

# WELCOME!

## Address:

4001 N. Cook Street  
Spokane, WA. 99207

Phone: (509)482-0803

Fax: (509) 474 - 1027

## Website:

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

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

## Days and Hours of Operations:

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

## CENTER STAFF

### JERRY UNRUH

Executive Director  
& Activity Coordinator

### KAREN CLARK-PARSON

Office Manager

### MARY SULLIVAN

Senior Nutrition Manager

### SANDI WHITE

Program Assistant

### LINDA TICHEY

Bookkeeper

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## HILLYARD SENIOR CENTER

# NEWSLETTER

4001 N. COOK STREET SPOKANE, WA. 99207



Newsletter Date | July 2022



## A MESSAGE FROM THE DIRECTOR

### Greetings!



I can't believe it's July already and summer has barely begun! With all the rain this spring it has been hard to get into the summer mode! We did have a fun month of June with our Hawaiian themed Birthday Party as well as the Senior Summer Jamboree that we held at the Colbert Trading Company on Wednesday, June 29th. *I also hope that all our Fathers enjoyed a very special Father's day on Sunday June 19th!* Here's to all of our special Dads! This month the HSC Board is busy preparing for our next fundraiser, the **Silent Auction on Friday evening July 15th**. The event will feature a nice evening with some great auction items to bid on, light snacks, as well as live music from Joel Johnston of the local group "Spare Parts", and most importantly...., a chance to help the Senior Center raise funds for it's programs and operations. It's fundraisers that help our center to stay active with programs and services each and every month. We are hoping that you help support these events that support your daily activities! In addition, we have a number of day trips lined up for you in July to take advantage of, including a great lake cruise in Sandpoint, Idaho aboard the Lake Pend O'Reile Cruises. Also, our 2022 overnight tours are out for registrations and most are filling up as we look forward to conducting group overnight traveling once again! There are a few spots still left on some of these trips, so if you're interested, be sure to call the HSC office for more information on any of these overnight travel opportunities. Also, watch for details on our upcoming fundraiser in August, during Senior Pledge Week. Lastly....if you're interested in Playing Croquet this summer, call the HSC for Info on this fun summer activity on Tuesday Mornings! We will be starting our Croquet Play very soon, so don't delay, give us a call!

Have a wonderful 4th of July Holiday!

Jerry 😊

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



## TALES & TRIBUTES

Thanks to those who donated supplies to the office recently, including Carol Davis, Letha Kowalski, Nancy Welker, and anonymous donors.

We also greatly appreciate all those who made cash donations, memorials, and senior pledges this month, including: Nancy Welker, Dorothy and Dave Hutchisson, Ethel Cutler, Ronna Doulas, Jan Thread, Kathy Fisher, Marlene Whitney, and anonymous donors. Your generosity makes a big difference! Thank you!

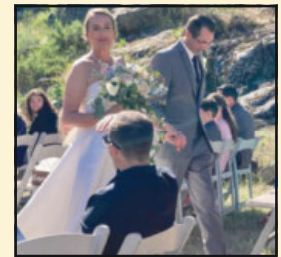
Our sympathy goes out to the family and friends of HSC member Judy Donley, who recently passed away. We are also thinking of Linda DeMaio and Teddie and Bob Gamble, who lost relatives recently. Best wishes to all our members who have been ill or had surgery, including Brad Rafford, Peggy Cloke, and any others 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!

## HSC June Scrap Book Photos!



The 2 Gray Cats—Doug & Don!



Former HSC Activity Coordinator Sarah Tinkle's Wedding!



Many of our great helpers at Hillyard Senior Center! What would we do without you!



Jackie & Ed Engel got into character for the Osborn Files!



Our Travelers that recently attended a Dinner Show at Circle Moon Theater!

## THANK YOU— PENNY BINGO SPONOR!

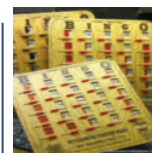


421 Riverside (Downtown Branch)



### 1st Interstate Bank Sponsors PRIZES & Their Time!

**Yes, PENNY BINGO is BACK!!** 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 – JULY !

**Strawberry Social!:** Join us for our annual Strawberry Social on Wednesday, July 13th. Come for lunch at 12:00 and stay for the Strawberry Social (and entertainment) at 1:00 until about 2:30! 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, those coming for both lunch and the party will have preference.



afternoon As mentioned above, we are limited to 54 people due to social distancing, so please call the office at 509-482-0803 to register for this event. Again, preference is given to those coming to lunch & Jam Session.



