



News and Views

VOLUME 51 ISSUE 11

NOV 2025

ANNUAL DUES

**\$25.00 FOR ONE
OR \$45 FOR TWO**

ANNUAL GENERAL MEMBERSHIP MEETING

NOVENBER 6th at 11am in the **Arts and Craft room** our **annual membership meeting** will be held and will include introduction of members who are interested in participating on the Board of Directors as well as a recap of the year by our current Board members. If a Board position interests you, please be prepared to introduce yourself and why you would like to volunteer for this position. Your name will then go on the ballot and **voting will be open to the members the week of November 10.**

BIO FOR GLORIA HIGGINSON

For the past 3 years it has been a privilege to serve on the Board and work alongside so many of you to help make our senior center a vibrant, welcoming and supportive community. Having worked with Greater Spokane County Meals on Wheels for nearly 13 years, and serving as a congregate site manager here for two of those years, my dedication to our members and our mission has only grown stronger. I would be truly honored to continue serving for another term on the Board. Thank you for your trust, your support and the opportunity to be part of this wonderful community.

BIO FOR LINDA BURR

I enjoy being involved in the Spokane Valley Senior Center as a volunteer at the receptionists desk and serving on the Board of Directors as the Vice President. As a board member I also volunteer for committees. I buy supplies for the senior center, manage the membership inputs and edits and other duties as necessary. I would for very glad to serve on the Board of Directors once again. I would appreciate your vote.

UPCOMING

TUES, NOV 6TH
Board Meeting
9:00 AM in the Library
Library closed
during the meeting.

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

Articles
Due **SUN NOV 16**
for **DEC**
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:

As the leaves change and the air turns crisp, we welcome November with gratitude and warmth here at the Spokane Valley Senior Center. As we look forward into the holiday season, the Giving Tree and Toys for Tots will be set up once again in the Center lobby. This was quite successful last year and your generosity towards those in need was heartwarming. We are hopeful for a repeat this year.

The Board thanks everyone who participated in our fall special events – and all our events this year. It was great fun, and we look forward to bringing more events into the Center in 2026. If you have any ideas on what you would like to see at the Center, please drop a note in the suggestion box. Please be mindful of the Center hours and our inability currently to provide any activities after Center hours.

On November 6 at 11AM in the Arts and Crafts room our annual membership meeting will be held and will include introduction of members who are interested in participating on the Board of Directors as well as a recap of the year by our current Board members. If a Board position interests you, please be prepared to introduce yourself and why you would like to volunteer for this position. Your name will then go on the ballot and voting will be open to the members the week of November 10.

The annual holiday luncheon will be held this year on December 13 at Darcy's. The full cost is \$33 per person and that includes salmon, chicken corde blue and spiral baked ham along with sides. As in prior years the members will pay \$25. The cost for non-members will be the full price of \$33. Sign-up sheets will be at the receptionist's desk after Thanksgiving. Space will be limited, so be sure to sign up once the signup sheet is posted. On that yummy note - from all of us on the Board of Directors, we wish you a warm and happy Thanksgiving!!!

More to come....Donnah



SERVICE ANIMALS AND THE ADA

Below is an important notice about service animals at the Spokane Valley Senior Center

In accordance with the **Americans with Disabilities Act (ADA)** and to ensure the comfort, safety, and health of all our seniors, we must remind everyone **that only service animals are permitted inside the Senior Center.** Under the ADA, only dogs that are individually trained to perform tasks for a person with a disability are recognized as service animals.

Accordingly emotional support animals, therapy animals or companion animals **do not** qualify as service animals under the federal law and are not permitted in public spaces where only service animals are allowed.

We take the health, safety, and comfort of all our members seriously -many of whom may have allergies, compromised immune systems or fear of animals.

We appreciate your understanding of the ADA rules and regulations that we are obligated to support. If you have any questions, please don't hesitate to ask any Board member.



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Spokane Valley Senior Center, Spokane Valley, WA

A 4C 05-1349



Senior Center will be
CLOSED TUES, NOV 11th
for Veterans Day

ALSO for

Thanksgiving we are
CLOSED

1:00 PM WED NOV 26 and
all day

THUR NOV 27 and
FRI NOV 28.

SILENT AUCTION

Bidding to be held November 10-20

The much anticipated Silent Auction is almost upon us. We appreciate all the beautiful baskets and handmade items donated in the past, and look with anticipation to see the lovely creations that will be donated this year.

