

WELCOME!

Address:

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

Website:

hillyardseniorcenter.org

Email: 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 | February 2022



A MESSAGE FROM THE DIRECTOR



Happy Valentine's Month!

Thanks to the many of you who have already renewed your 2022 memberships to the Hillyard Senior Center. We look forward to serving you again this year! Those of you who have not yet had the chance to renew yours, I want to encourage you to do so ASAP! This month we are hosting a [Valentine's Ice Cream Social on Wednesday February 9th](#) followed by a [Bonus Valentine's Dance from 1-3pm](#) on that same day. In addition, Doug Osborn will be back with another great presentation of the ["Osborn Files"](#). I want to thank all of you who have continued to attend our daily programs as well as our senior nutrition lunches. Thus far we've managed to keep our doors open and our activities going with proper spacing, sanitizing and with all participants wearing a protective mask. We are always hopeful that the pandemic will soon be under control to a point where we may be able to lift some of the restrictions, but for now we thank you for abiding by our rules of wearing a mask and by staying home when you are not feeling well. This is the time of year when many people normally get the Flu and other colds, but with the Covid 19 Virus still spreading in our community, we encourage you to protect yourself and others by being proactive. If you have sniffles or runny noses, please be cognitive of others and stay home, isolate yourself and get tested if you suspect you've been exposed to Covid! Our staff and our Board of Directors are looking forward to seeing each of you and plan to host more events, classes, activities, and trips and tours for our members in the coming months. However, we can only do that if we can keep the center open. So.... Take care, be safe and we'll see you all soon around the center!

Have a Happy Valentines Day and Month of February!

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 Pat Palmer, Carol Davis, John McKelvey, and anonymous donors.

We also greatly appreciate all those who made cash donations, memorials, and senior pledges this month: Cheryl Reynolds, Nancy Welker, Vikki Denison, Ronna Doulas, Gertrude Foster, Ethel Cutler, Dorothy & Dave Hutchisson, Jan Thread, June Meyer, Dianne Harper, Jackie & Ed Engel, Kathy Fisher, and anonymous donors. Your generosity makes a big difference! Thank you!

Best wishes to all our members who have been ill, including Karen Ornee, Peggy Lain, Kim Bailey, Ed Vetter, Jackie Salisbury, Min Hunt, 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!

Address: 4001 N. Cook Street -



Thank You Doug for the Osborn Files!



HSC Scrap Book Photos!



A small crowd enjoys the presentation !



Marsha's Creative Side !

THANK YOU TO OUR ... BINGO SPONOR!



421 Riverside (Downtown Branch)



1st Interstate Bank donates BINGO PRIZES & Their Time!

Hillyard Senior Center is partnering with First Interstate Bank in returning our Bingo Program to HSC. Due to Covid 19 restrictions, HSC will change it's Bingo Activity to **Tuesdays**

& **Thursdays** and from Penny Bingo, to Prize Bingo! Many of the same games will be played, however, like our On-line Virtual Bingo program, **winners of each individual game** will be entered into a **Prize Drawing** to be given out at the conclusion of the Bingo session! In addition, employees of First Interstate Downtown Branch will be on hand as volunteer callers for the program! **Special Thanks** goes to Manager, **Chris Cornell at First Interstate Bank Downtown Branch Manager** for leading the way in helping to support HSC in brining BINGO back to our Center once again!

HILLYARD CENTER ANNOUNCEMENTS— FEBRUARY

Wii Bowling Anyone?: Join us for Wii Bowling on Friday mornings from 9:00am– noon! If you are interested in playing, please call the office at 482-0803 or drop in on Fridays!.

Valentine’s Ice Cream Social: Please join us Wednesday, Feb. 9th from 12:30-1:00 for our Ice Cream Social and have some fun celebrating Valentine’s Day! Due to social distancing, this event is limited to 50 people, so please call the office at 509-482-0803 to register. Lunch is served right before the social at 12:00, so please make a reservation for lunch also! following the Social, you can stay for the Valentines Dance music by the Jerry-At-Tricks! See you there, and wear pink or red to help us celebrate!


