

## 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

## 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 | May 2022



## A MESSAGE FROM THE DIRECTOR

### Greetings!



It's already May and time for our **Annual Mother's Day Party!** Our Host Board Member Jackie Salisbury is working hard preparing a nice day for all of you mothers! The Event will be from 11:00AM-1:30PM and will include lunch, entertainment and fun prizes for the Hat Contest. Awards will be given for the individuals with the most **Creative, Funniest** and **Prettiest** Hat! Entertainment will follow lunch and a good time will be had by all! **Sign up is required for all members and their guests.** The Cost is \$10 each. So don't delay your sign up as space is limited. Also, I want to take a moment here to **Thank the entire HSC**

**Craft Class** for all the hard work they did on the Easter Baskets! The baskets raised nearly \$900 for the center. Special Thanks to Billye Harbison for leading the group through the Easter Basket Fundraiser! project Nice Job Ladies!!! This month we have a lot of fun things to take part in around the center, like our dance, birthday party, Jam session, Movie Day and so much more! Come down and take advantage of all the activities we have for you! Our 2022 Overnight tours will soon be out and we will be taking deposit for them very soon! We will have 3 overnight trips this summer and fall including a trips to Leavenworth for the Summer Theater outdoor showing of "The Sound Of Music". Also planned is an overnight tour to Hood River with a dinner cruise on a paddle boat, and lastly a trip around the Olympic Peninsula to the Washington Coastline and through the Hoh Rain Forrest! Come take a journey with us and enjoy the ride and the fun that comes with group travel! Have a wonderful Month of May!

Happy Mother's Day!  
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

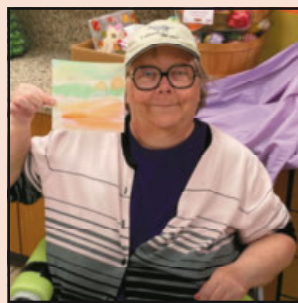
Thanks to those who donated supplies to the office recently, including Harold Hubbard, Richard Cummings, Pat Palmer, Carol Smedley, Carol Taggart, Carol Davis, Ronna Doulas, and anonymous donors.

We also greatly appreciate all those who made cash donations, memorials, and senior pledges this month, including: Linda & Larry Tichey, Joyce Bagdon, Kathy Fisher, Jan Thread, John Ornee, Jean Wilson, Dick & Pat Casey, Dorothy & Dave Hutchisson, Ethel Cutler, Jackie Salisbury, Nancy Welker, Marlene Whitney, 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 Jackie Salisbury, Ed Vetter, Phyllis Bray 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!



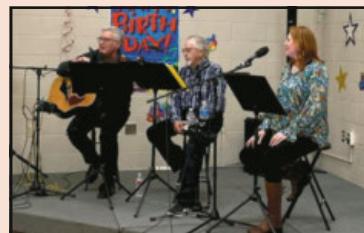
Doris shows her masterpiece!



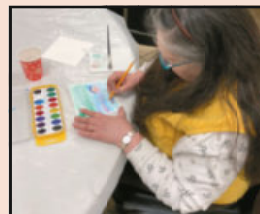
April Activities at HSC!



Lynne Raymond, Sandy Reniker, Barb Hubbard at April Birthday Party!



Entertainers "Jack & Friends" provided great music for The April Birthday Party!



Frances Frick shows her talent during new water-color painting class!



NECCA Staff Lyndsey Shaw and family pose with HSC Craft Class Easter Baskets!

## THANK YOU— PENNY BINGO SPONOR!

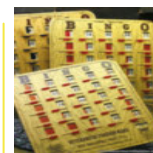


421 Riverside (Downtown Branch)



### 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 – MAY

**FIESTA B-DAY PARTY!** : Last month's birthday party was a big success, so we are back hosting another one in May! Join us for our Fiesta Birthday Party on Wednesday, May 11th, for lunch at 12:00 and stay for the party (including Mariachi entertainment) at 1:00, Cake & Ice Cream! Due to social distancing, this event is limited to 54 people, so please call the office at 509-482-0803 to register. PLEASE specify that you will be at lunch, the party only, or both. Since seating is limited, so those coming for both lunch and the party will have preference. Remember to wear bright Fiesta colors like orange, red, and yellow!



### HSC MOTHER'S DAY LUNCHEON!

Enjoy a wonderful Mother's Day Luncheon here at HSC on Saturday, May 7th, from 11AM to 1:30 PM. This event includes a delicious lunch, entertainment, and the ever-popular spring hat contests! Prizes will be awarded for hat categories like "funniest" and "prettiest," so get your creative juices flowing and model your hat here at the party! The cost for this event is only \$10, and must be paid in advance. Please call the office to register at 509-482-0803. Again, **space is limited**, so call early to reserve your spot!



