

WELCOME!

Address:

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

Website:

hillyardseniorcenter.org

Email: hillyardseniorcenter@yahoo.com

Days and Hours of Operations:

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

CENTER STAFF

JERRY UNRUH

Executive Director
& Activity Coordinator

KAREN CLARK-PARSON

Office Manager

MARY SULLIVAN

Senior Nutrition Manager

SANDI WHITE

Program Assistant

LINDA TICHEY

Bookkeeper

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HILLYARD SENIOR CENTER

NEWSLETTER

4001 N. COOK STREET SPOKANE, WA. 99207



Newsletter Date | August 2022



A MESSAGE FROM THE DIRECTOR

Greetings!

Howdy Friends!!



I hope that the summer has been good to each of you. As many of you know we have been working hard to adjust to the “new normal” after Covid. Unfortunately I am not convinced that we are out of the woods with the pandemic going into the fall and winter months! We’ve done a pretty good job of bringing back many of the programs and services that we had offered before the pandemic, and it feels great to be walking around without a mask. I sincerely hope that it holds going forward. Summer Trips have been quite busy with all 3 overnight tours nearly full. This will most likely continue as many of our members are excited to be traveling again! We are also going to offer a couple

of new class ideas this fall and winter, and if there is something that you would like to see offered be sure to let us know! This month we will be bringing back our “END OF SUMMER—SOCIAL” on Tuesday evening August 23rd from 5:30PM-7:00PM where we will be serving up Hotdogs and a delicious Root beer Floats for dessert! The event will be outside on our grounds here at the NE Community Center in the grass area near the old Hillyard Library. We’ll have a few fun summer games, music, and maybe other surprises for you! It will be a fun time had by all, so Call our office to sign up! This event is FREE to our members! I want to thank everyone who played a role in our recent Silent Auction. Whether you donated an item, bought a ticket and attended, or made a cash donation, we thank you for the support. The event was a long time coming as it had been nearly 3 years since our last Dinner Auction. This year’s Silent Auction was a scaled down version of the much bigger seated Dinner Auction. Although it may have not been as big as some of the auctions of past, this year’s event was really nice and proved to be a success as we netted over \$10,000 for the evening fundraiser. More fun coming this fall watch for it and take part!

Have a great month of August! 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, Marilyn Haugen, Vikki Denison, Rich Kapelke, Pat Palmer, Barbara Heywood, Gayleann Barcome, and anonymous donors.

We also greatly appreciate all those who made cash donations, memorials, and senior pledges this month, including: Bettie Maron, Lola Mackin, Linda & Larry Tichey, Dorothy and Dave Hutchisson, Ethel Cutler, Jan Thread, Chuck Courville, Marlene Whitney, Pat Owens, Kathy Fisher, and anonymous donors. Your generosity makes a big difference! Thank you!

Our sympathy goes out to the family and friends of HSC member Peggy Cloke, who recently passed away. We are also thinking of Jackie Salisbury, who recently lost her daughter. Best wishes to all our members who have been ill or had surgery, including Lynn Ostlie, Winnie Moore, 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.

HSC Scrap Book Photos!



Who says there are no castles n America?



HSC Director, (left) enjoys the back of the boat, others up top enjoying the blankets on a cold day on our recent Lake Cruise!



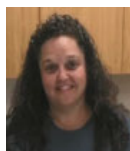
Great food served at our Auction by Bobbi Sabo and Phyllis Labelle!



What an awesome night at HSC on Friday July 15th for our Silent Auction Fundraiser!



421 Riverside (Downtown Branch)



Special Thanks to Frist Interstate Bank for Sponsoring our Penny Bingo!, and a special thanks goes to Branch Manager, Chris Cornell at First Interstate Bank Downtown for

leading the way in helping to support HSC and many of it's programs, and special activities!



Hillyard Farmers Market

Every Monday

3:00PM—7:00PM

4001 N. Cook St.

@ NE Community Center

HILLYARD CENTER ANNOUNCEMENTS – AUGUST

Hillyard Farmers Market: for those of you who received Farmers Market Coupons, here's a chance to use them! The NE Community Center is hosting the Hillyard Farmers Market **Mondays** from **3:00-7:00PM** now through October. The Market is located in front of the old Hillyard Library and will feature around a dozen vendors with great plant starts, local produce, crafts items, soap and bath products, jewelry and more! Stop by and check out the great things offered!

