



News and Views

VOLUME 52 ISSUE 03
MAR 2026
ANNUAL DUES
\$25.00 FOR ONE
OR \$45 FOR TWO

SPOKANE VALLEY SENIOR CENTER INCORPORATION CELEBRATION

All are invited to the Spokane Valley Senior Citizens Association's (SVSCA) 53 years of service celebration. We will have cake and coffee **March 12, 2026 at 11:30.**

A LITTLE HISTORY OF SVSCA

- the SVSCA incorporated with the Secretary of State as a non-profit March 12, 1973
- Address 111423 E Mission Corner of Mission & Bowdish until CenterPlace was completed in September 2005
- January 1997 the senior center Board of Directors and members were invited to give input for the new senior center in Spokane Valley.
- January 2000 article in newsletter: Big hole in the parking lot of old senior center, the property used to be an landfill.
- February 2002: Randy Johnson with the Spokane County Parks asked the board members to start thinking about what they would like to have in the new center, including what is currently offered. He predicts moving in to new location within the next year and a half.
- March 2002: The state has freed two million for the Mirabeau Point project to be done in two phases.
- March Newsletter: SVSCA joins the new city.
- September 24th 2005 the Grand Opening for CenterPlace which also becomes the new home for the Spokane Valley Senior Center.

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:

March always feels like a month of anticipation. The days stretch a little longer with daylight savings time, the light changes, and we start catching glimpses of spring – even if winter isn't quite ready to let go just yet.

At the Spokane Valley Senior Center, March is a wonderful time to stay connected, stay moving and stay curious. Whether you're coming in for exercise classes, game activity days, educational seminars or just a cup of coffee and conversation, the Center continues to be a place where friendships grow over a good laugh with a tablemate, learning something new or simply being around others – all matter more than we sometimes realize.

As we move forward into the changing season, the Spokane Senior Center will be celebrating a very special milestone for us. It was on March 12, 1973, that the Senior Center became incorporated with the Washington Secretary of State as a non-profit!!!! We have come so far in those 53 years and as we celebrate this milestone with refreshments and a look back, remember it's all of you – our members – who have made our Center a welcoming and supportive place in the Spokane Valley community.

And, of course, March wouldn't be complete without a little green on St. Patrick's Day on March 17. Whether you are Irish by heritage or just Irish for the day, it's a reminder that a splash of green, a shared laugh, or a favorite Irish saying is all it takes to join in the spirit.

May your March be filled with warmth, brighter days, and maybe even just a little extra luck.

More to come....Donnah





SPOTLIGHT ON FREYA COUTTS

Aging has unique challenges. I care about the journey seniors are traveling. My involvement in various volunteer organizations (PTA President, 4-H Leader, Board of March of Dimes and Easter Seals, Spokane Chamber of Commers President's Club, Spokane Valley Partner's Food Bank, Spokane Valley Senior Center) coupled with my own professional and personal life experiences, help me to pay attention to details and do my best to assist in solving challenging issues. I write prose/poetry, am a fan of the Seattle Seahawks and create some fun craft items.

Spokane Valley Senior Center's success is a joint effort of many talented volunteers and members working together and sharing their knowledge and laughter while offering opportunities to assist with physical and mental balance. I enjoy the participants who are enhancing my life, thank you all.

THUR, MAR 5th
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 **THU MAR 19**
for **APR**
Newsletter



Made you look.

Advertise **here** to reach
your local audience.

Scan to get
started!



Visit lpicommunities.com/advertising-solutions





MEMORY AND AGING RESEARCH PROGRAMS **Seeking Individuals Ages 50+ to Help us Examine Temperature and Cognition**

Researchers in the Department of Psychology are examining how changes in temperature (including air temperature, skin and core body temperature, and thermal discomfort) may affect your emotions, energy levels, and thinking abilities. Additionally, researchers are interested in how factors such as thoughts, social engagement, daily activities, and environmental conditions (such as noise, people, and routine changes) may influence memory and everyday tasks like managing medications.

Who we need:

- Individuals ages 50 and older
- Speak fluent English
- Access to a computer or tablet with a webcam and microphone to participate in meetings via Zoom
- Do not meet criteria for dementia

Tasks involved if you participated:

- Complete an initial 30-60 minute telephone interview to determine if you are eligible for the study
- Review consent form via phone call and complete an Activity Routine Interview (30-60 minutes)
- Complete 90-120 minutes of standardized testing assessing your memory and thinking abilities at the beginning and end of the study via Zoom
- Set up home temperature devices and attach 3 to 5 motion detecting sensors to key items used daily in your home (30-60 minutes)
- Wear a smart watch for two-weeks and answer prompts on the smart watch 4x per day
- Complete a packet of questionnaires regarding your physical and mental health, everyday cognitive abilities, and quality of environment (1-2 hours)

Payments include \$50 for pre-testing, \$100 for smartwatch prompts, and \$50 for post-testing.