### WISH LIST

- \* Office Correction Tape
- \* Paper Towels
- \* Napkins
- \* Disinfecting Wipes
- \* Vanilla Ice Cream

Thanks for your generosity!

**MEMORIAL DAY OBSERVED!** HSC and our Greater Spokane County Meals on Wheels lunch program **will be closed on Monday, May 30th, in observance of Memorial Day.**

Call your local, licensed Humana sales agent

**Humana**

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

Y0040\_GHHHXDFEN20\_BC

**GROW YOUR BUSINESS BY PLACING AN AD HERE!**

**CONTACT US!**

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](http://www.pnwcremation.com)

**FREE AD DESIGN WITH PURCHASE OF THIS SPACE**

**CALL 800.950.9952**

# DAY TRIPS & TOURS

Upcoming Day Trips

**NOTE: Call HSC at 482-0803 to see when Trip Registration for May Trips will begin!**

04



## Breakfast Out

Monday, May 9<sup>th</sup> (\*Easy)

\$5 Member / Non-Member \$8



Join your Director and friends from the HSC for a delicious **breakfast at Harlow's in Rathdrum**. 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.**

## Spokane Garden Expo 2022

Saturday, May 14<sup>th</sup> (\*\* Moderate)

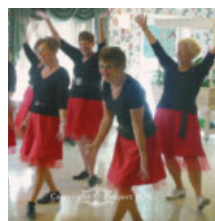
\$5 Member / Non-Member \$8

It's Spring time and things are just



beginning to bloom. So, let's go check out all of the great vendor booths at the 2022 Spokane garden Expo! Over 250 Garden related Vendors, Food Trucks, garden décor and more will be on hand. Trip price includes your transportation and Escort. HSC pickup at 10:00am, home p/u before.

**Project Joy's Anniversary Community Concert at the Gonzaga University (Woldson Performing Arts Theater)**  
Sunday, May 15<sup>th</sup> (\* Easy)  
\$5 Member / Non-Member \$8



The Project Joy's Community Concert will include the Large 40+ member Orchestra along with performances from some of the smaller performing groups of Project Joy. This promises to have lots of great music and dance by many Senior Entertainers of Project Joy. Lets help them celebrate their Anniversary! The Trip price includes, transportation, escort, and admission. ( This is an Afternoon Performance)

## **Bird Aviation Museum and Invention Center in Hayden**

Friday, May 20<sup>th</sup> (\*\*Moderate)

\$15 Member / Non-Member \$18

We'll be in for a real treat when we visit the Bird Aviation Museum and Invention Center. This Museum was founded in 2007 by Dr. Forrest Bird, inventor of the Iron Lung fluid control device, medical respirator; and the pediatric ventilator. The museum features exhibits on aviation, inventors and their amazing inventions, and so much more! We'll stop for lunch (**on your own**) after our tour.



**Spokane Antique/Thrift Shops**  
Monday, May 23<sup>rd</sup> (\*\*Moderate)  
\$8 Member / Non-Member \$11



Come along for a trip that is sure to be an adventure! We'll Spend the morning visiting some of the local Antique shops and Second Hand Stores. Remember one person's junk is another's treasure. You'll want to wear comfortable shoes as we will do some walking on this shopping adventure! Don't forget to bring a couple shopping bags to hold your treasures!

## **Casino Trip to Chewelah**

Wednesday, May 25<sup>th</sup> (\*Easy)

\$12 Member / Non-Member \$15

The drive to Chewelah is beautiful, 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 at 9:00am and Home p/u 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



ARE YOU REACHING  
THE MEMBERS IN  
YOUR COMMUNITY?

TO ADVERTISE HERE CALL 800.950.9952  
or visit [www.lpicommunities.com/advertising](http://www.lpicommunities.com/advertising)

Place Your Ad Here and  
Support our Community!

Instantly create and  
purchase an ad with

AD CREATOR STUDIO



[lpicommunities.com/adcreator](http://lpicommunities.com/adcreator)



## HSC CRAFT GROUP

**Thursdays, (AM)**

**9:00am—12:00pm**

Located in the HSC Craft Room

Join our Crafty Ladies here at HSC. They meet every Thursday morning and have a lot of fun creating unique craft items and socializing together! (Free) . See you Thursday s in the craft room!