**A Music Jam Session!** There are lots of musicians associated with HSC, and a few times a year we hold a Jam Session to have fun and let our wonderful musicians showcase their talents! Please join us **Wednesday July , 20th** at 12:00 for lunch, and then the Jam Session from 1:00-3:00. Listen to some great music and enjoy a nice summer

**HSC SILENT AUCTION! - Fri. July 15th**  
HSC will host a **Silent Auction** fundraiser with great items to bid on, live music, light snacks and most importantly, a chance to help the Senior Center raise some funds for its programs & operations. Limited \$20 tickets available. **Note: this is NOT a seated Dinner Auction!** Doors open at 5:30pm Silent Auction items close at 7:00pm. Call HSC for more info & tickets!



### WISH LIST

- \* Office Correction Tape
- \* Spray whipped cream or Cool Whip (by 7/11)
- \* Small styro foam bowls (by 7/11 Str. Social)
- \* Napkins
- \* Disinfecting Wipes
- \* Vanilla Ice Cream

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## Lake Pend Oreille Cruise Monday, July 18<sup>th</sup> (\*Moderate) \$32 Member / Non-Member \$35



Travel around beautiful Lake Pend Oreille on an afternoon cruise. We'll stop for a great lunch at Connie's Café in Sandpoint. Our Captain will give us a unique history and geology lesson about the lake area, and of course, we'll enjoy the gorgeous scenery. Trip price includes Transportation, Escort, and Cruise. HSC Pick-up is at 8:00am, and Home pick-ups before.

## Breakfast Out

Monday, July 11<sup>th</sup> (\*Easy)  
\$5 Member / Non-Member \$8



Join your Director and friends from HSC for a delicious breakfast at **Jenny's Cafe in Spokane Valley!** This is our first visit to Jenny's Café, so come along and check it out! Start your week off right with a great breakfast from their menu! **Remember, breakfast is always on your own.** Trip price includes: Transportation and Escort. HSC Pick-up is at 9:30AM, and home pick up is done before.

## Dinner Out at "Lost Boys" & Hays Park Concert

Friday, July 22<sup>nd</sup> (\*Easy)  
\$5 Member / Non-Member \$8



Come enjoy a delicious Dinner Out at the "Lost Boys Garage" (**on your own**) in North Spokane followed by a music concert in Hays Park featuring tunes from the 50's, 60's & 70's by Tim Snodgrass & Dave Olsen Band. Trip price includes Transportation, and Escort. HSC Pick-up is at 4:30pm, and Home pick-ups before.

Casino Trip to Cusick, WA.  
Monday, July 25<sup>th</sup> (\*Easy)  
\$12 Member/ Non-Member \$15  
The casino is offering bonus points,



\$free play & drawings! You'll enjoy the beautiful drive to Cusick, gambling is fun, and when you are finished enjoy lunch in their restaurant. Register early for this trip, it fills quickly! Trip price includes: Transportation, and Escort. HSC pickup is at 9:00am, and Home pick-ups before.

**NOTICE:** HSC may 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.



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— KATHRYN GORDON  
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## 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!



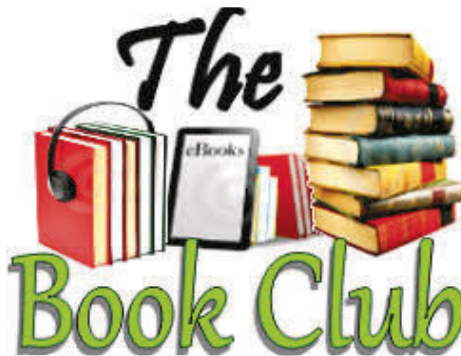
## HSC BOOK CLUB

**Tuesday, July 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 some colored pencils and do a little drawing or 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!



