

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

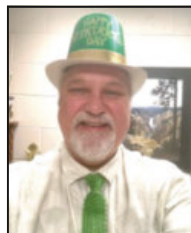


Newsletter Date | March 2022



A MESSAGE FROM THE DIRECTOR

Happy St. Patrick's Day!



Thanks to the many of you who have already renewed your 2022 memberships to the Hillyard Senior Center. Those of you who have not yet renewed, this is the **last call** before we remove you from our newsletter mail list. There are so many things to take advantage of as a member, so... renew yours today! This month we are hosting a **Shamrock Shake Social on Wednesday March 9th** followed by a **Music Jam Session from 1-3pm.** Come have a green shake and listen to performers play a few tunes. In addition, Doug Osborn will be back with another great presentation of the **"Osborn Files"**. This month Doug is presenting a **South Pacific Seas Adventure.** Come learn from, laugh at, and enjoy his very interesting presentation. I would like to personally invite more of you to come join our Cribbage, Mexican Train, Pinochle, Wii Bowling and many of the other activities on our activity calendar monthly. Also, this month our creative ladies in the HSC Craft Class are back at it again and are preparing **Kids Easter Baskets** for sale. The Baskets are just \$15 and can be delivered to your house for an extra \$3. Just call the HSC office and **put in your order by April 1st.** **Be sure to let them know if the basket is for a Girl or Boy and their age.** Deliveries will be made the week of Easter 4/11/22. We look forward to planning more events, classes, activities, and trips and tours for the upcoming months. Lastly, In regards to the Covid Pandemic, as of the time of my message, the mask mandate is still in effect. However, with covid numbers decreasing, it may be soon before we are able to lift some of the restrictions such as the mask mandate. But for now we thank you for abiding by our rules of wearing a mask when in our facility, and by staying home when you are not feeling well. Take care, we'll see you at the center!

Have a great Month of March!

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 Linda Cox, Carol Davis, Sue Armstrong, and anonymous donors.

We also greatly appreciate all those who made cash donations, memorials, and senior pledges this month, including: First Interstate Bank, Kathleen Govett, Joyce Bagdon, Jan Thread, Margaret & Bob Tibbetts, Marlene Whitney, Bill & Beth Sexton, Dick & Pat Casey, Jackie Salisbury, Nancy Welker, Kathy Fisher, Marilyn Shea, Dorothy & Dave Hutchisson, Kathy Boyd, Sue Armstrong, Chris Wilson, and anonymous donors. Your generosity makes a big difference! Thank you!

Best wishes to all our members who have been ill or had surgery, including Phyllis Bray, Doug Watson, Ed Vetter, and any other members we may not be aware of at this time. We wish you all a speedy recovery!

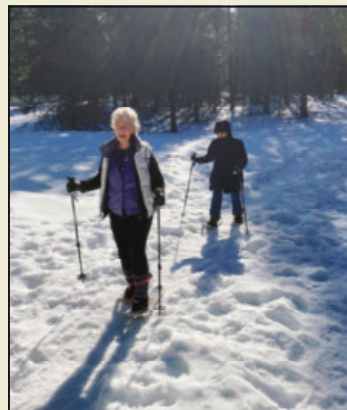
Note: Please let us know when someone has passed away or has been ill so that we may send a card.

Thank you!

Address: 4001 N. Cook Street -



Our Group of Seniors who went on our recent Snowshoeing Trip!



An Awesome Day for a walk!



Director Jerry Unruh seems to tower over the Nai - Ni Chen Dancers!



**HSC Scrap Book
Photos!
"Feb. 2022"**



Jackie Engel!

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 our Bingo Program at HSC. Due to Covid 19 restrictions, HSC Bingo Activity will be **Tuesdays & Thursdays** and will be



Prize Bingo! Many of the same games will be played, however, **winners of each individual bingo game** will be entered for **Prize Drawings** to be given out

at the conclusion of the Bingo session! In addition, employees of First Interstate Downtown Branch will periodically 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 BINGO here at our Center!

HILLYARD CENTER ANNOUNCEMENTS— MARCH

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!.

Shamrock Shakes & Jam Session: Celebrate St. Patrick’s Day, Wednesday, Mar. 9th here at HSC! Join us for lunch at 12:00, stay for Shamrock Shakes at 12:30, and then listen to our Jam Session from 1:00-3:00PM! Due to social distancing, this event is limited to 50 people, so please call the office at 509-482-0803 to register. Please let us know if you want a reservation for lunch, the shakes and jam session, or both! Don’t forget to wear your GREEN!