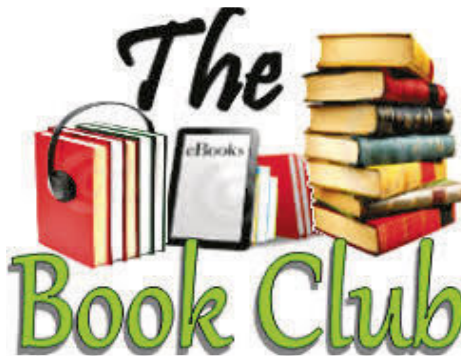
## HSC BOOK CLUB

**Tuesday, May 24th**

**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!

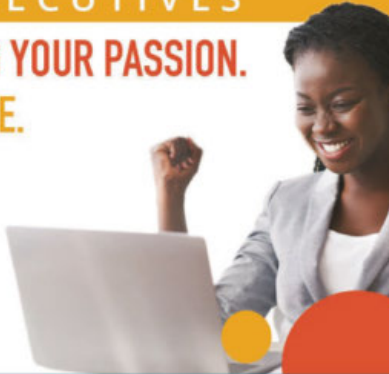


## WE'RE HIRING

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](mailto:careers@4lpi.com)  
[www.4lpi.com/careers](http://www.4lpi.com/careers)

## NEVER MISS A NEWSLETTER!

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

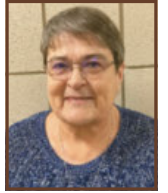


## "A MESSAGE"

### April Word Scramble Answers

1. BOTTLENOSE DOLPHIN
2. CHRISTMAS TREE WORMS
3. FLAMINGO TONGUE SNAIL
4. GIANT PACIFIC OCTOPUS
5. HORSESHOE CRAB
6. SHOVELNOSE GUITAR FISH
7. LONGSNOUT SEAHORSE
8. SARCASTIC FRINGEHEAD
9. PEACOCK MANTIS SHRIMP
10. PORTUGUESE MAN O'WAR
11. JAPANESE SPIDER CRAB
12. ZEBRA SHARK

### FROM THE PRESIDENT:



Dear HSC Members,



Happy Spring! I hope you all enjoyed your Easter Holiday with your families!

Now that the weather is finally warming up a bit it's time to get going on those spring tasks like your yard and flowers. Also, why not try a new class or activity here at HSC! There's always new things to try.

Thanks to all of you who supported our HSC Craft Class with our **Easter Basket Sale** last Month. We raised over \$800 for our efforts and many people enjoyed our baskets!

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



### MAY WORD SCRAMBLE—SPOKANE THINGS TO DO!

1. TIIVS VERTFIORRN APRK \_\_\_\_\_
2. ORIAD YERFL OAGNW SDLIE \_\_\_\_\_
3. ROCSS HET NIWSIGGN EDBRIG \_\_\_\_\_
4. SLLRTO AITOMN ARNGDES \_\_\_\_\_
5. EBIK NEELNITACN LIATR \_\_\_\_\_
6. NOASPKE FTHIS CATEYRHH \_\_\_\_\_
7. ELBU OZO TA WROHNTTON \_\_\_\_\_
8. LUTNULBR DFIWILEL GFERUE \_\_\_\_\_
9. RENGE LBFFU TMSERAK \_\_\_\_\_
10. DYIRKSE EVOR ETH FLASL \_\_\_\_\_
11. ATC LESTA EWILFDIL RTENEC \_\_\_\_\_
12. TAEPIND CORKS ENRUAT TARI \_\_\_\_\_





