

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

WHAT'S INSIDE

Around the Center	02
Announcements	03
Day Trips & Tours	04
Trips & Tour Policy	05
Groups & Clubs	06
Presidents Message	07
Lunch Menu	08
Activity Calendar	09
Senior Services	10
Activities & Events	11-13
Membership App.	14
Easy Recipes	15
Board of Directors	16



Like us on Facebook!
[www.facebook.com/
HillyardSeniorCenter](http://www.facebook.com/HillyardSeniorCenter)

HILLYARD SENIOR CENTER

NEWSLETTER

4001 N. COOK STREET SPOKANE, WA. 99207

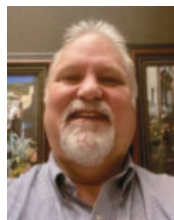


Newsletter Date | April 2022



A MESSAGE FROM THE DIRECTOR

Greetings!



Thanks to those who've paid their annual membership fee for 2022. You will enjoy another year of programs, activities, trips, services and so much more..... The month of March was a lot of fun as we held dances, jam session, movies, in addition to the tax aid and foot care services! For those of you interested in our overnight tours for 2022, watch for details coming out sometime this month on our planned trips out of town! We will send out an auto reminder call that the trips are now taking registration. Due to a challenging financial year, HSC will only email overnight tour flyers, and provide a reminder call that they are available in the HSC office to pickup. So watch for your reminder call or register your email with us! Currently we are planning 2 or 3 overnight tours for this year. Registrants will be on a first pay first go basis. Deposits will be required to register for an overnight tour. Also, other great day trips will be available in the month of April, and this month marks the first month since the pandemic closure that we will be hosting a **BirthDay Party** here at HSC. Although the mask mandate has been lifted, HSC is still limiting our table seating for all large gatherings, so sign up for these early as they'll likely fill up. On a lighter note, I am challenging you card players to a **new card game on Friday Mornings**. The **Game is called "13"** and is a hybrid version of "Gin Rummy". It is a lot of fun and I'm hoping that a lot of you will take me up on my challenge! In addition, I'm excited to announce a **New Art Class** at HSC. Starting in April, we will be offering a **Water Color Painting** class taught by Frank Seth. (See info on the Back page of the newsletter).

Happy Easter and Month of April!
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 Margaret & Bob Tibbetts, Linda Cox, Marilyn Haugen, Peggie McLaughlin, Linda & Larry Tichey, Pat Palmer, Dick Dolan & Cheryl Reynolds, Letha Kowalski, Sue Armstrong, Doris Schofield, and other anonymous donors.

We also greatly appreciate all those who made cash donations, memorials, and senior pledges this month, including: Joyce Bagdon, Kathy Fisher, Jan Thread, Dorothy & Dave Hutchisson, Lee Bero, Ethel Cutler, Jackie Salisbury, Nancy Welker, Marlene Whitney, and other anonymous donors. Your generosity makes all the difference! Thank you!

Our sympathy is with the family and friends of long time HSC members Ken Marrs and Lillian Lockwood, both of whom passed away recently. They will be missed! Best wishes to all our members who have been ill or had surgery, including Wendy Dooley, Jim Miller, Ham Sabo, 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!

HSC Scrap Book Photos!



Staff Karen Clark-Parson



More Jammers!



Jo Cornelius & Tom Cameron



Shamrock Shakes!



HSC Jam Session March 9th

THANK YOU— PENNY BINGO SPONOR!



421 Riverside (Downtown Branch)



1st Interstate Bank Sponsors PRIZES & Their Time!

Yes, PENNY BINGO is BACK!! And Hillyard Senior Center is partnering with First Interstate Bank for our Penny Bingo Program! Bingo Games are **Tuesdays & Thursdays** and



winners will receive pennies once again! Winners of individual bingo games will still be entered for occasional 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 the BINGO Program here at Hillyard Senior Center!