For more information, please contact: (509) 335 – 4033

Principal Investigators: Dr. Kimberly Meidenbauer, Dr. Maureen Schmitter-Edgecombe, and Dr. Diane Cook

This project has been reviewed and approved by the Washington State University Review Board for human subject participation.

Clarification of Payments: The payments listed above are what **they** pay **YOU** for participation.



Senior Café - March

All meals include: Vegetable, fruit, grain and milk or juice

2	3	4	5	6
Spanish Rice Casserole w/ roasted mixed vegetables and applesauce	Baked Pork Chop w/ scalloped potatoes, baked carrots and peach crisp	Half Turkey Sandwich with Tomato Soup w/ orange wedges and garden salad	Beef Stew w/ fresh baked roll, garden salad and apple crisp	Chili Con Carne w/ garden salad, corn bread and fruit salad
9	10	11	12	13
Ham & Sweet Potato Casserole w/ baked cauliflower and sliced peaches	Fish Sandwich w/ coleslaw, potato wedges, tartar sauce and pears	BBQ Chicken Thighs w/ brown rice pilaf, broccoli and apple crisp	Beef Tacos w/ black beans, corn, cheese, sour cream and picante packet	Swedish Meatballs w/ brown rice, mixed vegetables and sliced peaches
16	17	18	19	20
Chicken & Rice Casserole w/ capri vegetables, pineapple chunks	Corned Beef and Cabbage w/ baked carrots, mashed potatoes, fruit cup	Cheeseburger w/ potato wedge, coleslaw applesauce	Lemon Pepper Chicken w/ roasted potatoes, carrots and apple crisp	Sloppy Joe w/ green beans and sliced pears
23	24	25	26	27
Lasagna Casserole w/ italian blend vegetables and sliced apples	Country Beans & Ham w/ carrots, pears and fresh baked roll	Lemon Baked Fish w/ vegetable rice pilaf, peas and oranges	Shepherd's Pie w/ broccoli and peach cobbler	Italian Meatball Sub w/ green beans and applesauce
30	31			
Spanish Rice Casserole w/ roasted mixed vegetables and applesauce	Baked Pork Chop w/ scalloped potatoes, baked carrots and peach crisp			

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

01-27-26 was Janice Fallis

02-10-26 was Jill Gorzalski

02-03 26 was Lita Perkins

02-17-26 was Janice Fallis

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	9:00am – 10:00am 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: 03/01/26

ACT 2 Front Desk Number: 509-533-7181



Spokane Valley Senior Center Activity Schedule

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

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

03/01/26

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	509-808-9308
Wii Bowling	9:30am – 12:00pm	RM 235	Sue Gaines	303-881-0244
Pinochle DD	9:00am – 3:30pm	Art Room	De Bristol	509-210-0118
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	COMING IN MAY	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	De Bristol	509-210-0118
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 Bristol	509-210-0118
Line Dance Plus	1:30pm – 3:30pm	Dance Floor	Anmarie Keck	509-993-2019



The Insurance Gurus

John Kapelac • Chris Cool • Scott Jensen

Need help finding good advice, competitive rates, and quality products? **Look NO Further.**

Specializing in Auto, Home, Life and Business Insurance

Spokane, WA • 509-724-0000 • myquote@countryfinancial.com

Windermere
REAL ESTATE
VALLEY / LIBERTY LAKE



Terry McKanna

509.991.9237
tmckanna.com

- Real Estate Broker since 2005
- Spokane Native
- Proud EWU Alumni

Our community
wouldn't be the
same **without you!**



Advertise Here!

Increase visibility in your
community.

ADT-Monitored Home Security

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



Authorized
Provider

SafeStreets

833-287-3502

Support Our Advertisers!



Convenience and Peace of Mind

Knowing your appliances are running well
minimizes inconvenient breakdowns.

509-934-2771 | MrAppliance.com

Locally Owned and Operated Franchise

KRISTINA MATTSON LAW

Where Clients Come First

Estate Planning
Probate Law
Medicaid Planning
(509) 998-6629

1206 N. Lincoln Street
Spokane, WA 99201

kmattsonlaw.com

1.866.550.3569
BROTHERSGUTTERS.COM



GUTTERS
seamless | guards | install | repair | clean

Helping you
navigate
Medicare
Insurance
Options



Angie Johnson

Health Insurance Broker

509.418.8187



**Bring dementia
awareness home!**

(509) 960-7281

altcew.org/become-a-dementia-friend



For ad info. call 1-800-950-9952 • www.4lpi.com

Spokane Valley Senior Center, Spokane Valley, WA

B 4C 05-1349

**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 3RD TUES, 1-3 PM

DATE:	TOPIC:
Mar 17,	American Revolution
Apr 21,	Any Translated Book

Come join the fun!

SVSCA BOARD OF DIRECTORS:

PRESIDENT: Donnah Ballard
VICE-PRESIDENT: Linda Burr
TREASURER: Karen Taff
SECRETARY: Annette Millionis
MEMBER: Freya Coutts
MEMBER: Gloria Higginson
MEMBER: Gay LeBret

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