# SILVER CAFÉ MAY LUNCH MENU



## MONDAY, MAY 2

Chicken pot pie  
Sliced beets  
Peaches  
Biscuit  
Milk or juice

## TUESDAY, MAY 3

Beef stroganoff  
Broccoli  
Sliced apples  
Roll  
Milk or juice

## WEDNESDAY, MAY 4

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

## THURSDAY, MAY 5

Turkey ham potato casserole  
Mixed vegetables  
Pears  
Roll  
Milk or juice

## FRIDAY, MAY 6

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

## MONDAY, MAY 9

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

## TUESDAY, MAY 10

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

## WEDNESDAY, MAY 11 FIESTA BDAY PARTY!

Beef stew  
Corn  
Sliced apples; Roll  
Milk or juice



## THURSDAY, MAY 12

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

## FRIDAY, MAY 13

Chicken fajita chili  
Peas and carrots  
Peaches  
Roll  
Milk or juice

## MONDAY, MAY 16

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

## TUESDAY, MAY 17

Salisbury steak  
Steamed potatoes  
Carrots  
Applesauce; Roll  
Milk or juice

## WEDNESDAY, MAY 18

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

## THURSDAY, MAY 19

Spaghetti  
Green beans  
Pineapple  
Roll  
Milk or juice

## FRIDAY, MAY 20

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

## MONDAY, MAY 23

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

## TUESDAY, MAY 24

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

## WEDNESDAY, MAY 25

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

## THURSDAY, MAY 26

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

## FRIDAY, MAY 27

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

## MONDAY, MAY 30

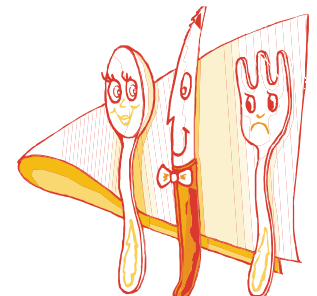
**CLOSED FOR  
MEMORIAL  
DAY!**



## TUESDAY, MAY 31

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

# May Lunch Menu

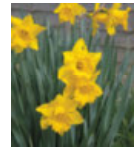


**Silver Café:** The Senior Nutrition Program of Spokane County and Aging and Long Term Care of Eastern Washington, is funded by the Federal Older American Act & Senior Citizen Services of Eastern Washington. Milk or juice are served with meals. Call 482-0803 by 12:00 noon the day before you plan to 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.











# MAY ACTIVITY CALENDAR



09

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
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 <b>1:00-3:00 DANCE</b> 	9:00-12:00 Crafts Group 12:00 Lunch 1:00-3:00 Bingo 1:00-3:00 H. Belles	9:30-11:30 Cards: "13" 9:00-11:45 Draw/Color 11:45 Lunch 12:15-3:00 Canasta 12:45-3:00 Pinochle <b>Mothers Day Luncheon</b> <b>May 7, 11:00-1:30</b> →
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
9:00-12:00 Canasta 12:00 Lunch 1:00-2:00 Sr. Fitness 1:00-2:00 Water Colors 1:00-2:30 Shopping	8:30-3:00 <b>Foot Care</b> 9:30-11:30 <b>Board Meets</b> 12:00 Lunch 12:30-3:00 Ceramics 1:00-3:00 Bingo	9:00-12:00 Canasta 12:00-3:00 Lunch & <b>FIESTA B-DAY PARTY</b> 	9:00-12:00 Crafts Group 12:00 Lunch 1:00-3:00 Bingo 1:00-3:00 H. Belles	9:30-11:30 Cards: "13" 11:45 Lunch 12:15-3:00 Canasta & Cribbage 12:45-3:00 Pinochle
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
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 Cardmaking 1:00-3:00 Mex. Train <b>1:00-3:00 JAM SESSION</b> 	9:00-12:00 Crafts Group 12:00 Lunch 1:00-3:00 <b>Super Bingo</b>  1:00-3:00 H. Belles	9:30-11:30 Cards: "13" 9:00-11:45 Draw/Color 11:45 Lunch 12:15-3:00 Canasta 12:45-3:00 Pinochle
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
9:00-12:00 Canasta 12:00 Lunch 1:00-2:00 Sr. Fitness 1:00-2:00 Water Colors	8:30-3:00 <b>Foot Care</b> 9:30-11:00 <b>Book Club</b> 12:00 Lunch 12:30-3:00 Ceramics 1:00-3:00 Bingo	9:00-12:00 Canasta <b>10:30-11:30 Osborn Files!</b> 12:00 Lunch <b>12:30-2:00 MOVIE DAY</b> 	9:00-12:00 Crafts Group 12:00 Lunch 1:00-3:00 Bingo 1:00-3:00 H. Belles	9:30-11:30 Cards: "13" 11:45 Lunch 12:15-3:00 Canasta & Cribbage 12:45-3:00 Pinochle
<b>30</b>	<b>31</b>	<h1>Happy Mother's Day!</h1>		
<b>CLOSED FOR MEMORIAL DAY</b> 	12:00 Lunch 12:30-3:00 Ceramics 1:00-3:00 Bingo			

**ADT-Monitored Home Security**

Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



ADT 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  
Friday (PM) 12:30-3:00  
\$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)  
9:30am-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:

Select -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:

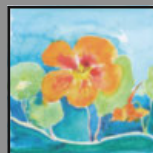
Select Wednesdays (PM)  
12:30pm-2:00pm  
\$ 3.00

#### NEW! CARD GAME & CLASS:

**" The Card Game: "13"**  
**Friday Mornings, 9:30am-11:30**  
" 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

May Dance | Birthday Party | Jam Session

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



## Monthly Dance!

Wednesday May, 4th

1:00-3:00PM

**\$2.00 Donation**



## Birthday Party! & Social!

Wednesday, May 11th

12:00-2:30PM

Free Admission!