HILLYARD CENTER ANNOUNCEMENTS – APRIL

Spring Fling Birthday Party! : Birthday

Parties are back at HSC! Have you missed them as much as the staff has? Join us for our Spring Fling Wednesday, April 13th for lunch (Chicken & rice casserole) at 12:00 and stay for the social party (including entertainment) at 1:00 until about 3:00! Due to social distancing, this event is limited to 54 people total, so please call the office at 509-482-0803 to register. Celebrate Spring by wearing yellow, pink, green, or other Spring colors!



Again, this event is limited, so please call the office to register and let us know you are planning to attend! Please mention if you'd like both lunch, Karaoke, or both!

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 Senior Nutrition and 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? Then order a lunch by calling the HSC office at 509-482-0803! The monthly menu is always printed in our newsletter on page 8! The suggested donation for lunch is \$5.00 or whatever you can afford. If you would prefer to eat at home, Grab-N-Go meals are also available!



Karaoke Day! You don't need to be an expert vocalist to participate in our Karaoke Day, which is Wednesday, April 20th! If you prefer not to sing, you are welcome to come and listen! Call the office to sign up for lunch at 12:00 (Swedish Meatballs), and then stay for Karaoke at 1:00!



WISH LIST

- * Office Correction Tape
- * Paper Towels
- * Napkins
- * Coffee
- * Vanilla Ice Cream

Thanks for your generosity!

Call your local, licensed Humana sales agent

Humana

MICHAEL PROPHET
(509) 979-8764
Monday – Friday
8 a.m. – 5 p.m.

Y0040_GHHHXDFEN20_BC

AVAILABLE FOR A LIMITED TIME!

ADVERTISE HERE NOW!

Contact **Brett Reineck** to place an ad today!
breineck@lpicommunities.com
or **(800) 950-9952 x2511**

\$995
DIRECT CREMATION

NORTH | SOUTH | VALLEY
483-3440 | 279-2653 | 926-2020
www.pnwcremation.com

FREE AD DESIGN

WITH PURCHASE OF THIS SPACE

CALL 800.950.9952



Spokane Speed and Custom Indoor Car Show! (Fairgrounds)
Friday, April 8th (* Moderate)
\$15 Member / Non-Member \$18



Come along for a great indoor Car Show Adventure. We'll be in for a real treat when we visit the Spokane County Fairgrounds and see some of the fastest and hottest looking things on 4 wheels! . A fair amount of walking is involved throughout the fairground buildings. Thus, this trip is rated moderate on our physical and difficulty rating scale. The Trip price includes: Transportation, Escort, & Admission to the show. HSC pick-up at 12:30pm and Home pick-up at 12:00pm.

Northwoods Performing Arts & The Circle Moon Theatre Presents



Saturday, April 9th (* Easy)
\$15 Member / Non-Member \$18
 The Mountain Harmony Show Choir's Presentation of **"Peter Pan"** a musical adventure by Craig Sodano. This is a **show only matinee performance** and not an evening Dinner Theater show. The Trip price includes, transportation, escort, and admission. HSC pickup 12:00 Noon. Home pickup before.

Museum of North Idaho "Gadgets Galore"
Monday, April 11th (* Easy)
\$10 Member / Non-Member \$13



Now days, Gadgets fill our days and lives at every turn. Uncover the histories of these strange objects, and how their invention led to the gadgets that are integral parts of our lives today. Come along for Gadgets Galore, Transforming the American Household. Afterwards we'll stop for Lunch, on your own. The Trip price includes: Transportation, Escort, & Admission. HSC pick-up at 10:00am and Home pick-up before..

Breakfast Out
Monday, April 18th (*Easy)
\$5 Member / Non-Member \$8
 Join your Director and friends from the HSC for a delicious **breakfast at Audrey's**



in Newport. This is a favorite place for breakfast. Don't wait as this trip always fill up quickly.. **Remember breakfast is on your own.** Your Trip price includes Transportation, and Escort. **HSC Pick-up is at 9:30 am, and Home pick-ups before.**

Casino Trip to Cusick
Monday, April 25th (*Easy)
\$12 Member / Non-Member \$15
 The casino is offering our group extra play



cash, and more! The drive to Cusick is always very beautiful, and gambling is fun, and when you're finished relax in their restaurant. Register early for this trip, it fills quickly! Trip price includes: Transportation, and Escort. HSC pickup at 9:00am, Home Pickup will be before.

