. JOLLY OLD SAINT NICHOLAS
6. THE CHIPMUNK SONG
7. DECK THE HALLS
8. FROSTY THE SNOWMAN
9. JINGLE BELL ROCK
10. LITTLE DRUMMER BOY
11. SILVER BELLS
12. NUTTIN' FOR CHRISTMAS

## FROM THE PRESIDENT:

Dear HSC Members,

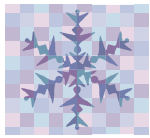


I hope you and your families had a nice Christmas Holiday, Now..... It's a new year and with it comes the hope for a return to normal life and great fun again. I'm looking forward to a new year with good health, good times and good friends! I wish you a Happy New Year, and are eager to see more of you return to our daily programs and activities here at the Senior Center!

Best Wishes! *Jackie*

## JANUARY WORD SEARCH - MOVIE TIME FUN!

1. HCCGTESAAO \_\_\_\_\_
2. VANNDSOO' FERE \_\_\_\_\_
3. HET QUTEI ANM \_\_\_\_\_
4. IEELRTHFGSLH \_\_\_\_\_
5. EL ADOORD \_\_\_\_\_
6. IYGLNF ERTGSI \_\_\_\_\_
7. RONTHT OT AKSAAL \_\_\_\_\_
8. NCOMKTCIL \_\_\_\_\_
9. SREROTO GUORNCB \_\_\_\_\_
10. EHT FNTHIGGI EUCAINKTKN \_\_\_\_\_
11. EHT ARW GWANO \_\_\_\_\_
12. ASDNS FO OIW MAIJ \_\_\_\_\_



# SILVER CAFÉ JANUARY LUNCH MENU



## FRIDAY, DEC 31



**HAPPY NEW YEAR!**  
**HSC CLOSED!**

## MONDAY, JAN 3

BBQ pork  
Rice pilaf  
Green beans  
Applesauce; Roll  
Milk or juice

## TUESDAY, JAN 4

Lemon pepper chicken  
Roasted potatoes  
Mixed vegetables  
Peaches; Roll  
Milk or juice

## WEDNESDAY, JAN 5

Swedish meatballs  
Brown rice  
Peas and carrots  
Pears; Roll  
Milk or juice

## THURSDAY, JAN 6

Fish fillet sandwich  
on a hamburger bun  
Broccoli  
Apples  
Milk or juice

## FRIDAY, JAN 7

Chicken parmesan  
Penne pasta  
Capri vegetables  
Peaches; Roll  
Milk or juice

## MONDAY, JAN 10

Lasagna casserole  
Italian blend vegetables  
Sliced apples  
Roll  
Milk or juice

## TUESDAY, JAN 11

Chicken cutlet  
Baby baker potatoes  
Corn  
Pineapple chunks; Roll  
Milk or juice

## WEDNESDAY, JAN 12

Pork roast  
Scalloped potatoes  
Carrots  
Sliced pears; Roll  
Milk or juice

## THURSDAY, JAN 13

Beef with mushroom gravy  
Mashed potatoes  
Mixed vegetables  
Applesauce; Roll  
Milk or juice

## FRIDAY, JAN 14

Tuna casserole  
Green peas  
Sliced peaches  
Roll  
Milk or juice

## MONDAY, JAN 17

**CLOSED FOR**  
**MARTIN LUTHER**  
**KING JR DAY**



## TUESDAY, JAN 18

Beef stroganoff  
Broccoli  
Sliced apples  
Roll  
Milk or juice

## WEDNESDAY, JAN 19

Teriyaki chicken stir fry  
Brown rice  
Stir fry vegetables  
Pineapple; Roll  
Milk or juice

## THURSDAY, JAN 20

Turkey ham potato casserole  
Mixed vegetables  
Sliced pears  
Roll  
Milk or juice

## FRIDAY, JAN 21

Italian meatball sub  
on a hoagie roll  
Green beans  
Applesauce  
Milk or juice

## MONDAY, JAN 24

Shepherd's pie  
Chopped spinach  
Sliced pears  
Roll  
Milk or juice

## TUESDAY, JAN 25

Baked ham  
Scalloped potatoes  
Mixed vegetables  
Peaches; Roll  
Milk or juice