Information and details will be made available at the Reception desk. Baskets may be brought in no earlier than November 10, and will be **available for pick-up on Friday Nov. 21.**

We have so many creative and talented people at the Center, and we appreciate your generosity very much!

DARTS FOR EVERYONE

The new Dart Board is up in the Pool Room and is available to play games now. Darts are available to check out at the Receptionist Desk. The hours are 9-3.

We especially invite our Veterans to join us on Monday, Nov. 10 at 10am to play a game of darts or pool and enjoy a donut while gathering as we honor your service to our country.

ATTENTION WALKING GROUP

Center's walking group will meet at the Spokane Valley Mall Food Court next to Cinnabon's on **November 5th from 10am to 11am**, and will resume on **December 3rd** after the holiday schedule.



Silver Café - November

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Beef w/ Mushroom Gravy w/ Mashed Potatoes, Stewed Tomatoes & Zucchini, Sliced Peaches, Roll & Milk or Juice	4 Fish Sandwich w/ Tartar Sauce, Peas & Carrots, Broccoli, Fresh Pear, Bun & Milk or Juice	5 Chicken Cutlet w/ Roasted Squash, Green Beans, Sliced Apples, Roll & Milk or Juice	6 Shepherd's Pie w/ Mashed Potatoes, Spinach, Pineapple Chunks, Roll & Milk or Juice	7 Citrus Chicken Salad w/ Sesame Dressing, Shredded Carrots, Yellow Pepper, Mandarin Oranges, Roll & Milk or Juice
10 CLOSED	11 CLOSED	12 Pulled Pork Sandwich Side Salad w/ Ranch, Capri Veggies, Pineapple Chunks, Bun & Milk or Juice	13 Chef Salad w/ Turkey, Hard Boiled Egg, Carrot, Green Bell Pepper, Cherry Tomatoes, Banana, Roll & Milk or Juice	14 Chicken Tetrazzini w/ Country Blend Veggies, Sliced Peaches, Roll & Milk or Juice
17 Chicken Curry Casserole w/ Brown Rice, Bell Pepper Mix, Sliced Apples, Roll & Milk or Juice	18 Lemon Pepper Chicken w/ Baby Bakers, Spinach, Sliced Peaches, Roll & Milk or Juice	19 Sloppy Joe w/ Baby Bakers, Spinach, Sliced Peaches, Roll & Milk or Juice	20 Tuna Noodle Casserole w/ Roasted Zucchini, Pineapple Chunks, Roll & Milk or Juice	21 Chicken & Broccoli Stir Fry w/ Brown Rice, Stir Fry Veggie Blend, Applesauce, Roll & Milk or Juice
24 Chili Mac w/ Ground Turkey, Brussel Sprouts, Applesauce, Roll & Milk or Juice	25 Chicken & Rice Casserole Side Salad w/ Ranch, Brown Rice, Mixed Veggies, Pineapple Chunks, Roll & Milk or Juice	26 Turkey Dinner Turkey, Mashed Potatoes, Stuffing, Corn, Ambrosia, Roll & Pumpkin Dessert	27 CLOSED	28 CLOSED

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.

09-23-25 was **CHUCK LIDMAN**

Congratulation Cribbage Winners

09-30-25 was **DUANE RIES**

10-07-25 was **BRIAN ORNE**

For information call:

10-14-25 was **JOHN REAMER**

Rich Pearson 509-924-7759

10-21-25 was **JOHN REAMER**

Pre-registration required through ACT 2

Updated: 10/17/25

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 *no class on Nov 6 – make up class on Nov 20	Art Room	ACT 2	509-533-8500
Friday				

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

10/17/25

Activity	Activity Time	Location	Activity Leader	Phone Number
Monday				
Billiards & Darts	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 & Darts	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 & Darts	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 & Darts	9:00am – 3:30pm	Billiards Room	Dan Spooner	509-919-5224
Bridge Tournament	10:00am – 3:00pm (2 nd & 4 th ONLY)	Dance Floor	Linda Schwartz	208-661-4331
Advanced Canasta	10:30am – 1:30pm	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 & Darts	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

Silver Café by Meals on Wheels: Monday – Friday 11:00am – 12:30pm, \$5 suggested donation

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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
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BOOK CLUB 3RD TUES, 1-3 PM

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

Come join the fun!

SVSCA BOARD OF DIRECTORS:

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**TO REACH BOARD MEMBERS, PLEASE
EMAIL SVSCA2005@YAHOO.COM**