NOTICE: HSC will still require Masks to be worn while seated in our buses!



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 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 estimated date of registration each month.

* 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.



OUR COMMUNITY'S ONLY NONPROFIT HOSPICE,
SERVING PATIENTS AND THEIR FAMILIES SINCE 1977.

" I LOVE SINGING

with clients and just remembering to do the little things that make it special for each of them. It's my passion and honor to do this work."

— KATHRYN GORDON
HOSPICE NURSE AIDE
SOUTH HOSPICE HOUSE



DIGNITY.
RESPECT.
COMPASSION.

509.456.0438
hospiceofspokane.org

NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed to you at www.mycommunityonline.com



AVAILABLE FOR A LIMITED TIME!

ADVERTISE HERE NOW!

Contact **Brett Reineck** to place an ad today!
breineck@lpicommunities.com or (800) 950-9952 x2511



HSC CRAFT GROUP

Craft Class 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!**



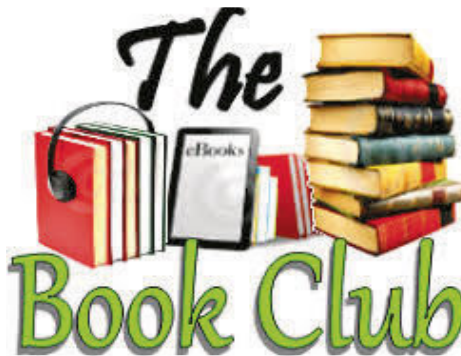
and their ages. Order by 4/4. Delivery is available for \$3 on the week of 4/11. Get the grandkids Easter Basket and support the Craft Class at the same time! **Order Today!**

Easter Basket Sale!

HSC BOOK CLUB

Tuesday, April 19th
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.



DRAW & COLORING GROUP

Select - Friday Mornings
10:00am—12:00pm
Located in the Craft Room

Do you remember liking to Draw or Color? Here's a chance to grab a pencil, or colored pencils and do a little drawing or adult coloring. There's no bad drawing and it's a great social activity that you'll really enjoy getting back into doing! Come join and meet others who enjoy this form of art!

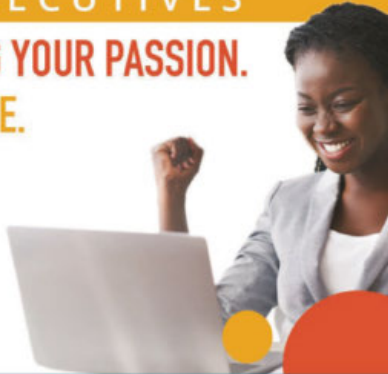


WE'RE HIRING

AD SALES EXECUTIVES

**BE YOURSELF. BRING YOUR PASSION.
WORK WITH PURPOSE.**

- Paid Training
- Some Travel
- Work-Life Balance
- Full-Time with Benefits
- Serve Your Community



Contact us at careers@4lpi.com
www.4lpi.com/careers

NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed to you at www.mycommunityonline.com



A 65+ Independent & Assisted Living Community

**MAPLEWOOD
GARDENS**
Independent and Assisted Living

Ask about all our amazing amenities
Studio/One Bedroom and 2 bedroom suites available
Ask about our Organic Medicaid Spend Down Process

1100 N. Superior • (509) 489-9510

www.carepartnersliving.com/maplewood-gardens

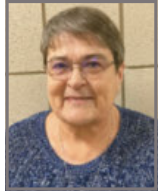


"A MESSAGE"

