



News and Views

VOLUME 51 ISSUE 08

AUG 2025

ANNUAL DUES

\$25.00 FOR ONE

OR \$45 FOR TWO

Save the Date!

SPOKANE VALLEY SENIOR CENTER

2025 SENIOR RESOURCE FAIR

Free

**SEPTEMBER 15, 2025
10AM-1PM**

AT CENTERPLACEREGIONALEVENTCENTER
2426 N DISCOVERY PL, SPOKANE VALLEY, WA 99216

Local businesses from around the community
will be providing informational booths to help
seniors get the resources they need.

For more information call the Senior Center
at 509-926-1937 or go online to
www.spokanevalley.org/seniorresourcefair



UPCOMING

THURS, AUG 7TH
Board Meeting
10:30 AM in the Library
Library closed
during the meeting.

Farmer's Market
Fridays
4 - 8 PM
At CenterPlace



SENIOR MEALS
MON-FRI 11:00-12:30
Suggested
Contribution \$5.00
Fireside Lounge

Articles due **TUES**
AUG 19 for the **SEPT**
Newsletter

Service and product providers who place ads in this newsletter and whose occupation requires licensure are required to provide copies of their licenses to the Senior Center. However, the inclusion of any ad in this newsletter does not constitute an endorsement or recommendation for the service or product by the Senior Center or the City of Spokane Valley.

The purpose of this association is to promote fellowship, health, recreation, social and educational activities for persons fifty years of age and older, regardless of race, color, creed, religion, sex, national origin or ancestry.

PRESIDENT'S CORNER



Dear Members:

August – the heart of the summer with warm sunshine, long days, and a chance to slow down and savor the last of summer. August is also **National Wellness Month** – a perfect time to focus on self-care, healthy routines and mental well-being. This is a wonderful chance to stay active, connected and engaged with the Senior Center.

The Board of Directors has been busy planning fun events to carry us through the fall to our annual Christmas luncheon on December 14 at Darcy's. Next up, we hope everyone has marked their calendars for our annual Resource Fair on September 15 here at CenterPlace. This event has been well attended for the past two years, and we hope to see many of you again this year. Last year our attendance was 265 – let's set a goal of 300. We can do it!!!!

Although all the local Farmer's Markets are in full swing, a super fun summer day is a visit to Green Bluff. Not only is it a beautiful, relaxing area, but they also have many u-pick farms. I visited not too long ago for the strawberry season – picked my strawberries – and oh so good with some fresh whipped cream on top. Now I am waiting for the peach season – in my opinion, the best of all!!

Starting next month, we are excited to introduce a new column to our Senior Center newsletter: ***In the Spotlight!*** Each month, this column will highlight our volunteers starting with the Board of Directors, Receptionists and Activity Leads. Our goal is to foster connection and remind everyone how valuable each person is to our Center's success.

Many of you have requested we identify a travel company that can provide local travel excursions out of the Senior Center. In working with Collette, our domestic and international travel company, we have identified a local company to provide that service. I am hopeful to provide more information around that for the next newsletter – watch this space.

Just a gentle housekeeping reminder that when you finish your activity to be sure and clean up the space around you for the next activity. We have had complaints lately that some of the activity areas are left in a less than desirable state. We appreciate your assistance with that clean-up.

In closing - wishing you all a happy and healthy August.

More to come....Donnah





In the Spotlight!

Quilter Marilyn Kahn
Displaying her most recent
accomplishment.

Any child would love to snuggle up with
such an original and heartfelt keepsake.

She has also created
pillows with patriotic
themes that she donates to
Veterans.

Thank you Marilyn
for sharing your
talent with us.



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Spokane Valley Senior Center, Spokane Valley, WA

A 4C 05-1349

Word Twist

Autumn

The letters in these words are all twisted up. To play, unscramble the letters to reveal the correct words.

Hint: Each puzzle has a common theme!



srthvae _____

eavels _____

nroac _____

mkipnu _____

picrs _____

pplae _____

tsaweer _____

ccrsaeowr _____

idehyar _____

nfeirbo _____

©LPI

4 WAYS YOU CAN

Support Your Local Senior Center

1

VOLUNTEER YOUR TIME

Whether it's assisting with events or just spending time with seniors, your time makes a difference.



2

DONATE RESOURCES

Many senior centers operate on limited budgets. Consider donating supplies, books, games, or even financially!



3

SPREAD THE WORD

Share your local senior center's events, activities, and needs on social media.



4

GET INVOLVED

Attend classes, workshops, or intergenerational events. Your participation helps foster a vibrant, connected community.