Auction Thanks! Thanks so much to all our HSC members and friends who supported our 2022 Auction, July 15th! We appreciate all of you who worked so hard, bought tickets, donated items, and those who came that evening to support our Center! A special thanks goes out to our Board members and staff who worked so hard to pull this important fundraiser together. You are the best!



Croquet Play Starting on Tuesday

Mornings: HSC is hosting open Croquet play on Tuesday Mornings from 8:30am to 10:00am at Franklin Park. Normally we host a Full Summer Croquet League, however, this year we will be offering just open croquet play mixing players weekly for some great summertime exercise and outdoor fun! Call HSC for info!




End of Summer Picnic at HSC: Come join us for a hot dog and a root beer float as we say goodbye to Summer with our End of Season Picnic. Music, Games, food and Fun! Call the HSC Office at 482-0803 and reserve a spot for a Farewell to Summer Bash!



Drop in Aqua Fit Class - Tues & Thurs.

you can still get in a few classes left at Hillyard Pool 10:45-11:30am **(Free!)**

WISH LIST




- * Vanilla Ice Cream
- * Root Beer
- * 12 oz Styrofoam cups
- * Large Paper Plates
- * Bottled Water

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Breakfast Out

Monday, Aug 8th (*Easy)
\$6 Member / Non-Member \$9



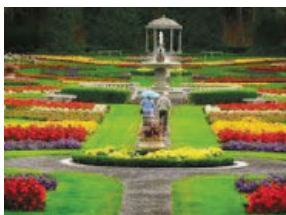
Join your Director and friends from the HSC for a delicious breakfast at

the Country Boy Restaurant in Athol, ID. Enjoy the nice drive, and have delicious breakfast. **Remember breakfast is on your own.** Hurry this trip fills quickly! Trip price includes Transportation, and Escort. HSC Pick-up is at 9:30am, and Home pick-ups afterwards. s Transportation, and Escort. HSC Pick-up at 9:30am, Home p/u before.

Summer in Manito Park & Japanese Gardens!

Friday, Aug 12th (*Easy)
\$7 Member / Non-Member \$10

Summer is the best time to visit Manito Park with flowers and 5 gardens in full bloom.



Afterwards will stop for Ice

Cream! (on your own) Some walking involved with this trip! Trip price includes: transportation, escort. **HSC Pick-up is at 9:30am, and Home pick-ups before.**

CDA Park Concert Series- with "Tuxedo Junction"

Sunday, August 21st (*Easy)
\$8 Member / Non-Member \$11

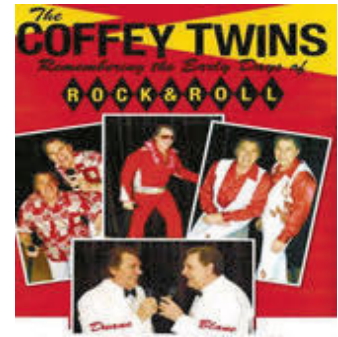


Enjoy Lunch Out at a local restaurant (on your own) followed by a great Big Band Concert in CDA Park by Tuxedo Junction. Your Trip price includes transportation, and Escort. HSC Pick-up is at 10:30AM.

Chewelah Casino

Wednesday, Aug 24th (*Easy)
\$12 Member / Non-Member \$15

The casino is offering our group bonus points, \$5 meal points, \$10 extra free play! The drive to Worley is nice, gambling is fun, and when you are finished relax in one of their restaurants or hotel lobby. Register early for this trip, it fills quickly! Trip price includes: Transportation, and Escort. **HSC pickup is at 9:00am, sorry no home pick-ups.**



Under the Freeway - Flea Market & Festival! - Wallace

Saturday, Sept 3rd (Moderate)**
\$16 Member / Non-Member \$19

Stroll from booth to booth at this unique community event! Come enjoy our annual mile long Under the Freeway Flea Market in downtown historic Wallace, Idaho. Scores of vendors showcasing collectables, antiques, live music, kids games, running



of the ducks and whole lot more. Trip price includes: transportation, escort. **HSC Pick-up is at 8:30am, Home p/ups before.**