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 , please call them at 509-353-4851 to make your


appointment. Remember, this service fills up fast! Appointment dates are filling up fast!

Have you Tried us Lately for Lunch? Tired of your own cooking? 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! 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. Grab-N-Go meals are also still available!

Easter Basket Sale: The HSC Craft Class is once again making childrens Easter Baskets and will be for sale at \$15 each. Contact the HSC office at 482-0803 to order. Be sure to note if the baskets are for a boy or girl and their ages. Order by 4/1. Delivery is available for \$3 on the week of 4/11. Get the grandkids order in today!



WISH LIST




- Coffee
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- Dinner Napkins

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CDA Youth Theater Presents....

"The Little Mermaid"

At Coeur d'Alene KROC Theater

Sunday, March 6th (*Easy)
\$ 19 Member / Non-Member \$22

Based on one of Hans Christian Andersen's most beloved stories and the classic animated film, Disney's *The Little Mermaid* is a hauntingly beautiful love story for the ages. With music by eight-time Academy Award winner, Alan Menken, lyrics by Howard Ashman and Glenn Slater and a compelling book by Doug Wright, this fishy fable will capture your heart with its irresistible songs, including *"Under the Sea," "Kiss the Girl" and "Part of Your World."* Ariel, King Triton's youngest daughter, wishes to pursue the human Prince Eric in the world above, bargaining with the evil sea witch, Ursula, to trade her tail for legs. But the bargain is not what it seems, and Ariel needs the help of her colorful friends, Flounder the fish, Scuttle the seagull and Sebastian the crab to restore order under the sea.

Breakfast Out

Friday, March 11th (*Easy)
\$6 Member / Non-Member \$9

Join your Director and friends from HSC

for another delicious breakfast at **The Harvester Restaurant**



located in Spangle. 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.

Ferris H.S. — Presents their 59th "Ham on Regal" SHOW!
Sunday, March 13th (*Easy)
\$8 Member / Non-Member \$11

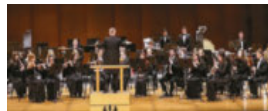


For 59 years, this event has become an annual "must see" presentation. This year's show is entitled:

"Ala Kaz Ham"

Ham on Regal is an original musical / and comedy show written/ performed by Ferris High School parents, teachers and school staff. This unique fundraiser enables the Ferris Parent Teacher Group (PTG) to allocate proceeds from the show to various activities including: academics, athletics, administrative and supply needs to classrooms, teachers and students. Trip price includes: Transportation, Escort, and performance. *Event starts at 2pm.* HSC pick-ups at 1:15 pm, Home p/u before.

Whitworth University Music



Presents: Wind Symphony Concert!
(At The Fox Theater)
Monday, March 14th (* Easy)
\$8 Member / Non-Member \$11

The Whitworth Wind Symphony was recently showcased by CBDNA as among the most outstanding small college bands in the nation. The wind symphony performs outstanding traditional and contemporary literature for concert band and wind ensemble. Trip price includes: Transportation, performance and Escort. HSC pickup 6:00pm, Home P/U Before.

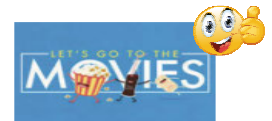
Chewelah Casino Trip:

Casino Trip to Chewelah
Wednesday March 23rd (*Easy)
Member \$12 / Non-Member \$15



Enjoy the drive to Chewelah where the gambling is fun, and when you are finished relax in their café. The breakfast and lunch menu are delicious and the prices are reasonable (**on your own**) Register early for this trip, it fills quickly! Trip price includes: Transportation, and Escort. HSC pickup is at 9:00am and Home p/u before.

Let's Go To the Movies!



Monday, March 28th (*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. We are hoping to go to The new release movie **"The Lost City" Starring: Sandra Bullock & Channing Tatum!** The time will be determined as we get closer to the date. Your Trip price includes: Transportation, Escort, & Movie.