©LPI

Silver Café - August

All meals include: Vegetables, Fruit, Grain, and Milk or Juice



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Creamy Tuna Pasta w/ Peas, Cucumbers, Watermelon Chunks, Roll & Milk or Juice
4 Shepherds Pie w/ Mashed Potatoes, Green Beans, Sliced Peaches, Roll & Milk or Juice	5 Chicken Salad Flatbread w/ Spinach, Sliced Beets, Pineapple Chunks, Flatbread & Milk or Juice	6 Creamy Chicken Pasta Salad w/ Garlic Dressing, Tomatoes, Cucumbers, Sliced Peas, Roll & Milk or Juice	7 Cheeseburger w/ Baked Beans, Potato Salad, Watermelon, Potato Chips & Milk or Juice	8 Lemon Baked Fish w/ Roasted Sweet Potato, Broccoli, Sliced apples, Roll & Milk or Juice
11 Lemon Pepper Chicken w/ Potato Medley, Spinach, Sliced Peaches, Roll & Milk or Juice	12 Sloppy Joe Side Salad w/ Dressing, Carrot Blend, Pineapple Chunks, Bun & Milk or Juice	13 Chicken Taco Salad w/ Black Beans, Salad Mix, Cheese, Tomatoes, Picante Sauce, Sliced Peas, Tortilla Chips & Milk or Juice	14 Tuna Salad Sandwich w/ Sliced Beets, Cucumbers, Lettuce Leaf, Fresh Apple, Bun & Milk or Juice	15 Sweet & Sour Pork w/ Brown Rice, Stir Fry Veggies, Broccoli, Watermelon Chunks, Roll & Milk or Juice
18 Teriyaki Chicken Stir Fry w/ Brown Rice, Cauliflower, Sliced Pears, Roll & Milk or Juice	19 Beef Tacos w/ Fiesta Lime Corn, Black Beans, Sour Cream, Salsa, K-12 Orange, Tortilla & Milk or Juice	20 Pulled Pork Sandwich Side Salad w/ Dressing, Capri Veggies, Pineapple Chunks, Bun & Milk or Juice	21 Chicken & Gravy w/ Mashed Potatoes, Broccoli, Sliced Apples, Roll & Milk or Juice	22 Spinach Strawberry Salad w/ Chicken, Raspberry Vinaigrette, Roll & Milk or Juice
25 Chicken Parmesan w/ Penne Pasta, Carrots & Peas, Sliced Pears, Roll & Milk or Juice	26 Citrus Chicken Salad w/ Toasted Sesame Dressing, Shredded Carrots, Yellow Pepper, Mandarin Orange, Roll & Milk or Juice	27 Fish Sandwich w/ Mixed Veggies, Broccoli, Fresh Apple, Tartar Sauce, Bun & Milk or Juice	28 Beef Stew w/ Potatoes, Green Beans, Pineapple Chunks, Roll & Milk or Juice	29 Chef Salad w/ Turkey, Shredded Carrots, Cherry Tomatoes, Hard Boiled Egg, Fresh Pear, Roll & Milk or Juice

If you have any questions, please call our office at 509-924-6976. Greater Spokane County Meals on Wheels is not responsible for food allergies or other dietary requirements. Meal recipients are responsible for monitoring their own dietary requirements. The menu is subject to change.

Cribbage Winners

06-24-25 was JOHN REAMER

07-01-25 was DUANE RIES

07-08-25 was ANNE WILSON

07-15-25 was GEORGE OSBORNE

For info please call

Rich Pearson 509.924.7759

Congratulations Everyone!

Pre-registration required through ACT 2

Activity	Activity Time	Location	Activity Leader	Phone Number
Monday				
ACT 2 Pilates Cancelled		Dance Floor	ACT 2	509-533-8500
ACT 2 Aerobics Cancelled		Dance Floor	ACT 2	509-533-8500
Wednesday				
ACT 2 Pilates Cancelled		Dance Floor	ACT 2	509-533-8500
ACT 2 Aerobics Cancelled		Dance Floor	ACT 2	509-533-8500