## WEDNESDAY, JAN 26

Beef stew  
Corn  
Sliced apples  
Roll  
Milk or juice

## THURSDAY, JAN 27

BBQ chicken  
Brown rice  
Broccoli  
Pineapple; Roll  
Milk or juice

## FRIDAY, JAN 28

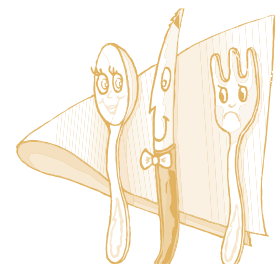
Chicken fajita chili  
Peas and carrots  
Sliced peaches  
Roll  
Milk or juice

## MONDAY, JAN 31

Baked fish  
Rice pilaf  
Mixed vegetables  
Sliced pears; Roll  
Milk or juice



## January Lunch Menu



Silver Café, the Senior Nutrition Program of Spokane County and Aging and Long Term Care of Eastern Washington, is funded by the Federal Older American Act & Senior Citizen Services of Eastern Washington. Milk or juice are served with meals. Call 482-0803 by 12:00 noon the day before you plan to eat, so we can order your meal. Cancel as soon as possible, so someone else may have your meal. Suggested donation \$5.00. Please sign in when you arrive for the meal.





# JANUARY ACTIVITY CALENDAR



09

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
9:00-12:00 Canasta 12:00 Lunch 1:00-2:00 <u>Sr. Fitness</u>	12:00 Lunch 12:30-3:00 Ceramics 1:00-3:00 Bingo	9:00-12:00 Canasta 12:00 Lunch 1:00-3:00 <u>Dance</u> 	9:00-Noon Craft Group 12:00 Lunch 1:00-3:00 Bingo 1:00-3:00 H. Belles	9:00-11:30 <u>Wii Bowling</u> 9:00-11:45 <u>Draw/Color</u> 11:45 Lunch 12:15-3:00 <u>Canasta</u> 12:45-3:00 Pinochle
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
9:00-12:00 Canasta 12:00 Lunch 1:00-2:00 <u>Sr. Fitness</u> 1:00-2:30 <u>Shopping</u>	8:30-3:00 <u>Foot Care</u> 9:30-11:30 <u>Board Meets</u> 12:00 Lunch 12:30-3:00 Ceramics 1:00-3:00 Bingo	9:00-12:00 Canasta 12:00 Lunch 1:00-3:00 <u>Mex. Train</u> 1:00-3:00 <u>Karaoke Day!</u> 	9:00-Noon Craft Group 12:00 Lunch 1:00-3:00 Bingo 1:00-3:00 H. Belles	9:00-11:30 <u>Wii Bowl</u> 11:45 Lunch 12:15-3:00 <u>Canasta &amp; Cribbage</u> 12:45-3:00 Pinochle
<b>17</b> <b><u>CLOSED FOR</u></b> <b><u>MARTIN LUTHER</u></b> <b><u>KING, JR. DAY</u></b> 	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
	9:30-11:00 <u>Book Club</u> 12:00 Lunch 12:30-3:00 Ceramics 1:00-3:00 Bingo	9:00-12:00 Canasta 12:00 Lunch 12:30-2:00 <u>Cardmaking</u> 12:30-1:30 <u>The Osborn Files!</u> <i>"Cars &amp; Songs of 50's &amp; 60's"</i> 	9:00-Noon Craft Group 12:00 Lunch 1:00-3:00 <u>Super Bingo!</u> 1:00-3:00 H. Belles	9:00-11:30 <u>Wii Bowl</u> 9:00-11:45 <u>Draw/Color</u> 11:45 Lunch 12:15-3:00 Canasta 12:45-3:00 Pinochle
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
9:00-12:00 Canasta 12:00 Lunch 1:00-2:00 <u>Sr. Fitness</u>	12:00 Lunch 12:30-3:00 Ceramics 1:00-3:00 Bingo	9:00-12:00 Canasta 12:00 Lunch 12:30-2:00 <u>Movie Day!</u>  1:00-3:00 <u>Mex. Train</u>	9:00-Noon Craft Group 12:00 Lunch 1:00-3:00 Bingo 1:00-3:00 H. Belles	9:00-11:30 <u>Wii Bowl</u> 11:45 Lunch 12:15-3:00 <u>Canasta &amp; Cribbage</u> 12:45-3:00 Pinochle
<b>31</b>				
9:00-12:00 Canasta 12:00 Lunch 1:00-2:00 <u>Sr. Fitness</u>				

