



News and Views

VOLUME 52 ISSUE 04
APR 2026
ANNUAL DUES
\$25.00 FOR ONE
OR \$45 FOR TWO



SPRING ARTS & CRAFTS SWAP MEET

FRIDAY MAY 1 10AM-1PM

Arts & Crafts Room

To all crafters and artists, if you find there are items you no longer use in your artistic pursuits, maybe someone else will value them. Bundle up your gently used items and bring them to the Swap Meet to share.

This is a no cash event, so take this opportunity to have fun and spark new ideas for your hobbies or passions. We hope to see you there.

POLISH UP YOUR SPANISH

Hola Amigas, Amigos

Beginners Spanish Level 1; Lidwina Erickson

Starts May 21, every Thursday, 9 am-11:30pm with 15 min break

Spanish Made Simple: the class uses teaching methods geared to the 55+ student who has no or very little previous experience with the language, or who would like to review beginning concepts. Students will learn basic Spanish vocabulary and communication skills using Spanish Made Simple text book. Emphasis is on learning correct pronunciation, basic communication phrases, and writing in the present tense. Will have some hand out materials.



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

April in Bloom: Fresh Starts, Fresh Smiles



Dear Members:

As I drove to the Senior Center this morning, I couldn't help but notice all the buds on the trees – a welcome sign of spring. April brings longer days, brighter mornings and that welcome hint of spring in the air. It's the perfect time to shake off winter and try something new – whether that's joining a class or attending a special event here at the Senior Center.

The Board of Director's have been busy planning some new and exciting special spring events here at the Center to welcome the season. Every conversation, every activity, and every smile adds something meaningful to our days. More detailed information is in the newsletter, but a brief recap for April:

- Introducing our monthly *Savvy Senior Living Series*. First on the April agenda
 - home insurance seminar designed especially for seniors
- Member appreciation week
- Volunteer appreciation luncheon

For a sneak peek into May we are bringing back the favorite Spring Arts and Crafts Swap meet, the Collette travel series, a new event we are calling Mother's Day Tea and Women's Wisdom Book Workshop, the ever popular Spokane Indians and a continuation of our Savvy Senior series. Watch for additional information in the May newsletter.

Here's to April – a season of renewal, connection, and plenty of reasons to smile. These are the moments that make our community so special.

We look forward to seeing you at the Center!!

More to come....Donnah



Happy Easter and Passover to all our members

NEW SERIES

Join us for the Savvy Senior Living Series at the Spokane Valley Senior Center!! Each month, learn practical ways to save money, protect your assets and make smart financial choices for home and auto, estate planning and home equity planning, and Retirement Mortgage Planner.

First in our series: "Your Guide to Stress-Free Home Insurance"

Discover the peace of mind you deserve by joining us on April 9 from 12-1 in Room 235 for a home insurance seminar, designed especially for seniors who want to protect their homes without getting tangled in confusing policies or costly mistakes. This session will highlight common traps to avoid and show you how to truly save money without sacrificing essential protection for your home.

It's practical and empowering – exactly the kind of guidance every homeowner should have. Hope to see you there!!!

THUR, APR 2nd
Board Meeting
10:00 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 Mon Apr 20
for **MAY**
Newsletter

Never miss our publication!

Get each new issue
delivered straight to
your inbox.

Scan to subscribe on
MyCommunityOnline.com





**SPOKANE VALLEY SENIOR CENTER
APPRECIATION WEEK APRIL 12 - 17**



**Come join us in the Lobby for
cookies and balloons**

**We also want to wish HAPPY BIRTHDAY to those who turned 90 or older
from January through April. ENJOY!**

**Edwin Andrews, Ronald Cook, Dianne Halverson, Marvel Hinrichs,
Davy Adamson, Aleen Cornell, Glendle Reeve, Richard MacGillivray, and
Donna Clark**

**NEED TO GET MOVING?
LIKE TO HAVE COMPANY?
JOIN THE SPOKANE VALLEY SENIOR CENTER WALKING GROUP**

**We begin walking every Wednesday
At 10:00 am on April 15th
Join us in the Sr Center Lobby**

Sue Rector 509-899-8051

NOTE: In bad weather we will walk at the Valley Mall

**Herbalists have long turned to echinacea and elderberry as trusted allies to
support immunity. Making your own tinctures and teas isn't just about
wellness, it's for enjoyment too.**

