



News and Views

VOLUME 52 ISSUE 01
JAN 2026
ANNUAL DUES
\$25.00 FOR ONE
OR \$45 FOR TWO

HIGHLIGHTS FROM OUR ANNUAL MEMBERSHIP MEETING Held Nov 6th 2025, 11:00am

Present were Donnah Ballard, Linda Burr, Karen Taff, Annette Milonis, Gay Le Bret, Gloria Higginson, Freya Coutts and Kendal May of the Spokane Parks and Recreation Dept.

Karen Taff gave the treasurer's report. Annette Milonis reported the minutes of the last annual meeting.

Linda Burr reported there are 707 members currently.

Donnah Ballard gave an advertising overview of ads placed in the Current and Splash for various holidays.

Gay LeBret explained the new website and newsletter situation. LPI is printing the newsletter and Walt's Mailing Service is mailing it. The printing is free to the center and the new website is up and running.

2025 Senior Center activities:

The Resource fair had 44 vendors. It was well run and well attended with positive feedback.

The annual holiday luncheon at Darcy's in December is a favorite event.

Collette held a travel seminar featuring local and foreign tours.

A new dartboard has been set up in the pool room for all members to use.

Two arts and crafts swap meets were held this past year and were well attended.

An annual appreciation luncheon was held with a 50s theme, including music and games. This was for activity leaders, receptionists, and board members.

A silent auction was held in the month of November and brought in around \$1500.

The donated items were beautiful and much appreciated.

The giving tree was a success and will be repeated this November.

The board will publish a tentative 2026 activity list in the January 26 newsletter. All activity ideas are welcome and will be reviewed by the board for feasibility.

Questions from the audience included "what is the main income source for the center." Memberships are our prime source of income, followed by donations, activities, and investments.

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:

Happy New Year!! As we turn the calendar to January, we welcome a fresh start and the promise of new opportunities here at the Spokane Valley Senior Center. Winter may be settling in, but our Center remains a warm and welcoming place to gather, stay active and connect with friends old and new.

As the Board of Directors looks back on 2025, we want to extend our heartfelt thanks to each and every one of you who took part in activities and events at our Senior Center this year. We closed out our year with the Make-a-Wish giving tree, our annual luncheon at Darcy's restaurant and our week of Christmas celebration here at the Center. Your participation is what brings our Center to life and helps create a warm and welcoming community for all. The Board will be busy in the coming months planning our events for 2026 – look for the return of old favorites and new events that make our Center such a special place.

This month we encourage you to check out our January activity calendar. Trying a new activity can be a great way to discover a hidden talent or meet someone who shares your interests. January is a wonderful time to ease into healthy habits, whether it's joining a gentle exercise class, taking part in a walking group, or simply enjoying a nutritious meal with friends, every small step counts.

Thank you for being part of our Senior Center community. We look forward to sharing another year of friendship, learning and fun with you.

Wishing you a happy, healthy and hopeful New Year!!!



More to come....Donnah

Senior Center will be **CLOSED** THUR
JAN 1ST FOR
NEW YEARS DAY
AND MON
JAN 19 FOR
MARTIN LUTHER KING JR DAY

BACKUP TREASURER NEEDED

Our Senior Center is looking for a dependable member to serve as a Backup Treasurer. This important volunteer role helps ensure smooth financial operations and provides support when the Treasurer is unavailable. This is a wonderful opportunity to stay engaged, use your skills, and make a meaningful contribution to a place we all value.

If you're interested or would like more information, please leave your name and phone number at the receptionist desk and a member of the Board will be in touch with you. Your participation makes a difference – thank you for considering this role!!!

THUR, JAN 8th
Board Meeting
10:30 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 TUE **JAN 20**
for **FEB**
Newsletter



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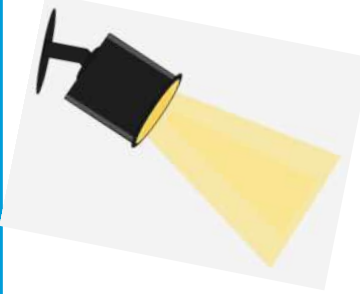

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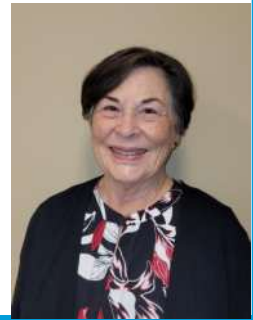


SPOTLIGHT ON ANNETTE MILIONIS

I am Annette Milionis, Secretary of the Board of the Spokane Valley Senior Center. I am also the Wed receptionist, as well as Chairman of the Silent Auction and Swap Meet.

I am originally from California but have lived in Spokane for 50 years.

I enjoy gardening, sewing, beading, crafting, reading, and anything creative. I love creating something from nothing, and order from chaos. I also love being involved with all the lovely people at the Spokane Valley Senior Center.



Hey Everyone, Come have fun!!

Congratulations to all who participated in the Silent Auction this year, the gracious donors and the generous bidders. We raised \$1097.00 for the Senior Center..

Be sure to try the new dartboard in the Pool Room. It is available every day from 9-3:30 for all to play. Check out the darts from the Reception desk and enjoy a game of Cricket or just enjoy throwing the darts for fun. Darts are at the front desk.

ATTENTION WALKING GROUP

Center's walking group will meet at the Spokane Valley Mall Food Court next to Cinnabon's until Spring weather returns.

Time: Wednesday
beginning Jan 7th.

Sue Rector 509-899-8051

STEPPING SAFELY

(A note from the Center's 2 staircases)

I am a staircase

For your safety, I have a handrail.

I am asking "DO NOT FALL ON ME."

It hurts me too.