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## STAY UPDATED WITH HAPPENINGS AROUND THE CENTER

### RECREATIONAL ACTIVITIES:

#### MEXICAN TRAIN:

Select Wednesdays (PM)  
1:00pm-3:00pm  
\$2.00

#### CANASTA:

Monday & Wednesdays (AM)  
9:00am-12:00pm  
Fridays  
12:30pm-3:00pm  
\$2.00

#### BINGO:

Tuesdays & Thursdays (PM)  
1:00pm-3:00pm  
\$ Donations

#### PINOCHLE:

Fridays (PM)  
12:45pm-3:00pm  
\$2.00

#### CRIBBAGE:

Select Fridays (PM)  
1:00pm-3:00pm  
\$2.00

#### CERAMICS:

Tuesday (Afternoons)  
12:30pm-3:00pm  
\$50.00 / Qtr

#### DRAWING / COLORING:

Select Fridays (AM)  
9:00am-11:45pm  
\$ FREE

#### CROQUET LEAGUE:

Tuesdays (AM) (June-Aug)  
9:00am-11:00am  
\$15.00 / person

#### WII BOWLING LEAGUES:

Fridays (AM) (Sept-March)  
9:00am-11:30pm  
\$ Donations

### SPECIAL EVENTS:

#### BIRTHDAY PARTIES:

2nd -Wednesdays (PM) (On Hold)  
1:00pm-2:30pm  
Lunch served before at 12:00pm  
Sign up for lunch is required!  
Call 482-0803 to reserve lunch

#### MOVIE DAY:

last -Wednesday (PM)  
12:30pm-2:30pm  
\$1.00 donation for Popcorn & Drink  
Lunch served before at 12:00pm  
Sign up for lunch is required!  
Call 482-0803 to reserve lunch

#### MUSIC JAM SESSIONS:

Select Wednesdays (PM)  
1:00pm-3:00pm  
Lunch served before at 12:00pm  
Sign up for lunch is required!  
Call 482-0803 to reserve lunch  
\$ FREE

#### MONTHLY DANCES:

1st -Wednesday (PM)  
1:00pm-3:00pm  
\$2.00  
Lunch served before at 12:00pm  
Sign up for lunch is required!  
Call 482-0803 to reserve lunch

#### KARAOKE:

Select -Wednesdays (PM)  
1:00pm-3:00pm  
\$ FREE  
Lunch served before at 12:00pm  
Sign up for lunch is required!  
Call 482-0803 to reserve lunch

#### PUZZLE DAY:

Select -Tuesdays (AM)  
9:30am-11:30am \$(Free)  
Lunch served after at 12:00pm  
Sign up for lunch is required!  
Call 482-0803 to reserve lunch

### OTHER HSC CLASSES:

#### MATTER OF BALANCE:

Select Fridays (PM)  
12:30pm-2:30pm  
\$ FREE

#### COOKING CLASS:

"Eating Smart - Being Active"  
Select Mondays (AM)  
10:00pm-12:00pm  
\$ FREE

#### A.A.R.P. DRIVERS SAFETY:

Select Days (ALL Day)  
8:30pm-4:30pm  
\$15 AARP Members / \$20 Non Members

#### FOTO-FOLIO: (PHOTO BOOKS)

Select Fridays (AM)  
10:00pm-12:00pm  
\$ 5.00

#### CARDMAKING:

Select Wednesdays (PM)  
12:30pm-2:00pm  
\$ 3.00

### SPECIAL UPCOMING EVENTS:



### "Monthly" Dance!

"Jerry-At-Tricks Band"  
Wednesday,  
January, 5th  
"Assembly Room"  
\$ 2 Donation



### Karaoke Day!

Wednesday,  
January, 12th  
1:00PM - 3:00PM  
"Assembly Room"  
Free Admission!



## LEAVING A LEGACY:

### YOUR LEGACY, HSC'S FUTURE

Most of us, if given a chance, would like to leave some kind of legacy to show that our lives made a difference to others in this world.