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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HSC CRAFT GROUP

Easter Basket Sale:

The HSC Craft Class is once again making children's Easter Baskets and will be for sale for \$15 each. Contact the HSC office at 482-0803 to place and order for your grandkids Easter Baskets. **Be sure to note if the baskets are for a boy or girl and their ages. Order by 4/1.** Delivery is available for \$3 on the week of 4/11. Get the grandkids Easter Basket and support the Craft Class at the same time! **Order Today!**



Crafters Group

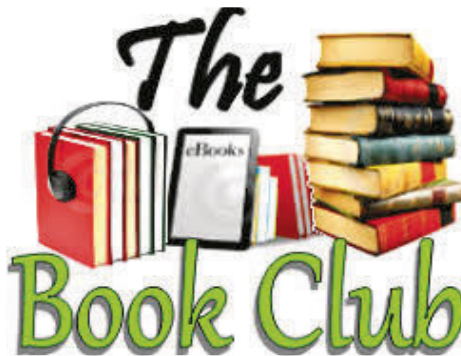
HSC BOOK CLUB

Tuesday, **March 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.

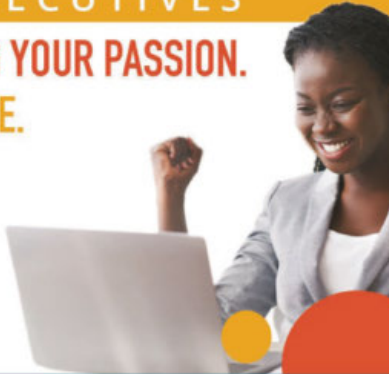


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"A MESSAGE"

February Word Search Answers

1. CONVERSATION HEARTS
2. HEART SHAPED BOXES
3. HERSHEY PENNSYLVANIA
4. SWEETARTS HEART GUMMIES
5. BE MINE VALENTINE CARDS
6. PUNXSUTAWNEY PHIL
7. CHOCOLATE LOVER'S MONTH
8. WASHINGTON'S BIRTHDAY
9. PRESIDENTS DAY
10. CHINESE NEW YEAR
11. SPUNKY OLD BROADS DAY
12. SUPERBOWL LVI SUNDAY

FROM THE PRESIDENT:



Dear HSC Members,

Happy St. Patrick's Day! I hope you found something to take part in in Feb.

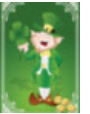
I want to invite you to try one of our classes, activities, or Day trips this month and encourage each of you to help support our HSC Craft Class with our [Easter Basket Sale](#) going on this Month. Look for Details are in this Newsletter!

Take Care & Have a Great Month of March!

Linda



MARCH WORD SEARCH - THE EMEARLD ISLE!



1. SCMOE NI EILK A NLOI _____
2. SIRIH EWTS NAD AODS REBDA _____
3. LSUNPHCEEAR PTO FO LGDO _____
4. GJIS ELSER PTSE CNNIGDA _____
5. UCLK FO ETH HISRI _____
6. BEAYNLR NSOTE _____
7. INSUEGNS DWROL RODRCES _____
8. SEGTOLN OASLTCA RVIED _____
9. IEVRR ASONNNH _____
10. REHTE EFLA ROEVCL _____
11. SREHA A IMSEL YAD _____
12. FWTRDAROE SALRCTY _____



SILVER CAFÉ MARCH LUNCH MENU



TUESDAY, MAR 1

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

WEDNESDAY, MAR 2

Beef Stew
Corn
Sliced apples
Roll
Milk or juice

THURSDAY, MAR 3

BBQ Chicken
Brown Rice / Broccoli
Pineapple chunks
Roll
Milk or juice

FRIDAY, MAR 4

Country beans & ham
Capri vegetables
Peaches
Roll
Milk or juice

MONDAY, MAR 7

Baked fish
Rice pilaf
Mixed vegetables
Pears; Roll
Milk or juice

TUESDAY, MAR 8

Salisbury steak
Steamed potatoes
Carrots
Applesauce; Roll
Milk or juice

WEDNESDAY, MAR 9

Shamrock Shakes!

Chicken & rice casserole
Country blend vegetables
Apples; Roll
Milk or juice



THURSDAY, MAR 10

Spaghetti
Green beans
Pineapple
Roll
Milk or juice

FRIDAY, MAR 11

Country beans & ham
Capri vegetables
Peaches
Roll
Milk or juice

MONDAY, MAR 14

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

TUESDAY, MAR 15

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

WEDNESDAY, MAR 16

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

THURSDAY, MAR 17

Happy St. Patrick's Day!