"Dinner Theater Show"

At Circle Moon Theatre

Friday, Aug 26th (Easy)
\$32 Member / Non-Member \$35

Don't Miss this Friday Night Out! Back by Popular Demand... "The Coffey Twins" and their musical tribute to "The Early days of Rock and Roll". The musical presentations here at the Circle Moon Theater are always fantastic! As always, a delicious catered Pasta & Meatballs from the Edgewater Restaurant in Diamond Lake. Dinner will be served before the performance. Not a bad seat in the house, so hurry in to sign-up. Trip price includes transportation, Escort, & Dinner Show.

TRAVELERS: NOTE:

Trip REGISTRATION Begins: Tuesday, August 2nd

8:30 AM at HSC Office

Thank You !



HILLYARD SENIOR CENTER TRIPS & TOUR POLICY !

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

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

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

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

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

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

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

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

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

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

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



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HSC CRAFT GROUP

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

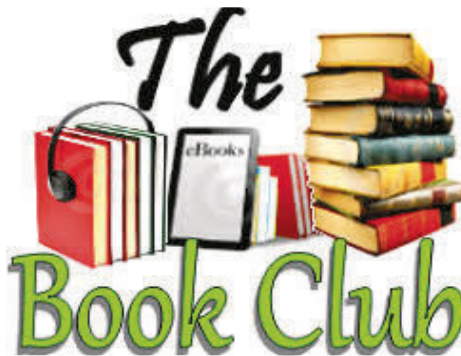
Join our Crafty Ladies here at the HSC. They meet every Thursday morning and have a lot of fun creating unique craft items and socializing together! (Free) Come spend a Thursday with our crafters!



HSC BOOK CLUB

Tuesday, August 23rd
9:30am—11:00am
 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
9:00am—11:45am
 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!



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Volunteer Activities

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Presentations Given 36
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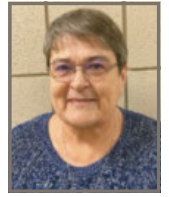
July Word Scramble Answers

1. The Star-Spangled Banner
2. My Country 'Tis of Thee
3. You're A Grand Old Flag
4. God Bless America
5. This Land Is Your Land
6. The Invincible Eagle
7. The Washington Post March
8. America The Beautiful
9. Stars And Stripes Forever
10. God Bless The USA
11. Semper Fidelis
12. The Liberty Bell

“PRESIDENT’S MESSAGE”

Dear HSC Members,

I sincerely hope that all of you had a nice 4th of July! I'm hoping that you're all finding something to participate in around the center. Also.... I want to thank all who we involved in our Silent Auction Last Month. It was a great success for us and we raised over \$10,000 in all of our effort. This month our board is conducting our Senior pledge Campaign, It is a way that you the members can help support the programs and activities that are offered here at HSC! Please give if you can!



Have a great Month of August! *Linda*



AUGUST WORD SCRAMBLE—SUMMERTIME FUN!

1. WERTA AONBLOL SOST _____
2. OTTAOP ASKC ACRE _____
3. ESHROHESOS _____
4. LTHTELBRAE _____
5. ADTIOBNMN TMCAH _____
6. COURESRLA ERID _____
7. LAGF LALTOOBF _____
8. TERSTE KEYHCO _____
9. AYRD EAYZTHE _____
10. RAMOC LOPO _____
11. NVGECRSAE NHTU _____
12. HEBAC LOVELY LABL _____



SILVER CAFÉ AUGUST LUNCH MENU



08

MONDAY, AUG 1

Chicken pasta salad
Roasted corn salad
Applesauce
Roll
Milk or juice

TUESDAY, AUG 2

Fish sandwich
on a bun
Mixed veggies
Sliced peaches
Milk or juice

WEDNESDAY, AUG 3

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

THURSDAY, AUG 4

Turkey sandwich
on a bun
Broccoli slaw
Sliced apples
Milk or juice

FRIDAY, AUG 5

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

MONDAY, AUG 8

Pulled pork sandwich
on a bun
Italian blend veggies
Sliced apples
Milk or juice

TUESDAY, AUG 9

Chicken cutlet
Rice pilaf
Corn; pineapple
Roll
Milk or juice

WEDNESDAY, AUG 10

Cheeseburger
on a bun
Baked beans
Sliced pears
Milk or juice

THURSDAY, AUG 11

Beef w/mushroom gravy
Mashed potatoes
Mixed veggies
Applesauce; Roll
Milk or juice