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Total Giving

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Foundation Grants \$158,716  
Bank Donations \$120,136  
Employee Matching \$49,394

Volunteer Hours

**1,645**



Volunteer Activities

**222**

Nonprofits Served

**80**



Financial Education



Presentations Given 36  
Attendees Present 640  
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JUNE Word Scramble Answers

1. Graduation Parties
2. Father's Day Celebrations
3. Queen's Platinum Jubilee
4. Strawberry Festival
5. Summer Solstice
6. Backyard Barbecues
7. ArtFest at the MAC
8. Swimming Pools Open
9. Hillyard Chalkartwalk
10. Hoopfest Tournament
11. Manito Park Art Festival

**"A MESSAGE"**

**FROM THE PRESIDENT:**



Dear HSC Members,

Happy Summer Everyone! This month is our **Silent Auction Fundraiser** and August will be our **Senior Pledge Drive**. Both are a chance for each of you to help HSC financially at a time when there is so much uncertainty! In addition, we have lots of programs and activities, trips and tours, games and services planned each month. There's so much you can do here, so come be a part of our family of friends! Hope to see you around the center very soon!

Have a Great Month of July!

*Linda*



**JULY WORD SCRAMBLE—AND THE BAND PLAYED....!**

1. HET STRA ELAGSDNP NENRBA \_\_\_\_\_
2. YM UTNOYCR TSI FO HETE \_\_\_\_\_
3. EOYRU A NGDRA LDO GFLA \_\_\_\_\_
4. ODG EBSLS CEIRMAA \_\_\_\_\_
5. STIH NADL SI UROY ANDL \_\_\_\_\_
6. HTE VNNIBECILI AGLEE \_\_\_\_\_
7. TEH IWASNOGNHT OPST RCHMA \_\_\_\_\_
8. AIACRME EHT TUELBAIU \_\_\_\_\_
9. ARTSS DAN IERSPTS VREOFFR \_\_\_\_\_
10. DGO SLEBS EHT AUS \_\_\_\_\_
11. ERPEMS DIESFLE \_\_\_\_\_
12. EHT YLRTBIE BLEL \_\_\_\_\_



# SILVER CAFÉ JULY LUNCH MENU



**FRIDAY, JULY 1**

Chicken parmesan  
Capri vegetables  
Sliced peaches  
Roll  
Milk or juice

**MONDAY, JULY 4**

**HAPPY  
4TH OF JULY!  
HSC CLOSED**



**TUESDAY, JULY 5**

Chicken cutlet  
Rice pilaf  
Corn; pineapple  
Roll  
Milk or juice

**WEDNESDAY, JULY 6**

Cheeseburger  
on a bun  
Baked beans  
Sliced pears  
Milk or juice

**THURSDAY, JULY 7**

Beef with mushroom gravy  
Mashed potatoes  
Mixed veggies; applesauce  
Roll  
Milk or juice

**FRIDAY, JULY 8**

Creamy tuna pasta salad  
Sliced beets  
Peaches  
Roll  
Milk or juice

**MONDAY, JULY 11**

Egg salad sandwich  
on a bun  
Celery & baby carrots  
Sliced peaches  
Milk or juice

**TUESDAY, JULY 12**

Beef stroganoff  
Broccoli  
Sliced apples  
Roll  
Milk or juice

**WEDNESDAY, JULY 13**

**STRAWBERRY SOCIAL!**

Teriyaki Pork stir fry  
Brown rice; stir fry  
veggies  
Pineapple; Roll  
Milk or juice



**THURSDAY, JULY 14**

Asian chicken salad  
3 bean salad  
Sliced pears  
Roll  
Milk or juice

**FRIDAY, JULY 15**

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

**MONDAY, JULY 18**

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

**TUESDAY, JULY 19**

Creamy chicken tomato  
pasta salad  
Veg salad  
Applesauce; Roll  
Milk or juice

**WEDNESDAY, JULY 20**

**"Music Jam Session Day"**

Beef stew; Corn  
Sliced apples  
Roll  
Milk or juice

**THURSDAY, JULY 21**

Greek chicken gyro  
with pita bread  
Pineapple  
Cold slaw  
Milk or juice

**FRIDAY, JULY 22**

Chicken fajita chili  
Peas and carrots  
Peaches  
Roll  
Milk or juice

**MONDAY, JULY 25**

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

**TUESDAY, JULY 26**

Salisbury steak  
Steamed potatoes  
Carrots  
Applesauce; Roll  
Milk or juice

**WEDNESDAY, JULY 27**

Baked chicken sandwich  
on a bun  
Country blend vegetables  
Apples  
Milk or juice

**THURSDAY, JULY 28**

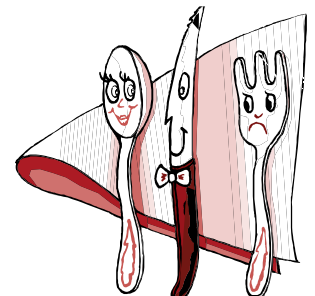
Spaghetti  
Green beans  
Pineapple  
Roll  
Milk or juice