In the past, only a privileged few could think about leaving legacies. But now, with tax-favored ways of giving, many of us can experience the joy that comes from making a difference in the lives of others. Many of you tell us the Hillyard Senior Center is your "Home Away From Home," and others mention that this place has been a true blessing in your lives.

With these thoughts in mind, if you want to help sustain the Hillyard Senior Center for others to enjoy for years to come, please talk to your attorney or financial planner about providing a gift now or in the future!

### NON -DISCRIMINATION STATEMENT

The Hillyard Senior Center does not discriminate on the basis of age, sex, gender, race, color, creed, national origin or disability.



## SERVICES OFFERED AT HILLYARD SENIOR CENTER

### FOOT CARE SERVICE:

Hillyard Senior Center welcomes Aleen Warren, a certified & professionally trained footcare specialist nurse who will provide a 30 minute individual footcare appointment to addresses thick or weakened toenails, blisters, calluses, corns, ingrown and yellow nails which are all common to many feet. This is not just a toenail clipping but rather a full service foot care! 30 min. appointments. \$35. Call HSC for more info!



### MASSAGE CARE SERVICE:

We are still hoping to bring on a new Massage Care Specialist to once again provide 15 minute chair massages. Check back with our office at 482-0803 for when HSC may return this service to it's program.



### TAX AID SERVICE:

Did you know that every year February-April 15th, AARP tax specialist volunteers offer free basic tax preparation right here in the NE Community Center. Appointments begin in January and continue until April 15th. Contact the NE Community Center Front desk for the phone number to make your tax preparation appointment! Call 487-1603 for more info! Get tax preparation help you need!



### EDUCATIONAL TOPICS/ SPEAKERS:

Each Month Hillyard Senior Center offer education speakers / workshops. Watch the HSC Newsletter Activity Calendar and Center Announcements for these very worthwhile educational and important topics for seniors.



### LIBRARY DAY CHECKOUT SERVICE:

If you can't get to the Library, don't worry as representatives from the Hillyard Library Branch bring the Library to us one day a month. They have a selection of Books and CD's to checkout and they will even help you apply for a new Library Card if you don't currently have one!



### LIVING CONNECTION SERVICE:

A one stop shop for help with coordinating many senior services. This organization is located here in the NE Community Center!

### S.N.A.P SERVICES:

SNAP, or Spokane Neighborhood Action Program, has many services available. These include energy assistance, essential home repairs, homeless street outreach, affordable housing service, home buyers down payment or closing cost assistance loans, and Spokane "ride to health," to name a few. SNAP's number is 456-SNAP.



# SPECIAL EVENTS

Monthly Dance / Monthly Socials!

Call HSC at 482-0803 to make your reservation for lunch and these fun special events!!



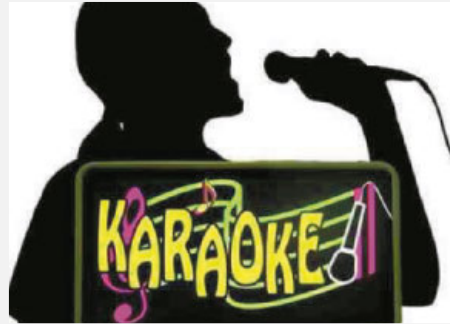
## January Dance!

Wed. January, 5th

1:00-3:00PM

"The Jerry-At-Tricks- Band"

**\$2.00 Donation**



## Karaoke Day!

Wed. January 12th

1:00PM-3:00PM

Free Admission



## Movie Day!

Wed. January 26th

12:30PM-2:30PM

**\$1.00 Donation**

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# The Osborn Files!

**Wed. Jan, 19th**  
**12:30PM-1:30PM**  
**"FREE Admission"**

Featuring... Cars & Songs of the 50's & 60's



The Evolution of the car through the 50's & 60's was unlike any other time in history. American makes and models were at all time highs, colors, chrome, and designs changed yearly. Car songs became popular at the same time!