Free Tax Aid Appointments: Tax Aid appointments will again be available at the Northeast Community Center, as well as other locations locally. Washington Trust Bank is taking appointments as a community service, so starting Jan. 19, please call them at 509-353-

4851 to make your appointment. Remember, this service fills up fast! The actual appointment dates begin Feb. 1st at the Community Center.

Have you Tried us Lately for Lunch? Tired of your own cooking? Finding it hard to shop, cook, and do dishes? How about trying some of our favorites from Greater Spokane County Meals on Wheels! Favorite lunches include Swedish meatballs, Lemon pepper chicken, Pork roast with scalloped potatoes, and Italian meatball subs! Sound good? Order a lunch by calling the HSC office at 509-482-0803! The monthly menu is printed in our newsletter on page 8! The suggested donation for lunch is \$5.00. If you would prefer to eat at home, Grab-N-Go meals are also still available!

Personal Items Basket Give Away: Anyone eating lunch at HSC Feb. 21 will be entered in a drawing for a Personal Items Give Away! The box of items includes toothpaste, deodorant, soap, etc! Reserve lunch that day !

WISH LIST




- * Coffee
- * Vanilla Ice Cream
- * Flavored Toppings
- * Kleenex Tissues
- * 2x2 inch Post-It notes

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Nai-Ni Chen Dance Company
Thursday, February 10th (*Easy)
\$ 39 Member / Non-Member \$42



A dance in celebration of the Lunar New Year of the Water Tiger. The show is a beautiful combination of Asian heritage, multi-media performance, and American dance with fabulous costumes.

Snow Shoeing!
Friday, February 11th (* Moderate)
\$8 Member / Non-Member \$11

This adventure is for the active senior who enjoys the snow and a treeline outdoor scenery. We'll be snowshoeing on an easy terrain trail in the local area. Previous experience is not necessary and snowshoes will be provided, but all participants should be able to walk a leisure mile. Afterwards we



will warm up with a sweet treat (on your own). HSC PickUp at 9:00 am & Home Pick ups before.

Ice Cream Social & Dance
at Hillyard Senior Center

Wednesday, February 9th (*Easy)
\$FREE Social / \$2 Dance Donation
 Join us for a great Ice Cream Social & Dance at HSC! Come Join us for an Ice Cream Treat after Lunch... , then stay for a dance with the sounds of HSC's own Jerry-at-Tricks Band! Ice Cream Social is from 12:30-1:00 and is **FREE!** If you are having lunch before, please call our office to reserve your lunch. The Dance following the Ice Cream Social is a \$2.00 donation.



Breakfast Out
Monday, February 14th (*Easy)
\$4 Member / Non-Member \$7

Join your Director and friends from HSC for another delicious breakfast at Molly's Restaurant located in downtown Spokane. From eggs to waffles to scramblers, you'll find a wonderful and hearty meal to start off your week! **Remember, breakfast is always on your own.** Trip price includes: Transportation and Escort. HSC Pick-up is at 9:30am, and home pick-ups before.



Spokane Civic Theater:
Sunday, Feb. 20th (*Easy)
\$35 Member / Non-Member \$38

Welcome to opening night of the Cornley Drama Society's newest production, *The Murder at Haversham Manor*, where things are quickly going from bad to utterly disastrous. With an unconscious

THE PLAY THAT GOES WRONG



leading lady, a corpse that can't play dead, and actors who trip over everything (including their lines), the accident-prone thespians battle against all odds to make it through to their final curtain call, with hilarious consequences. Trip price includes: Transportation, Escort, and play admission. HSC Pickup at 12:45pm and Home Pickup after.

Casino Trip to Coeur d'Alene
Monday, Feb. 28th (Moderate)**
\$12 Member / Non-Member \$15

The casino is offering our group bonus points, \$5 meal points, \$10 extra play cash, and more! The drive to Worley is beautiful, gambling is fun, and when you're finished relax in one of their restaurants or hotel lobby. Register early for this trip, it fills quickly! Trip price includes: Transportation, and Escort. HSC pickup 9:00am



HILLYARD SENIOR CENTER TRIPS & TOURS INFO !

Hillyard Senior Center's trip and tour policy for travel. The policy is to establish voluntary participation and assure fair and equal access to sign up for any and all trips & tours.