Fish fillet sandwich on bun
Broccoli
Apples
Milk or juice



FRIDAY, MAR 18

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

MONDAY, MAR 21

Lasagna casserole
Italian blend vegetables
Sliced apples
Roll; Milk or juice
Milk or juice

TUESDAY, MAR 22

Chicken cutlet
Rice pilaf
Corn
Pineapple chunks; Roll
Milk or juice

WEDNESDAY, MAR 23

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

THURSDAY, MAR 24

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

FRIDAY, MAR 25

Tuna casserole
Green peas
Sliced peaches
Roll
Milk or juice

MONDAY, MAR 28

Chicken pot pie
with biscuit
Beets
Sliced peaches
Milk or juice

TUESDAY, MAR 29

Beef stroganoff
Broccoli
Sliced apples
Roll
Milk or juice

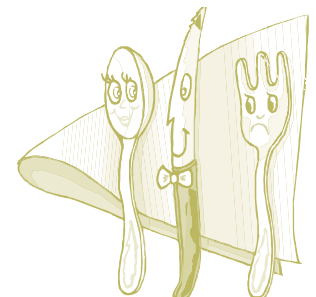
WEDNESDAY, MAR 30

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

THURSDAY, MAR 31

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

March 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.



MARCH ACTIVITY CALENDAR



09

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	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 Dance 	9:00-12:00 Crafts Group 12:00 Lunch 1:00-3:00 Bingo 1:00-3:00 H. Belles	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	8	9	10	11
9:00-12:00 Canasta 12:00 Lunch 1:00-2:00 Sr. Fitness	8:30-3:00 Foot Care 9:30-11:30 Board Mtg 12:00 Lunch 12:30-3:00 Ceramics 1:00-3:00 Bingo	9:00-12:00 Canasta 12:00 Lunch 12:30 Shamrock Shakes! 1:00-3:00 Jam Session 	9:00-12:00 Crafts Group 12:00 Lunch 1:00-3:00 Bingo 1:00-3:00 H. Belles	9:00-11:30 Wii Bowl 11:45 Lunch 12:15-3:00 Canasta & Cribbage 12:45-3:00 Pinochle
14	15	16	17	18
9:00-12:00 Canasta 12:00 Lunch 1:00-2:00 Sr. Fitness 1:00-2:30 Shopping	9:30-11:00 Book Club 12:00 Lunch 12:30-3:00 Ceramics 1:00-3:00 Bingo	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	9:00-12:00 Crafts Group 12:00 Lunch 1:00-3:00 Super Bingo  1:00-3:00 H. Belles	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	22	23	24	25
9:00-12:00 Canasta 12:00 Lunch 1:00-2:00 Sr. Fitness	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 Mex. Train	9:00-12:00 Crafts Group 12:00 Lunch 1:00-3:00 Bingo 1:00-3:00 H. Belles	9:00-11:30 Wii Bowl 11:45 Lunch 12:15-3:00 Canasta & Cribbage 12:45-3:00 Pinochle
28	29	30	31	
9:00-12:00 Canasta 12:00 Lunch 1:00-2:00 Sr. Fitness	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 Movie Day!  1:00-3:00 Mex. Train	9:00-12:00 Crafts Group 12:00 Lunch 1:00-3:00 Bingo 1:00-3:00 H. Belles	

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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

CARDMAKING:

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

SPECIAL UPCOMING EVENTS:



Shamrock Shakes / Social

Wednesday, March 9th
12:30pm-1:00pm
\$ FREE
Reserve lunch by Noon
Tues. 3/8



Jam Session !

Wednesday, March 9th
"Assembly Room"
1:00-3:00PM
\$ FREE



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 reservations or 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 / Music Jam Session!

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



Monthly Dance!

Wednesday March, 2nd

1:00-3:00PM

\$2.00 Donation



Shamrock Shakes!

Ice Cream Social!

Wednesday, March 9th

12:30-1:00PM

Free Admission!

(Call HSC to sign up for lunch before!)



Music Jam Session!

(Call HSC & Sign up to Participate in Jam)

Wednesday March, 9th

(Following Social)

1:00-3:00PM

FREE Admission!

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The Osborn Files!

Wed. March, 16th

12:30PM-1:30PM

"FREE Admission"

Featuring... South Pacific Adventure!



Join Doug for another entertaining South Pacific Sea Adventure! presentation FREE Admission! Call to Sign up for lunch beforehand!

Movie Day on the Big Screen!



A Romance Comedy

"Leap Year"



Starring: Amy Adams & Mathew Goode!

Wednesday March, 30th

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)

<u>Income & Number in your Household:</u>					
<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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2022 MEMBERSHIP INFO!

Final 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