March Word Search Answers

1. COMES IN LIKE A LION
2. IRISH STEW AND SODA BREAD
3. LEPRECHAUN'S POT OF GOLD
4. JIGS REELS STEP DANCING
5. LUCK OF THE IRISH
6. BLARNEY STONE
7. GUINNESS WORLD RECORDS
8. LONGEST COASTAL DRIVE
9. RIVER SHANNON
10. THREE LEAF CLOVER
11. SHARE A SMILE DAY
12. WATERFORD CRYSTAL

FROM THE PRESIDENT:



Dear HSC Members,



Happy Spring! I hope you're beginning to do a lot more of your normal activities again! The weather is getting nice and so it's time to try one of our classes, activities, or day trips! Also, Please help support our HSC Craft Class with our Easter Basket Sale going on this Month. Look for Details under the Craft Group in this Newsletter!

Take Care & Have a Great Month of April! *Linda*



APRIL WORD SCRAMBLE - UNDER THE SEA!



1. TETNBOSOEL PNDLOHI _____
2. MSTHSRAIC RETE MWROS _____
3. LAGFMION UGTNOE INLSA _____
4. INGTA ACIPCIF PUTCOSO _____
5. ROHSHEEOS ABRC _____
6. NSSOLEVEOH RTIUGA SIFH _____
7. NOUONSLG HRSAOESE _____
8. SAICCRSTA IADFNREHEGE _____
9. CPACOEK MATNIS RPSHIM _____
10. TERUEUSPGO MNA O' RWA _____
11. PANSJEEA DRSPIE CARB _____
12. AEBRZ KHRSA _____



SILVER CAFÉ APRIL LUNCH MENU



FRIDAY, APR 1

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

MONDAY, APR 4

Shepherd's pie
Mashed potatoes
Spinach
Sliced pears; Roll
Milk or juice

TUESDAY, APR 5

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

WEDNESDAY, APR 6

Beef stew
Corn
Sliced apples
Roll
Milk or juice

THURSDAY, APR 7

BBQ chicken
Brown rice; Broccoli
Pineapple chunks
Roll
Milk or juice

FRIDAY, APR 8

Chicken fajita chili
Peas and carrots
Peaches
Roll
Milk or juice

MONDAY, APR 11

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

TUESDAY, APR 12

Salisbury steak
Steamed potatoes
Carrots
Applesauce; Roll
Milk or juice

WEDNESDAY, APR 13

SPRING FLING BDAY PARTY!

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



THURSDAY, APR 14

Spaghetti
Green beans
Pineapple
Roll
Milk or juice

FRIDAY, APR 15

Country beans & ham
Capri vegetables
Sliced peaches
Roll
Milk or juice

MONDAY, APR 18

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

TUESDAY, APR 19

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

WEDNESDAY, APR 20

KARAOKE DAY!

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



THURSDAY, APR 21

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

FRIDAY, APR 22

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

MONDAY, APR 25

Lasagna casserole
Italian blend vegetables
Sliced apples
Roll
Milk or juice

TUESDAY, APR 26

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

WEDNESDAY, APR 27

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

THURSDAY, APR 28

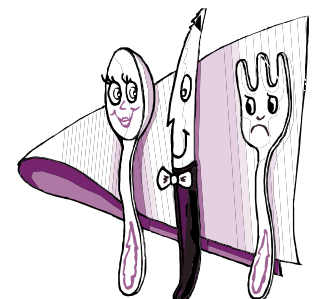
Beef with mushroom gravy
Mashed potatoes
Mixed vegetables
Applesauce; Roll
Milk or juice

FRIDAY, APR 29

Tuna noodle casserole
Green peas
Sliced peaches
Roll
Milk or juice

April 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.