* Our travel policy will incorporate call in, mail in, and walk in reservations. The center will utilize a first pay, first go, method for registration. Phone and walk in reservations DO NOT guarantee a spot on a trip.

* Participants who call in and request to be signed up on a trip but are unpaid are simply considered to be on an interest list. When participant's money has been received and a receipt has been issued, then and only then is a person considered to be a registered participant of the trip and their spot guaranteed.

* Interest sign ups and paid registration will be done at the Hillyard Senior Center office (4001 N. Cook 482-0803).

Sign up for all trips will be taken at 8:30 am on the 1st working day following the receipt of the newsletter. (sorry we cannot control the order in which everyone receives their mail). Participants may contact our office (482-0803) to get an estimate day of mailing for the newsletter.

* Participants living outside of the normal van pickup boundaries (North to Weile, East to Freya, West to Division, and South to Indiana) will be considered for a trip home pick-up on an individual basis depending on the location of the trip's destination.

* Non members of the Hillyard Senior Center are allowed to participate in a day trip at the Non-Member price.

* Hillyard Senior Center will no longer refund participants for cancellations of day trips or tours. However, if a cancellation is made at least 5 working days prior to the

trip, a credit will be issued for the use of a trip at a later date. NON-Refundable Deposits apply to most overnight tours.

* Individuals requesting a home pick-up should add an additional \$3.00 to the trip advertised price.

* **NOTE:** Your registration and participation in a travel trip with Hillyard Senior Center is considered a voluntary acceptance of liability and shall not hold HSC responsible for any participants own negligence.



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— KATHRYN GORDON
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HSC CRAFT GROUP

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

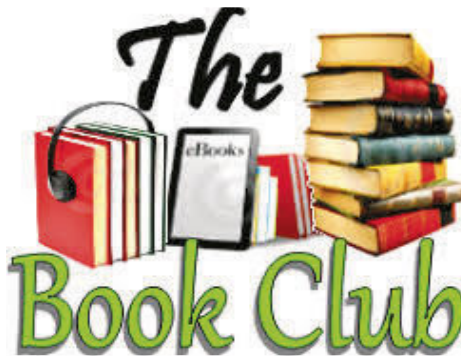
Join our Crafty Ladies here at the HSC. They meet every Thursday morning and have a lot of fun creating unique craft items and socializing together! (Free) Come spend a Thursday with our crafters!



HSC BOOK CLUB

Tuesday, **February 15th**
10:00am—12:00pm
Located in the HSC Craft Room

Did you know that Hillyard Senior Center has a monthly Book Club that meets the 3rd 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.

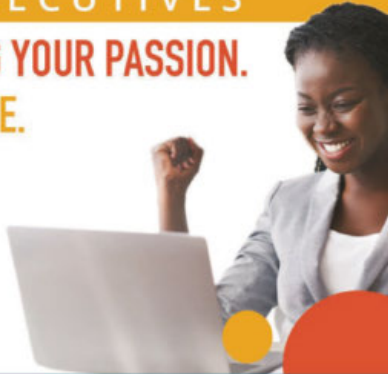


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"A MESSAGE"

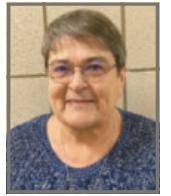
January Word Search Answers

1. SNOW STORMS
2. LANG SYNE
3. CHAMPAGNE TOAST
4. INAUGURATION DAY
5. MASK WEARING
6. VIRTUAL PROGRAMS
7. SHOVELING WALK
8. WINTER DRIVING
9. NEW YEARS
10. FIREWORKS DISPLAY
11. SKATING RINK
12. VACCINATION SHOTS
13. STUDED SNOWTIRES

FROM THE PRESIDENT:



Dear HSC Members,



Happy Valentines Day! I am excited to have been elected the new HSC Board

President for 2022. I am so looking forward to serving you as President! I want thank you for attending many of our classes, activities, and Day trips this past month and encourage each of you to help support our HSC Craft Class when we do our Easter Basket Sales this Spring. Watch for details in the March Newsletter!

Take Care & Have a Great Month of February!

Linda



FEBRUARY WORD SEARCH - JUST FOR FUN!