FRIDAY, AUG 12

Creamy tuna pasta salad
Sliced beets
Peaches
Roll
Milk or juice

MONDAY, AUG 15

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

TUESDAY, AUG 16

Beef stroganoff
Broccoli
Sliced apples
Roll
Milk or juice

WEDNESDAY, AUG 17

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

THURSDAY, AUG 18

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

FRIDAY, AUG 19

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

MONDAY, AUG 22

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

TUESDAY, AUG 23

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

WEDNESDAY, AUG 24

Beef stew
Corn
Sliced apples
Roll
Milk or juice

THURSDAY, AUG 25

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

FRIDAY, AUG 26

Chicken fajita chili
Peas and carrots
Peaches
Roll
Milk or juice

MONDAY, AUG 29

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

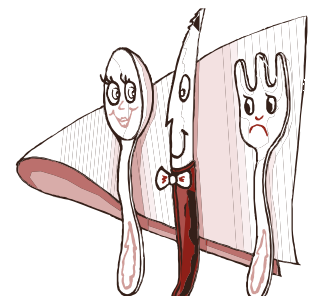
TUESDAY, AUG 30

Salisbury steak
Steamed potatoes
Carrots
Applesauce; Roll
Milk or juice

WEDNESDAY, AUG 31

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

August 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.



AUGUST ACTIVITY CALENDAR



09

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
9:00-12:00 Canasta 12:00 Lunch 1:00-2:00 Sr. Fitness	12:00 Lunch 12:30-3:00 Ceramics 1:00-3:00 Bingo	9:00-12:00 Canasta 12:00 Lunch 1:00-3:00 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
8	9	10	11	12
9:00-12:00 Canasta 12:00 Lunch 1:00-2:00 Sr. Fitness 1:00-2:30 Shopping	8:30-3:00 Foot Care 12:00 Lunch 12:30-3:00 Ceramics 1:00-3:00 Bingo	9:00-12:00 Canasta 12:00 Lunch 1:00-3:00 Bday Party 	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
15	16	17	18	19
9:00-12:00 Canasta 12:00 Lunch 1:00-2:00 Sr. Fitness	12:00 Lunch 12:30-3:00 Ceramics 1:00-3:00 Bingo	9:00-12:00 Canasta 12:00-3:00 Lunch 12:30-3:00 PUZZLE Day 	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
22	23	24	25	26
9:00-12:00 Canasta 12:00 Lunch 1:00-2:00 Sr. Fitness	9:30-11:00 Book Club 12:00 Lunch 12:30-3:00 Ceramics 1:00-3:00 Bingo 5:30-7:30 E-O-S Social 	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" 11:45 Lunch 12:15-3:00 Canasta & Cribbage 12:45-3:00 Pinochle
29	30	31	<h2 style="font-size: 2em;">Summer Time!</h2> 	
9:00-12:00 Canasta 12:00 Lunch 1:00-2:00 Sr. Fitness	12:00 Lunch 12:30-3:00 Ceramics 1:00-3:00 Bingo	9:00-12:00 Canasta 1:00-3:00 Mex. Train		

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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:

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:

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

CARDMAKING:

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

SPECIAL UPCOMING EVENTS:

"End of Summer Social"
Tuesday, Aug. 23rd
5:30pm-7:00pm
(Call HSC for reservations)
\$ FREE

" Drive - in Movie"

Friday, Sept 9th
7-9pm
(Watch for details in the
HSC Sept. Newsletter)



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.



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



Monthly Dance!
Wednesday, August 3rd
1:00PM-3:00PM

Call HSC to sign up for lunch before!



Birthday Party!
& Social!
Wednesday, August, 10th
1:00PM-2:30PM

Call HSC to sign up for lunch before!