Updated: 08/01/25

ACT 2 Front Desk Number: 509-533-7181



Spokane Valley Senior Center Activity Schedule

Current Hours: 9:00am – 3:30pm, Monday – Friday

2426 N Discovery Pl, Spokane Valley, WA 99216 Front Desk: (509)-926-1937

08/01/25

Activity	Activity Time	Location	Activity Leader	Phone Number
Monday				
Billiards	9:00am – 3:30pm	Billiards Room	Dan Spooner	509-919-5224
Quilting	9:00am – 3:30pm	Art Room	Donna Knudsen	509-926-9996
Wii Bowling	9:30am – 12:00pm	RM 235	Sue Gaines	303-881-0244
Pinochle DD	9:00am – 3:30pm	Art Room	June Church	509-9902798
Mahjongg	11:00am – 3:00pm	Library/ RM 227	Ann Christensen	509-475-3936
Table Tennis	11:15am – 1:15pm	Dance Floor	Tim Garb	208-755-6702
Knitting & Crochet	1:00pm – 3:30pm	Lounge	Glendle Reeve	509-924-8102
Dollhouse Miniatures	12:30pm – 3:30pm	RM 235	Vicki Collyer	208-667-7553
Tuesday				
Billiards	9:00am – 3:30pm	Billiards Room	Dan Spooner	509-919-5224
Cribbage	9:00am – 12:00pm	RM 235	Rich Pearson	509-924-7759
Wood Carving	12:00pm – 3:00pm	Art Room	Jerry Christianson	509-443-6970
Open Studio Painting	12:00pm – 3:00pm	Art Room		
Book Club	1:00pm – 3:00pm (3 rd Tues ONLY)	Library	Lorna Van Lankeren	509-921-5875
Bingo	1:30pm - 3:30pm	Lounge	Cindy Bacon	509-926-6676
Northern Quest Casino	10:00am – 2:00pm (3 rd Only)	Lobby Bus Pickup	Diana Jessee	509-928-6217
Wednesday				
Billiards	9:00am – 3:30pm	Billiards Room	Dan Spooner	509-919-5224
Bridge Party	10:00am – 3:30pm	RM 235	Dave Locklin	509-990-5799
Table Tennis	11:15am – 1:15pm	Dance Floor	Tim Garb	208-755-6702
Caregiver Support	10:00am – 12:00pm (1 st 2 nd & 3 rd)	Library	Suzanne Griner	509-863-1933
Scrabble Group	12:00pm – 3:30pm	RM 227	Larry Carroll	509-534-3966
Walking Group	10:00am – 11:00am	Lobby	Sue Rector	509-899-8051
Pinochle	12:00pm – 3:15pm	Art Room	Ann Christensen	509-475-3936
Line Dance Beginners	1:30pm – 3:30pm	Dance Floor	Judy Rausch	817-279-3183
Thursday				
Billiards	9:00am – 3:30pm	Billiards Room	Dan Spooner	509-919-5224
Intro Spanish Class	9:00am – 11:30am	RM 235	Lidwina Erickson	623-256-8376
Bridge Tournament	10:00am – 3:00pm (2 nd & 4 th ONLY)	Dance Floor	Linda Schwartz	208-661-4331
Canasta	11:30am – 2:00pm	RM 227	Mady Mercz	509-919-7925
Red Hat Ladies	12:00pm – 2:00pm (3 rd ONLY)	RM 235	Anna-Marie Karlson	406-240-1213
Chess	12:30 – 3:00pm	Art Room	Scott MacDonald	509-995-6853
Cross Stitching	12:00pm - 3:00pm (1 st ONLY)	Art Room	Chris Baldini	509-993-8971
Friday				
Billiards	9:00am – 3:30pm	Billiards Room	Dan Spooner	509-919-5224
Quilting	9:00am – 12:00pm (2 nd & 4 th ONLY)	Art Room	Kim Soger	661-733-5611
Mahjongg	12:00pm – 3:00pm	RM 227	Ann Christensen	509-475-3936
Pinochle DD	9:00am – 3:30pm	Art Room	June Church	509-990-2798
Duplicate Bridge	9:45am - 2:30pm	RM 235/Library	Bob Numata	509-924-6449
Table Tennis	11:15am – 1:15pm	Dance Floor	Tim Garb	208-755-6702
Mexican Train	12:30pm – 3:30pm	Art Room	Dee Baer	503-367-5431
Line Dance Plus	1:30pm – 3:30pm	Dance Floor	Judy Rausch	817-279-3183

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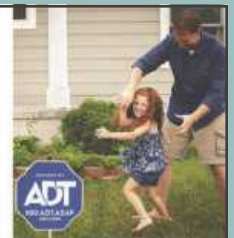


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**SPOKANE VALLEY SENIOR CITIZENS ASSOC (SVSCA)
2426 N DISCOVERY PLACE (CENTERPLACE)
SPOKANE VALLEY, WA 99216-5055**

CHECK OUT OUR WEBSITE:
spokanevalleyseniorcenter.org

CONTACT US AT our Email:
svsca2005@yahoo.com or
Leave a message : **509-926-1937**

To submit articles for the
newsletter, place in the
Newsletter Box in the
office or Email to
svsca2005@yahoo.com

BOOK CLUB MEETS 3RD TUES

DATE:	TOPIC:
AUG 19,	Western or Western Expansion
SEP 16,	Any Play

Come explore new topics and interesting
discussions each month.

SVSCA BOARD OF DIRECTORS:

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