APRIL ACTIVITY CALENDAR



09

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
4	5	6	7	8
9:00-12:00 Canasta 12:00 Lunch 1:00-2:00 Sr. Fitness 1:00-2:00 Water Colors	12:00 Lunch 12:30-3:00 Ceramics 1:00-3:00 Bingo	9:00-12:00 Canasta 10:30-11:30 Osborn Files! 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 Cards: "13" 9:00-11:45 Draw/Color 11:45 Lunch 12:15-3:00 Canasta 12:45-3:00 Pinochle
11	12	13	14	15
9:00-12:00 Canasta 12:00 Lunch 1:00-2:00 Sr. Fitness 1:00-2:30 Shopping 1:00-2:00 Water Colors	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 12:00-3:00 Lunch & Spring Fling BDay Party! 	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 Cards: "13" 9:00-11:45 Draw/Color 11:45 Lunch 12:15-3:00 Canasta 12:45-3:00 Pinochle
18	19	20	21	22
9:00-12:00 Canasta 12:00 Lunch 1:00-2:00 Sr. Fitness 1:00-2:00 Water Colors	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 12:30-2:00 Cardmaking 1:00-3:00 Karaoke Day! 	9:00-12:00 Crafts Group 12:00 Lunch 1:00-3:00 Bingo 1:00-3:00 H. Belles	9:00-11:30 Cards: "13" 11:45 Lunch 12:15-3:00 Canasta & Cribbage 12:45-3:00 Pinochle
25	26	27	28	29
9:00-12:00 Canasta 12:00 Lunch 1:00-2:00 Sr. Fitness 1:00-2:00 Water Colors	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	9:00-11:30 Cards: "13" 9:00-11:45 Draw/Color 11:45 Lunch 12:15-3:00 Canasta 12:45-3:00 Pinochle

ADT-Monitored Home Security

Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



Authorized Provider **SafeStreets** 1-855-225-4251



SUPPORT OUR ADVERTISERS!



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
\$2.00

PENNY BINGO:

Tuesday & Thursday (PM)
1:00pm-3:00pm
Donation / Penny per card

PINOCHLE:

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

CRIBBAGE:

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

THIRTEEN: (NEW!)

Fridays (AM)
10:00am-11:30am
Introductory Class \$ FREE

CERAMICS:

Tuesdays (PM)
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 :

Fridays (AM) (Sept-March)
8:30am-12:00pm
\$ FREE

SPECIAL EVENTS:

BIRTHDAY PARTIES:

2nd -Wednesdays (PM)
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

OSBORN FILES:

1st -Wednesday (AM)
10:30AM - 11:30AM
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

PAINTING—WATER COLORS: (NEW!)

Select Mondays (PM)
1:00pm-2:00pm
Introductory Class \$ FREE

CARDMAKING:

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

NEW! UPCOMING GAME & CLASS:

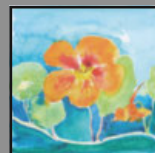
"The Card Game: "13"
Friday Mornings, 10am-Noon
"Come Learn A New Fun Card Game"
"Assembly Room"
Introductory Day is FREE!

NEW ART CLASS at HSC:

Water Colors

Painting Class!

Mondays (Craft Room)
1:00-2:00pm
Introductory Day is 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 address 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 482-0803 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

April Dance | Birthday Party | Karaoke Day

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



Monthly Dance!

Wednesday April, 6th

1:00-3:00PM

\$2.00 Donation



Birthday Party! & Social!

Wednesday, April 13th

12:00-2:30PM

Free Admission!

(Call HSC to sign up for lunch before!)



Karaoke Day!

Wednesday, April 20th

1:00-3:00PM

Free Admission!

(Call HSC to sign up for lunch before!)

SUPPORT OUR
ADVERTISERS!



NEVER MISS A NEWSLETTER!

Sign up to have our newsletter
emailed to you at

www.mycommunityonline.com



THE OSBORN FILES!

Wed. April, 6th
10:30AM-11:30AM
"FREE Admission"

Featuring... "Eighteen Wheelers" !



Join Doug as he takes a look at the development of the trucking industry, and truck drivers through history, trivia, jokes and songs. [FREE Admission!](#)

Movie Day on the Big Screen!