# Movie Day on the Big Screen!



*An Inspiring & Uplifting Movie .....*



# "Wonder"

*Starring: Julia Roberts & Owen Wilson!*

**Wednesday Jan, 26th**

**12:30PM Showtime**

**\$1.00 DONATION & FREE POPCORN!**

# NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed to you at [www.mycommunityonline.com](http://www.mycommunityonline.com)



## Hillyard Senior Center

4001 N. Cook  
(509) 482-0803



*"Where Friends Meet Friends"*

### Hillyard Senior Center – Membership Registration Form:

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_  
 Address: \_\_\_\_\_ Membership Cost: **(\$20 or \$30 per couple)**  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ **Renews every January**  
 Date of Birth: \_\_\_ / \_\_\_ / \_\_\_

Emergency Contact: \_\_\_\_\_

**Mail Check or Money Order To:**  
**Hillyard Senior Center**  
**4001 N. Cook St.**  
**Spokane, WA. 99207**

Emergency Phone: \_\_\_\_\_

\_\_\_\_\_ Email Address

The following information is voluntary and will only be used to support data requested by any grantors contracted with the Hillyard Senior Center for financial support. It should be understood that any information collected in this section in regards to ethnicity, income, and or race is done so at a grantor's request. This information will be strictly confidential.

**Please Check any of the following that may apply:**

**ETHNICITY:**

Hispanic or Latino \_\_\_\_\_ NOT Hispanic or Latino \_\_\_\_\_



**RACE:** (Check from the following)

White \_\_\_\_\_ Asian \_\_\_\_\_  
 Black / African American \_\_\_\_\_ Asian & White \_\_\_\_\_  
 Black / African American & White \_\_\_\_\_ Native Hawaiian / Other Pacific Islander \_\_\_\_\_  
 American Indian/ Alaskan Native \_\_\_\_\_ American Indian/ Alaskan Native & Black / African American \_\_\_\_\_  
 American Indian/ Alaskan Native & White \_\_\_\_\_ Other \_\_\_\_\_

**INCOME:** (Please circle applicable Income under your Family Size)

Income & Number in your Household:					
<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>
\$12,100	\$13,850	\$15,500	\$17,300	\$18,700	\$20,050
\$20,150	\$23,050	\$25,900	\$28,800	\$31,100	\$33,400
\$32,250	\$36,900	\$41,500	\$46,100	\$49,800	\$53,500

Check if you are the  
**HEAD OF HOUSEHOLD:**  
 Female \_\_\_\_\_  
 Male \_\_\_\_\_

Address: 4001 N. Cook Street - Spokane, WA. 99207 Phone: (509)482-0803 Website: hillyardseniorcenter.org

## BARLEY LENTIL SOUP (8 Servings)

- 1 Cup Chopped Onion
- 1 Cup Chopped Celery
- 1 Garlic clove (minced)
- 1/4 Cup Veg. Oil
- 1 can (28oz) tomatoes
- 3/4 cup Lentils, rinsed
- 3/4 cup pearl barley
- 6 Cups of water

- 6 vegetarian bouillon cubes
- 1/2 tsp dried rosemary, crushed
- 1/2 tsp dried oregano, crushed
- 2 cups thin sliced carrots
- 1 cup shredded swiss cheese

### Directions:

1. Cook onions, celery, garlic in hot oil
2. Add Water, tomatoes, lentils, barley bouillon cubes, rosemary, oregano, pepper and carrots

3. Cook 40 min. until barley, lentils and carrots are tender
4. Top with Swiss Cheese!
4. Salt and Pepper to taste.

(Submitted By HSC Member Mary Sullivan)



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# HILLYARD SENIOR CENTER

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Issue No. 01-22



## BOARD OF DIRECTORS

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(Vice President)

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(Secretary)

2022 TBA  
(Treasurer)

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Ronna Doulas	Ed Vetter
Phyllis Labelle	Lois White
Lola Mackin	Marlene Whitney

## 2022 MEMBERSHIP FEES DUE IN JANUARY!

### **NOTICE:** 2022 Membership Fees

**\$20 per Member**

-or-

**\$30 (Couple with same Address)**

**HSC Membership Fees are Due By January 31st !**

**Mail Checks to:**  
Hillyard Senior Center  
4001 N. Cook Street  
Spokane, WA. 99207  
**Attention: Membership**



Affiliated with  
City of Spokane  
Parks & Recreation  
Department