1. CENSIOVRNTAO TASRHE _____
2. AHTER ASDPHE EBXSO _____
3. RHHEYES INYSNVALEAPN _____
4. TRETSSWAE RTHEA MGEISUM _____
5. EB INME ENLTNIVA SDCRA _____
6. UYTNN AUSWEPX HLIP _____
7. LOHCETCAO OSELVR TNHOM _____
8. SOWATSSNNGHI DHYTIRAB _____
9. RDNSSIPETE YAD _____
10. EHCNEI ENW EYRA _____
11. YPSKUN DLO RODASB ADY _____
12. UESPR OBLW IVL UDYASN _____
13. RWEITN SOCLIYPM _____



SILVER CAFÉ FEBRUARY LUNCH MENU



08

TUESDAY, FEB 1

Salisbury steak
Steamed potatoes
Carrots
Applesauce; Roll
Milk or juice

WEDNESDAY, FEB 2

Chicken & rice casserole
Country blend veg
Apples
Roll
Milk or juice

THURSDAY, FEB 3

Spaghetti
Green beans
Pineapple
Roll
Milk or juice

FRIDAY, FEB 4

Country beans & ham
Capri vegetables
Peaches
Roll
Milk or juice

MONDAY, FEB 7

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

TUESDAY, FEB 8

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

WEDNESDAY, FEB 9

Valentine's Ice Cream Social!

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

THURSDAY, FEB 10

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

FRIDAY, FEB 11

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

MONDAY, FEB 14

Happy Valentine's Day!

Lasagna casserole
Italian blend vegetables
Sliced apples
Roll
Milk or juice



TUESDAY, FEB 15

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

WEDNESDAY, FEB 16

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

THURSDAY, FEB 17

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

FRIDAY, FEB 18

Tuna casserole
Green peas
Sliced peaches
Roll
Milk or juice

MONDAY, FEB 21

Chicken pot pie
with biscuit
Beets
Sliced peaches
Milk or juice

TUESDAY, FEB 22

Beef stroganoff
Broccoli
Sliced apples
Roll
Milk or juice

WEDNESDAY, FEB 23

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

THURSDAY, FEB 24

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

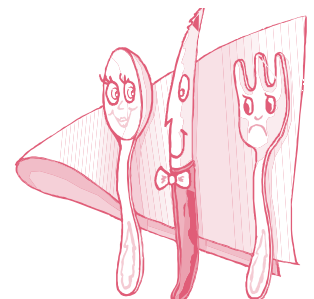
FRIDAY, FEB 25

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

MONDAY, FEB 28

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

February 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.



FEBRUARY ACTIVITY CALENDAR



09

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 12:00 Lunch 12:30-3:00 Ceramics 1:00-3:00 Bingo	2 9:00-12:00 Canasta 12:00 Lunch 1:00-3:00 Dance 	3 9:00-12:00 Crafts Group 12:00 Lunch 1:00-3:00 Bingo 1:00-3:00 H. Belles	4 9:00-11:30 Wii Bowl 9:00-11:45 Draw/Color 11:45 Lunch 12:15-3:00 Canasta 12:45-3:00 Pinochle
7 9:00-12:00 Canasta 12:00 Lunch 1:00-2:00 Sr. Fitness	8 8:30-3:00 Foot Care 9:30-11:30 Board Meets 12:00 Lunch 12:30-3:00 Ceramics 1:00-3:00 Bingo	9 9:00-12:00 Canasta 12:00 Lunch 12:30-1:30 Valentine Ice Cream Social & Dance! 	10 9:00-12:00 Crafts Group 12:00 Lunch 1:00-3:00 Bingo 1:00-3:00 H. Belles	11 9:00-11:30 Wii Bowl 11:45 Lunch 12:15-3:00 Canasta & Cribbage 12:45-3:00 Pinochle
14 9:00-12:00 Canasta 12:00 Lunch 1:00-2:00 Sr. Fitness 1:00-2:30 Shopping	15 9:30-11:00 Book Club 12:00 Lunch 12:30-3:00 Ceramics 1:00-3:00 Bingo	16 9:00-12:00 Canasta 12:00 Lunch 12:30-1:30 Osborn Files! 12:30-2:00 Cardmaking 1:00-3:00 Mex Train	17 9:00-12:00 Crafts Group 12:00 Lunch 1:00-3:00 Super Bingo  1:00-3:00 H. Belles	18 9:00-11:30 Wii Bowl 9:00-11:45 Draw/Color 11:45 Lunch 12:15-3:00 Canasta 12:45-3:00 Pinochle
21 9:00-12:00 Canasta 12:00 Lunch 1:00-2:00 Sr. Fitness	22 12:00 Lunch 12:30-3:00 Ceramics 1:00-3:00 Bingo	23 9:00-12:00 Canasta 12:00 Lunch 12:30-2:00 Movie Day! 1:00-3:00 Mex. Train	24 9:00-12:00 Crafts Group 12:00 Lunch 1:00-3:00 Bingo 1:00-3:00 H. Belles	25 9:00-11:30 Wii Bowl 11:45 Lunch 12:15-3:00 Canasta & Cribbage 12:45-3:00 Pinochle
28 9:00-12:00 Canasta 12:00 Lunch 1:00-2:00 Sr. Fitness	 Happy Valentine's Month!			