The New Release Disney Story



"Encanto"

Starring: Stephanie Beatriz & Maria Cecilia Botero!

Wednesday April, 27th
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 _____

Egg & Sausage Casserole (Serves 4-6)



- 6 Eggs
- 6 Slices of Bread (crust removed and cubed)
- 1 lb of Sausage (sautéed)
- 1 tsp Dry Mustard
- 1/4 cup of onions, chopped
- 1 cup of Grated Cheese (your choice)
- 1 tsp of Salt
- 1 Dash of Pepper
- 2 Cups of Milk

Directions:

- 1) Mix ingredients into a Greased Casserole Dish
- 2) Let Casserole set overnight in the refrigerator.
- 3) Place Casserole Dish in a Pan of Water
- 4) Bake uncovered for 45 minutes at 350 degrees
- 5) Cool out of Oven and Serve fresh.
- 6) Refrigerate leftovers within 2 hours. Store extra in airtight container! Enjoy!!

NOTES: This recipe was provided by HSC member Dan Winchester. It was an old family favorite for Christmas Breakfast!

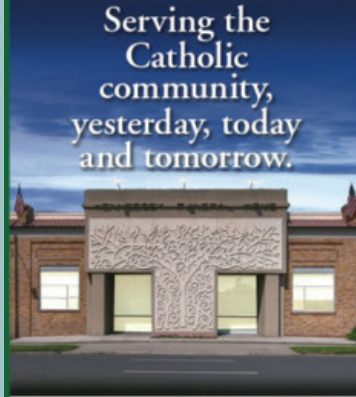


SUPPORT OUR ADVERTISERS!



ARE YOU REACHING THE MEMBERS IN YOUR COMMUNITY?

TO ADVERTISE HERE CALL 800.950.9952 or visit www.lpicommunities.com/advertising



HENNESSEY
Funeral Home & Crematory
2203 N. DIVISION STREET
509-328-2600
HENNESSEYFUNERALHOMES.COM



STAND OUT

with a PREMIUM DIGITAL AD on MYCOMMUNITYONLINE.COM



CONTACT US AT 800-950-9952



FREE AD DESIGN

WITH PURCHASE OF THIS SPACE



CALL 800.950.9952



HILLYARD SENIOR CENTER

4001 N. Cook St. Spokane, WA. 99207

NONPROFIT ORG
US POSTAGE
PAID
PERMIT #722
SPOKANE WA

Title: Hillyard Senior Center News
Issue Date: April 2022
Frequency: Published Monthly
Organization: Hillyard Senior Center
Issue No.: 04-22



BOARD OF DIRECTORS

LINDA TICHEY
(President)

RONNA DOULAS
(Vice President)

LOIS WHITE
(Secretary)

LOLA MACKIN
(Treasurer)

Sandy Caudill	Bobbi Sabo
Jo Cornelius	Jackie Salisbury
Dick Dawe	Clara Richard
Ronna Doulas	Linda Tichey
Phyllis Labelle	Ed Vetter
Lola Mackin	Lois White
	Marlene Whitney

NEW! HSC ART CLASS !! 🍌



Ever wonder how artists do a watercolor painting? There is a secret to it - and that is..... ***no one can do a bad watercolor painting.*** Sign up for our newest art class with HSC member and Painting Instructor, **Frank Seth**, an American Watercolor Artist who has been doing and teaching watercolors for 65 years! Frank was on the faculty of Seattle Art Institute, and has taught watercolors locally as well as in Idaho and Montana. Here's a great opportunity to [Learn the ins and outs of how to do a watercolor painting.](#) **Best of all it's FREE!! All classroom supplies will be provided.** This is a fun and exciting class that explores color, paper and the various types of watercolor. If you've always wanted to try painting watercolors, this is your chance! **Call HSC at 482-0803 to sign up for this fun new art class!** See you all in Class!!!



Affiliated with
City of Spokane
Parks & Recreation
Department

