



News and Views

VOLUME 51 ISSUE 10

OCT 2025

ANNUAL DUES

\$25.00 FOR ONE

OR \$45 FOR TWO

Announcing a new activity to honor our Veterans.

DARTS & DONUTS FOR VETS

The second Tuesday of each month we invite all veterans to come together at 10am in the Pool Room, share donuts, visit, and enjoy a game of darts or pool together.

The exception will be in November, as we will have a special Veteran's Day Celebration on Monday, November 10, at 10am.
(The Center will be closed on Tuesday.)

All Veterans, please plan to attend the inaugural meeting,
on **Tuesday, October 14 at 10am.**



We thank you for
your service!

UPCOMING

TUES, OCT 2ND
Board Meeting
10:30 AM in the Library
Library closed
during the meeting.

ATTENTION

If you drink coffee from the Senior Center, we would appreciate if you would place 50 cents into the drop box, or donate coffee pods.

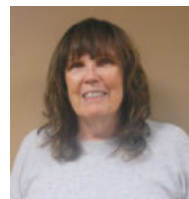
SENIOR MEALS
MON-FRI 11:00-12:30
Suggested
Contribution \$5.00
Fireside Lounge

Articles due **TUES**
OCT 21 for the **NOV**
Newsletter

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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:

Fall has officially arrived in Spokane Valley. The crisp air, colorful leaves and shorter days remind us to slow down and enjoy the beauty of the season. October is also a time of reflection and connection as we prepare for the holidays ahead.

Wellness reminder: With the cooler weather, it's a good idea to take care of your health. We hope you took advantage of the vaccination clinic we held at the Senior Center in late September. If you could not attend the Center clinic, don't forget your seasonal vaccinations through your doctor's office or pharmacy.

Community spotlight: Our partners at Spokane Valley Parks & Recreation have released the 2025 fall and winter guide. It is filled with fun activities in Spokane Valley from Halloween festivities to the ever-popular Christmas Market.

For those members who have requested dance sessions at the Senior Center I did see the availability of adult dance sessions for the winter months at a minimal cost.

Unfortunately, due to our operating hours we are unable to provide evening activities, but here is the chance to still put that little pep in your step!! Callie has copies of the guide at her desk – be sure and stop by and pick one up.

October fun: As autumn rolls in the Board of Directors are busy with our fall calendar. Please be sure and check out the annual Fall Arts & Crafts Swap Meet scheduled for October 27. This is a fun event and grows more popular with each session.

And for those that love tradition there is the ever-popular Green Bluff for apple picking, pumpkins, harvest festivals and my personal favorite, pumpkin doughnuts.

Looking ahead: November will bring special opportunities for gratitude and connection. At the Center the Board of Directors will be hosting our annual membership meeting on Thursday, November 6 from 11-12. We also kick off the annual Silent Auction on November 10. More information will follow in the November newsletter.

And as a last note, a special thank you to all our members who attended our annual Resource Fair on September 15. It was a huge success with nothing but positive feedback from both attendees and the 44 vendors who participated. Wishing you a safe, healthy and joyful October.

More to come....Donnah





SPOTLIGHT ON LINDA BURR BOARD VICE PRESIDENT

I was born and raised in Modesto, CA.

I married my soulmate, Darrell, at 19 and had 55 wonderful years with him. I worked as a bookkeeper for various construction companies until Darrell got ill and then I retired.

I have two children, one son and one daughter. My son lives in California and my daughter and I share a home here in Spokane Valley. I have three grandchildren, three step-grandchildren, and four great grandchildren.



I have been in Spokane Valley for five years. I enjoy being involved in the Spokane Valley Senior Center as a volunteer, and also Vice President of our Board. I enjoy greeting and meeting with our fun-loving seniors!
Linda Burr



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SAVE THE DATES

Annual Fall Arts & Crafts Swap Meet

is scheduled for

October 27, 2025 from 10-1:30 in the

Fireside Lounge. This is a no cash event.

Start gathering your gently used arts and craft supplies now to swap for new inspirations for your creative endeavors.

The **Silent Auction**, a favorite and much anticipated event of our Holiday Season,
will take place from **Monday Nov. 10 to Friday Nov. 27, 2025**

Spokane Valley Senior Center Walking Group

Sue Rector 509-899-8051

NEW TIME ANNOUNCEMENT

Time Wednesday beginning in
October—10am-11am.

**Walking from the lobby to
Mirabeau Park and back.**

50/50 SPLIT RAFFLE FUNDRAISER

**Congratulations to Patti
Price who won \$168.50 in
the raffle.**

**Thank you to all who
participated.**

FALL CRAFT CORNER:

MASON JAR LUMINARIES



Bring a little autumn glow into your home with these easy Mason Jar Luminaries!



SUPPLIES NEEDED:



Mason jar (any size)

Tissue paper in fall colors
(orange, yellow, red, brown)



Mod Podge or white glue mixed with water

Paintbrush or sponge brush

Small LED tealight candle



INSTRUCTIONS:

- 1 Tear tissue paper into small pieces.
- 2 Use your brush to spread a thin layer of Mod Podge/glue onto the outside of the jar.
- 3 Press tissue paper pieces onto glue, overlapping for a stained-glass look.
- 4 Brush another layer of Mod Podge over the tissue paper to seal it.
- 5 Let dry completely.
- 6 Place a battery-powered tealight inside and enjoy your cozy autumn lantern!