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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:

Valentine's Ice Cream / Social

Wednesday, February 9th

"Assembly Room"

\$ FREE

Reserve lunch by Noon Tues. 2/10



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 BY 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 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 / Ice Cream Social / Valentine's Dance!

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



Monthly Dance!

Wednesday Feb, 2nd

1:00-3:00PM

\$2.00 Donation



Valentine's Ice Cream Social!

Wednesday, February 9th

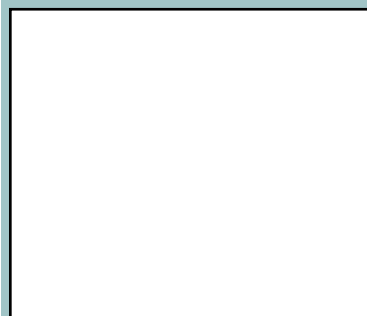
12:30-1:00PM

Free Admission!



Valentine's Dance!

(BONUS - 2nd DANCE IN FEBRUARY!)



The Osborn Files!

Wed. Feb, 16th
12:30PM-1:30PM
"FREE Admission"

Featuring... A Valentine's Special!



Join Doug for another entertaining Valentine's presentation FREE Admission! Sign up for lunch beforehand!

Movie Day on the Big Screen!



A Great Love Story

"The Notebook"



Starring: Ryan Gosling & Rachel McAdams!

Wednesday February, 23rd

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



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 _____

Chicken and Rice Dinner (Serves 4)

- 1 tablespoon oil
- 4 small, boneless, skinless chicken breast halves
- 1 can condensed cream of chicken soup
- 1/2 cup water
- 1/2 cup chicken broth
- 2 cups Minute White Rice, uncooked
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- Fresh parsley, chopped (optional)

Heat oil in large nonstick skillet on medium-high heat. Add chicken; cover. Cook 4 minutes on each side or until lightly browned on both sides. Remove chicken from skillet.

Add soup, water, and chicken broth to skillet; stir. Bring to boil.

Stir in rice, garlic powder, and onion powder.

Top with chicken; cover. Cook on low heat 5 minutes or until chicken is cooked through. (170 degrees). Let sit 5 minutes or until liquid is absorbed. Serve sprinkled with chopped pars-

ley, if desired.

Substitute: For a whole-grain alternative, use Minute Brown Rice for the Minute White Rice and cook an additional 5 minutes.



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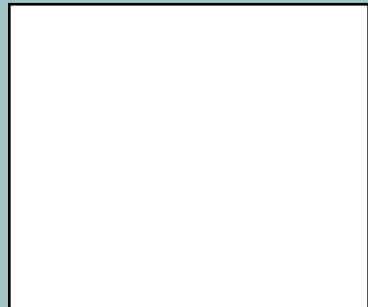


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2022 MEMBERSHIP INFO!

NOTICE:

2022 Membership Fees are Now Past Due!

\$20 or \$30 (Couple, with same address)

If you have not paid your 2022 Membership fees, please do so as soon as possible to avoid being dropped from our mailing list! Thank You!

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



Affiliated with
City of Spokane
Parks & Recreation
Department