**FRIDAY, JULY 29**

Taco salad  
Sweet corn  
Sliced peaches  
Tortilla chips  
Milk or juice



## July 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.









# JULY ACTIVITY CALENDAR



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <h1 style="font-size: 48px; color: gold;">Happy 4th of July!</h1> 				<p style="text-align: right;"><b>1</b></p> <p>9:00-11:30 <b>Cards: "13"</b>            9:00-11:45 Draw/Color            11:45 Lunch            12:15-3:00 Canasta            12:45-3:00 Pinochle</p>
<p style="text-align: right;"><b>4</b></p>  <p><b>4th of July!</b>  <b>HOLIDAY!</b>  <b>HSC CLOSED</b></p>	<p style="text-align: right;"><b>5</b></p> <p>12:00 Lunch            12:30-3:00 Ceramics            1:00-3:00 Bingo</p>	<p style="text-align: right;"><b>6</b></p> <p>9:00-12:00 Canasta            12:00 Lunch            1:00-3:00 <b>Dance</b></p> 	<p style="text-align: right;"><b>7</b></p> <p>9:00-12:00 Crafts Group            12:00 Lunch            1:00-3:00 Bingo            1:00-3:00 H. Belles</p>	<p style="text-align: right;"><b>8</b></p> <p>9:00-11:30 <b>Cards: "13"</b>            11:45 Lunch            12:15-3:00 <b>Canasta &amp; Cribbage</b>            12:45-3:00 Pinochle</p>
<p style="text-align: right;"><b>11</b></p> <p>9:00-12:00 Canasta            12:00 Lunch            1:00-2:00 <b>Sr. Fitness</b>            1:00-2:30 <b>Shopping</b></p>	<p style="text-align: right;"><b>12</b></p> <p>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</p>	<p style="text-align: right;"><b>13</b></p> <p>9:00-12:00 Canasta            12:00-3:00 <b>Lunch &amp; Strawberry Social!</b></p> 	<p style="text-align: right;"><b>14</b></p> <p>9:00-12:00 Crafts Group            12:00 Lunch            1:00-3:00 Bingo            1:00-3:00 H. Belles</p>	<p style="text-align: right;"><b>15</b></p> <p>9:00-11:30 <b>Cards: "13"</b>            9:00-11:45 Draw/Color            11:45 Lunch            12:15-3:00 Canasta            12:45-3:00 Pinochle</p>
<p style="text-align: right;"><b>18</b></p> <p>9:00-12:00 Canasta            12:00 Lunch            1:00-2:00 <b>Sr. Fitness</b></p>	<p style="text-align: right;"><b>19</b></p> <p>9:30-11:00 <b>Book Club</b>            12:00 Lunch            12:30-3:00 Ceramics            1:00-3:00 Bingo</p>	<p style="text-align: right;"><b>20</b></p> <p>9:00-12:00 Canasta            12:00 Lunch            1:00-3:00 <b>Jam Session</b></p>  <p>1:00-3:00 <b>Mex. Train</b></p>	<p style="text-align: right;"><b>21</b></p> <p>9:00-12:00 Crafts Group            12:00 Lunch            1:00-3:00 <b>Super Bingo</b></p>  <p>1:00-3:00 H. Belles</p>	<p style="text-align: right;"><b>22</b></p> <p>9:00-11:30 <b>Cards: "13"</b>            11:45 Lunch            12:15-3:00 <b>Canasta &amp; Cribbage</b>            12:45-3:00 Pinochle</p>
<p style="text-align: right;"><b>25</b></p> <p>9:00-12:00 Canasta            12:00 Lunch            1:00-2:00 <b>Sr. Fitness</b></p>	<p style="text-align: right;"><b>26</b></p> <p>12:00 Lunch            12:30-3:00 Ceramics            1:00-3:00 Bingo</p>	<p style="text-align: right;"><b>27</b></p> <p>9:00-12:00 Canasta            12:30-2:00 <b>Movie Day</b></p>  <p>1:00-3:00 Mex. Train</p>	<p style="text-align: right;"><b>28</b></p> <p>9:00-12:00 Crafts Group            12:00 Lunch            1:00-3:00 Bingo            1:00-3:00 H. Belles</p>	<p style="text-align: right;"><b>29</b></p> <p>9:00-11:30 <b>Cards: "13"</b>            9:00-11:45 Draw/Color            11:45 Lunch            12:15-3:00 Canasta            12:45-3:00 Pinochle</p>