(Call HSC to sign up for lunch before!)



## Jam Session!

Wednesday, May 18th

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](http://www.mycommunityonline.com)



# THE OSBORN FILES!

**Wed. May, 25th**  
**10:30AM-11:30AM**  
**"FREE Admission"**

Featuring... **"Western Movies"!**



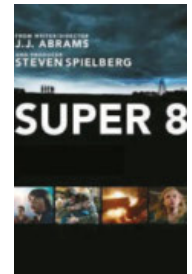
Join Doug as he takes a look at the popular Western's, TV programs and famous cowboys. As usual, they'll be history, trivia & lots of songs. **FREE Admission!** Call to Sign up for lunch beforehand!

## Movie Day on the Big Screen!



*Stephen Spielberg's Mystery /Adventure .....*

# "Super 8"



*Starring: Kyle Chandler & Elle Fanning!*

**Wednesday May, 25th**  
**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: \_\_\_\_\_

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

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

\_\_\_\_\_ 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 \_\_\_\_\_



**Peanut Butter-Choc. No Bake Cookies**

(Yields 60 Cookies)

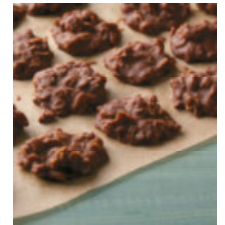
**Ingredients:**

- 2 cups sugar
- 1/2 cup milk
- 1 stick (8 tablespoons) unsalted butter
- 1/4 cup unsweetened cocoa powder
- 3 cups old-fashioned rolled oats
- 1 cup smooth peanut butter
- 1 tablespoon pure vanilla extract
- Large pinch kosher salt

**Directions:**

1. Line a baking sheet with wax paper or parchment.
2. Bring the sugar, milk, butter and cocoa to a boil in a medium saucepan over medium heat, stirring occasionally, then let boil for 1 minute. Remove from the heat. Add the oats, peanut butter, vanilla and salt, and stir to combine.
3. Drop teaspoonfuls of the mixture onto the prepared baking sheet, and let sit at

room temperature until cooled and hardened, about 30 minutes. Refrigerate in an airtight container for up to 3 days.

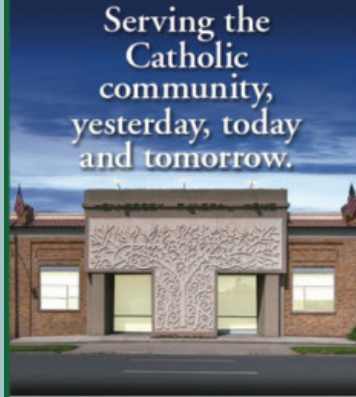


# SUPPORT OUR ADVERTISERS!



ARE YOU REACHING THE MEMBERS IN YOUR COMMUNITY?

TO ADVERTISE HERE CALL 800.950.9952 or visit [www.lpicommunities.com/advertising](http://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: May 2022  
Frequency: Published Monthly  
Organization: Hillyard Senior Center  
Issue No.: 05-22



## BOARD OF DIRECTORS

**LINDA TICHEY**  
(President)

**RONNA DOULAS**  
(Vice President)

**LOIS WHITE**  
(Secretary)

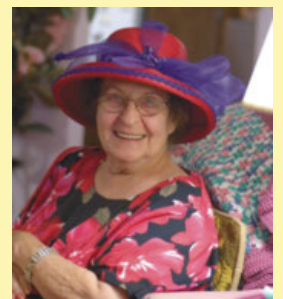
**LOLA MACKIN**  
(Treasurer)

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

## HSC MOTHER'S DAY EVENT !! 🥰

# Mother's Day Luncheon!

Hillyard Senior Center will again be hosting a **Mother's Day Luncheon on Saturday May 7th**, from 11:00AM-1:30PM in the Assembly Room at the NE Community Center! The Party will include lunch, entertainment, and a fun Mother's Day Hat Contest with prizes for **most Creative**, **Prettiest**, and **Funniest** hats! So.... Start planning your hat to wear for the party! Registration sign up for the party is now being taken at the HSC office at 482-0803, The Cost for the party is just \$10.00 each and must be paid before the event on May 7th.



Affiliated with  
City of Spokane  
Parks & Recreation  
Department