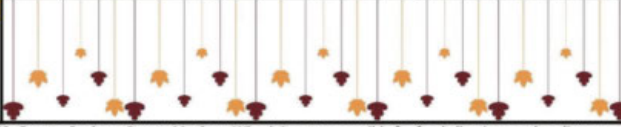


Tip: You can use patterned napkins instead of tissue paper for unique designs.

Silver Café - September

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 CLOSED	2 Baked Fish w/ Dill Sauce w/ Potato Medley, Carrots, K-12 Orange, Roll & Milk or Juice	3 Chicken & Rice Casserole Side Salad w/ Dressing, Mixed Veggies, Pineapple Chunks, Roll & Milk or Juice	4 Chicken Tetrazzini w/ Pasta, Spinach, Country Blend Veggies, Fresh Apple, Roll & Milk or Juice	5 Pork Roast w/ Scalloped Potatoes, Broccoli, Sliced Peaches Roll & Milk or Juice
8 Beef w/ Mushroom Gravy w/ Mashed Potatoes, Stewed Tomatoes & Zucchini, Sliced Peaches, Roll & Milk or Juice	9 Fish Tacos w/ Roasted Corn, Shredded Lettuce, Diced Onions, Tomatoes, Salsa, Pineapple, Chunks, Tortilla & Milk or Juice	10 BBQ Pork w/ Steamed Potatoes, Peas & Carrots, Sliced Apples, Roll & Milk or Juice	11 Baked Chicken Sandwich Side Salad w/ Dressing, Country Blend Veggies, Tomato, Lettuce, Sliced Peas, Condiments, Bun & Milk or Juice	12 Creamy Tuna Pasta w/ Peas, Cucumbers, Watermelon Chunks, Roll & Milk or Juice
15 Chicken Salad Flatbread w/ Spinach, Sliced Beets, Pineapple Chunks, Flatbread & Milk or Juice	16 Shepherds Pie w/ Mashed Potatoes, Green Beans, Sliced Peaches, Roll & Milk or Juice	17 Creamy Chicken Pasta Salad w/ Garlic Dressing, Tomatoes, Cucumbers, Sliced Peas, Roll & Milk or Juice	18 Chef Salad w/ Turkey, Shredded Carrots, Cherry Tomatoes, Hard Boiled Egg, Fresh Pear, Roll & Milk or Juice	19 Lemon Baked Fish w/ Roasted Sweet Potato, Broccoli, Sliced apples, Roll & Milk or Juice
22 Lemon Pepper Chicken w/ Potato Medley, Spinach, Sliced Peaches, Roll & Milk or Juice	23 Sloppy Joe Side Salad w/ Dressing, Carrot Blend, Pineapple Chunks, Bun & Milk or Juice	24 Chicken Taco Salad w/ Black Beans, Salad Mix, Cheese, Tomatoes, Picante Sauce, Sliced Peas, Tortilla Chips & Milk or Juice	25 Tuna Salad Sandwich w/ Sliced Beets, Cucumbers, Lettuce Leaf, Fresh Apple, Bun & Milk or Juice	26 Sweet & Sour Pork w/ Brown Rice, Stir Fry Veggies, Broccoli, Watermelon Chunks, Roll & Milk or Juice
29 Teriyaki Chicken Stir Fry w/ Brown Rice, Cauliflower, Sliced Peas, Roll & Milk or Juice	30 Beef Tacos w/ Fiesta Lime Corn, Black Beans, Sour Cream, Salsa, K-12 Orange, Tortilla & 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

08-26-25 was MIKE SAVILLE

For info please call

09-02-25 was R. J. MacGILLIVARY

Rich Pearson 509.924.7759

09-09-25 was DUANE RIES

09-16-25 was HEATHER BAZE

Pre-registration required through ACT 2

Activity	Activity Time	Location	Activity Leader	Phone Number
Monday				
ACT 2 Pilates	9:50am – 10:50am Sep. 22 – Nov. 12	Dance Floor	ACT 2	509-533-8500
ACT 2 Aerobics	8:45am – 9:45am Sep. 22 – Nov. 12	Dance Floor	ACT 2	509-533-8500
Tuesday				
Strength & Stability for Better Balance	11:00am – 12:00pm Sep. 23 – Nov. 18	Art Room	ACT 2	509-533-8500
Wednesday				
ACT 2 Pilates	9:50am – 10:50am Sep. 22 – Nov. 12	Dance Floor	ACT 2	509-533-8500
ACT 2 Aerobics	8:45am – 9:45am Sep. 22 – Nov. 12	Dance Floor	ACT 2	509-533-8500
Open Art: Mixed Media	9:00am – 11:45am Sep. 17 – Oct. 22	Art Room	ACT 2	509-533-8500
Thursday				
Tai Chi	9:00am – 10:00am Sep 25. – Nov. 13	Art Room	ACT 2	509-533-8500
Strength & Stability for Better Balance	11:00am – 12:00pm Sep. 23 – Nov. 18	Art Room	ACT 2	509-533-8500
Friday				

Updated: 10/01/25

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

10/01/25

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	Patti Victorson	408-829-4033
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
Advanced 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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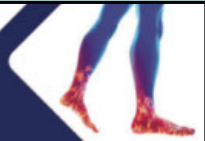
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BOOK CLUB 3RD TUES, 1-3 PM

DATE:	TOPIC:
OCT 21,	Short Stories
NOV 18,	Non Fiction
DEC 16,	Our Hobbies
JAN 20,	General Health

Come join the fun!

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