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## STAY UPDATED WITH HAPPENINGS AROUND THE CENTER

### RECREATIONAL ACTIVITIES:

#### MEXICAN TRAIN:

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

#### CANASTA:

Monday / Wednesdays (AM)  
9:00am-12:00pm  
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

#### "13"THIRTEEN: (NEW!)

Fridays (AM)  
9:30am-11:30am  
Introductory Class \$ Donation

#### 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  
\$ FREE

#### 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:

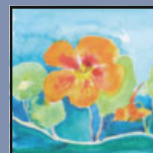
Select Wednesdays (PM)  
12:30pm-2:00pm  
\$ 3.00

#### NEW! CARD GAME & CLASS:

**" The Card Game: "13"**  
**Friday Mornings, 9:30am-11:30**  
" Come Learn A New Fun Card Game"  
"Assembly Room"  
Suggested \$2 Donation

#### NEW ART CLASS at HSC:

**Water Colors**  
**Painting Class!**  
Mondays (Craft Room)  
1:00-2:00pm  
New Class this Fall !



## 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 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

July Dance | Strawberry Social | Jam Session

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



## Monthly Dance!

Wednesday July, 6th

1:00-3:00PM

\$2.00 Donation

(Call HSC to sign up for lunch before!)



## Strawberry Social! & Music!

Wednesday, July 13th

12:00-2:30PM

Free Admission!

(Call HSC to sign up for lunch before!)



## Jam Session!

Wednesday, July 20th

1:00-3:00PM

Free Admission!

(Call HSC to sign up for lunch before!)

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## NEVER MISS A NEWSLETTER!

Sign up to have our newsletter  
emailed to you at

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





Come Check Out the  
**Hillyard Farmers Market**  
Every Monday  
4:00PM—7:00PM  
4001 N. Cook St.  
@ NE Community Center

# Movie Day on the Big Screen!



The New Release Comedy .....

## "Dog"



Starring: Channing Tatum & LuLu (the Dog)!

**Wednesday July, 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](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:					
1	2	3	4	5	6
\$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 \_\_\_\_\_

**Watermelon Limeade Drink & Decorative Keg Dispenser**

(Yields about 8 Drinks)



**Ingredients:**

- 16 cups seedless Watermelon pcs.
- 1 1/4 cup fresh Lime Juice
- 3 cups of Ice Cubes
- 1 liter bottle of Ginger Ale

**Making the Dispenser:**

1. using a pairing knife, cut around one end of the watermelon to create a lid.
2. Hollow out watermelon with a large metal spoon. Save pcs for the drink.
3. Install a spicket (optional) into side of Watermelon near bottom.
4. Place watermelon Dispenser on metal stand or a bowl.

2. Add Fresh Lime Juice
3. Pour mixture into hollow watermelon Dispenser,
4. Add Ginger Ale to your desired taste
5. Serve over Ice in tall glasses, Enjoy!!



**Drink Directions:**

1. Puree Watermelon pieces in blender.

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# HILLYARD SENIOR CENTER

4001 N. Cook St. Spokane, WA. 99207

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**Issue No.:** 07-22



## BOARD OF DIRECTORS

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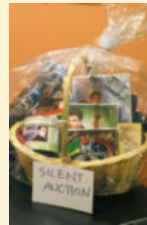
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Phyllis Labelle	Lois White
Lola Mackin	Marlene Whitney
Bobbi Sabo	

## HSC SUMMER EVENT !!



# HSC Silent Auction!

Hillyard Senior Center will be hosting a **Silent Auction on Friday evening, July 15th**, from 5:30PM-7:30PM at the NE Community Center in the "Assembly Room". The event Tickets are \$20 and will include Light Snacks, a Silent Auction and easy listening entertainment from **Joel Johnston** of the popular local band "Spare Parts".



Come Join us for the evening of Silent Auction shopping deals, and the great musical sounds of Joel Johnston! **NOTE: This is NOT a seated Dinner Auction!** Tickets for the event are available in the Hillyard Senior Center office or call the HSC office at 482-0803 and get yours before they're gone! Space and Tickets are limited!



Affiliated with  
City of Spokane  
Parks & Recreation  
Department