**It only takes a little distraction,
a miss-step and OOPS.**

Off you go head over heels.

Thank you for taking care of me and you.

**P.S. there is hand sanitizer at bottom of stairs
by the lobby.**



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
						1		2	
						CLOSED		Sweet & Sour Chicken w/ Brown Rice, Stir Fry Veggies & Broccoli, Sliced Apples, Roll & Milk or Juice	
5		6		7		8		9	
Italian Baked Fish w/ Baby Bakers, Green Beans, Sliced Pears, Roll & Milk or Juice		Lemon Pepper Chicken w/ Sweet Potatoes, Mixed Veggies, Sliced Apples, Roll & Milk or Juice		Beef Stew w/ Potatoes, Stewed Tomatoes & Zucchini, Sliced Peaches, Roll & Milk or Juice		Chicken Tetrazzini w/ Pasta, Peas & Carrots, Pineapple Chunks, Roll & Milk or Juice		Swedish Meatballs w/ Brown Rice, Spinach & Mushrooms, Applesauce, Roll & Milk or Juice	
12		13		14		15		16	
Turkey Chili w/ Kidney & Black Beans, Spinach, Sliced Peaches, Roll & Milk or Juice		Fish Tacos w/ Shredded Lettuce, Chopped Onions & Tomato, Fiesta Lime Corn, Pineapple Chunks, Tortilla & Milk or Juice		Baked Chicken Sandwich w/ Sliced Tomato & Lettuce, Capri Blend Veggies & Roasted Zucchini, Pear, Bun & Milk or Juice		Beef Goulash w/ Noodles, Broccoli & Cauliflower, Side Salad w/ Ranch, Sliced Apples, Roll & Milk or Juice		Chicken Cutlet w/ Sweet Potatoes, Brussel Sprouts, Applesauce, Roll & Milk or Juice	
19		20		21		22		23	
CLOSED		Pulled Pork Sandwich w/ Capri Veggies, Side Salad w/ Ranch, Pineapple Chunks, Bun & Milk or Juice		Chicken & Broccoli Stir Fry w/ Brown Rice, Stir Fry Veggies & Broccoli, Roll & Milk or Juice		Beef w/ Mushroom Gravy w/ Mash Potatoes, Spinach, Sliced Pears, Roll & Milk or Juice		Fish Sandwich w/ Peas & Carrots, Country Blend Veggies, Apple, Tartar Sauce, Bun & Milk or Juice	
26		27		28		29		30	
Chicken Salad Flatbread w/ Spinach, Sliced Beets, Pineapple Chunks, Flatbread & Milk or Juice		Chicken & Gravy w/ Mash Potatoes, Roasted Pepper Blend, Sliced Pears, Roll & Milk or Juice		Tuna Noodle Casserole w/ Penne Pasta, Broccoli, Sliced Peaches, Roll & Milk or Juice		Chicken Parmesan w/ Penne Pasta, Green Beans, Sliced Apples, Roll & Milk or Juice		Cheeseburger w/ Sliced Tomato, Lettuce & Cheese, Baked Beans, Condiments, Applesauce, Bun & 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.									

Congratulation Cribbage Winners

11-18-25 was Janice Fallis

12-09-25 was Janice Fallis

11-25-25 was Bob Harmer

12-16-25 was Duane Ries

12-02-25 was Heather Baze

For info call: Rich Pearson 509-924-7759

Pre-registration required through ACT 2

Activity	Activity Time	Location	Activity Leader	Phone Number
Monday				
ACT 2 Pilates	9:50am – 10:50am Jan. 05 – Mar. 18	Dance Floor	ACT 2	509-533-8500
ACT 2 Aerobics	8:45am – 9:45am Jan. 05 – Mar. 18	Dance Floor	ACT 2	509-533-8500
Tuesday				
Strength & Stability for Better Balance	11:00am – 12:00pm Jan. 06 – Mar. 19	Art Room	ACT 2	509-533-8500
Wednesday				
ACT 2 Pilates	9:50am – 10:50am Jan. 05 – Mar. 18	Dance Floor	ACT 2	509-533-8500
ACT 2 Aerobics	8:45am – 9:45am Jan. 05 – Mar. 18	Dance Floor	ACT 2	509-533-8500
Open Art: Mixed Media	9:00am – 11:45am Feb. 04 – Mar. 11	Art Room	ACT 2	509-533-8500
Thursday				
Tai Chi	8:45am – 9:45am Jan 08. – Mar. 12	Art Room	ACT 2	509-533-8500
Strength & Stability for Better Balance	11:00am – 12:00pm Jan. 06 – Mar. 19	Art Room	ACT 2	509-533-8500
Friday				

Updated: 12/01/25

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

01/01/25

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	De Baer	503-367-5431
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	Mary Everett	509-710-4076
Thursday				
Billiards & Darts	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	10:30am – 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 & 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	De Baer	503-367-5431
Line Dance Plus	1:30pm – 3:30pm	Dance Floor	Annamarie Keck	509-993-2019



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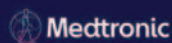


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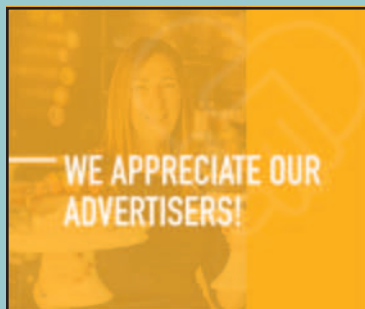
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To submit articles for the
newsletter, place in the
Newsletter Box in the
office or Email to
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BOOK CLUB 3RD TUES, 1-3 PM

DATE: TOPIC:

JAN 20, General Health

Come join the fun!

SVSCA BOARD OF DIRECTORS:

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