End of Summer Social!
Tuesday, August 23rd
5:30PM-7:00PM

Bring a lawn chair and enjoy a Hotdog and a tasty Root Beer Float as we celebrate the close of summer! Visit with friends enjoy some summer fun games, and music The party will be held at the NE Community Center The event is **Free!**

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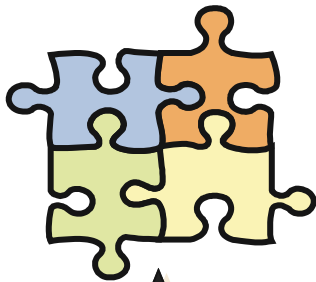


Puzzle Day!

Wed. August, 17th

12:30-3:00PM

"FREE Admission"

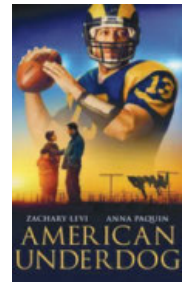


Come Help
us Build a
Puzzle

Movie Day on the Big Screen!



The Inspirational Story
of Kurt Warner



"American Underdog"

Starring: Zachary Levi & Dennis Quaid!



Wednesday August, 24th

12:30PM Showtime

\$1.00 DONATION & FREE POPCORN!

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to you at www.mycommunityonline.com



Hillyard Senior Center

4001 N. Cook
(509) 482-0803



"Where Friends Meet Friends"

Hillyard Senior Center – Membership Registration Form:

Name: _____ Phone Number: _____
 Address: _____ Membership Cost: **(\$20 or \$30 per couple)**
 City: _____ State: _____ Zip: _____ **Renews every January**
 Date of Birth: ___ / ___ / ___

Emergency Contact: _____

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

Emergency Phone: _____

_____ Email Address

The following information is voluntary and will only be used to support data requested by any grantors contracted with the Hillyard Senior Center for financial support. It should be understood that any information collected in this section in regards to ethnicity, income, and or race is done so at a grantor's request. This information will be strictly confidential.

Please Check any of the following that may apply:

ETHNICITY:

Hispanic or Latino _____ NOT Hispanic or Latino _____



RACE: (Check from the following)

- White _____ Asian _____
- Black / African American _____ Asian & White _____
- Black / African American & White _____ Native Hawaiian / Other Pacific Islander _____
- American Indian/ Alaskan Native _____ American Indian/ Alaskan Native & Black / African American _____
- American Indian/ Alaskan Native & White _____ Other _____

INCOME: (Please circle applicable Income under your Family Size)

<u>Income & Number in your Household:</u>					
<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>
\$12,100	\$13,850	\$15,500	\$17,300	\$18,700	\$20,050
\$20,150	\$23,050	\$25,900	\$28,800	\$31,100	\$33,400
\$32,250	\$36,900	\$41,500	\$46,100	\$49,800	\$53,500

Check if you are the
HEAD OF HOUSEHOLD:
 Female _____
 Male _____

EASY STRAWBERRY ICEBOX CAKE

(Serves APPROXIMATELY 8)



Ingredients:

- 5 Cups of Sweetened Whipped Cream
- 11 Large Rectangular Graham Crackers
- 3 Cups of Chopped Strawberries

Directions:

- 1) Spread a thin layer of whipped cream in a square glass baking dish
- 2) Layer graham crackers on top , then cover with a layer of whipped cream.
- 3) Sprinkle 1/3 of the strawberries on top, then repeat another layer of whip cream.
- 4) Repeat steps 2 & 3 until all ingredients are gone. Top Layer is strawberries.
- 5) Refrigerate for at least 3 hours
- 6) Remove from refrigerator , then Serve in a side dish & Enjoy!



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| Dick's Restaurant | Mod Pizza - Market | Sportsman Café |
| Eagles Ice Arena | Molly's Restaurant | Sweet Frostings Blissful Bakeshop |
| Elements Massage- North | Nails by Tina Lynn | Tomato Street |
| Elements Massage- South | NE Community Ctr. | Trader Joes - North |
| Fairways Golf Course | Numerica | Triple Play |
| Fantastic Sams | Olive Garden | Wendle Ford |
| Foxy Nails | Outback Steakhouse | Yoke's – Indian Trail |
| Frankie Doodles | | Yoke's Market - Foothills |



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