**This sweet-tart tea offers a multifaceted approach to immune health. The
elderberry blocks viruses from entering cells; hibiscus soothes a sore throat
and adds bioflavonoids; and schisandra berries strengthen respiratory
health. Honey calms coughs and sore throat.**

SUPER BERRY TEA

**1 tsp dried elderberries
1 tsp dried hibiscus flowers
1 tsp schisandra berries
1 Tbsp honey or to taste**

**Combine herbs in mug, cover with boiling water. Let steep 20 minutes.
Strain and add honey. Can drink hot or add ice. Enjoy!**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Half Turkey Sandwich with Tomato Soup w/ orange wedges and garden salad	2 Beef Stew w/fresh baked roll, garden salad and apple crisp	3 Chili Con Carne w/ garden salad, corn bread and fruit salad
6 Ham & Sweet Potato Casserole w/baked cauliflower and sliced peaches	7 Fish Sandwich w/coleslaw, potato wedges, tartar sauce and pears	8 BBQ Chicken Thighs w/brown rice pilaf, broccoli and apple crisp	9 Beef Tacos w/ black beans, corn, cheese, sour cream and picante packet	10 Swedish Meatballs w/brown rice, mixed vegetables and sliced peaches
13 Chicken & Rice Casserole w/capri vegetables and pineapple chunks	14 Spaghetti and Meat Sauce w/mixed vegetables and fruit cup	15 Cheeseburger w/potato wedge, coleslaw, and applesauce	16 Lemon Pepper Chicken w/roasted potatoes, carrots, and apple crisp	17 Sloppy Joe w/green beans and sliced pears
20 Lemon Baked Fish w/vegetable rice pilaf, peas, and oranges	21 Country Beans & Ham w/carrots, pears and fresh baked roll	22 Lasagna Casserole w/italian blend vegetables and sliced apples	23 Shepherd's Pie w/broccoli and peach cobbler	24 Italian Meatball Sub w/green beans and applesauce
27 Spanish Rice Casserole w/roasted mixed vegetables and applesauce	28 Baked Pork Chop w/scalloped potatoes, baked carrots, and peach crisp	29 BBQ Chicken Thighs w/brown rice pilaf, broccoli, and apple crisp	30 Beef Stew w/fresh baked roll, garden salad, and apple 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.

Partial Funding Provided By: 

Congratulation Cribbage Winners

02-24-26 was Duane Ries

03-10-26 was R J MacGillivray

03-03-26 was Brian Orne

03-17-26 was Duane Ries

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 April. 06 – June. 17	Dance Floor	ACT 2	509-533-8500
ACT 2 Aerobics	8:45am – 9:45am April. 06 – June. 17	Dance Floor	ACT 2	509-533-8500
Tuesday				
Strength & Stability for Better Balance	11:00am – 12:00pm April. 07 – June. 11	Art Room	ACT 2	509-533-8500
Wednesday				
ACT 2 Pilates	9:50am – 10:50am April. 06 – June. 17	Dance Floor	ACT 2	509-533-8500
ACT 2 Aerobics	8:45am – 9:45am April. 06 – June. 17	Dance Floor	ACT 2	509-533-8500
Open Art: Mixed Media	9:00am – 11:45am April. 08 – May. 27	Art Room	ACT 2	509-533-8500
Thursday				
Tai Chi	9:00am – 10:00am April 09. – June. 11	Art Room	ACT 2	509-533-8500
Strength & Stability for Better Balance	11:00am – 12:00pm April. 07 – June. 11	Art Room	ACT 2	509-533-8500
Friday				

Updated: 04/01/26

ACT 2 Front Desk Number: 509-533-7181



Spokane Valley Senior Center Activity Schedule

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

04/01/26

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

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	Ron Thurlow	509-279-4041
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	Gay LeBret	509-879-2791
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/Library	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	Dee Baer	503-367-5431
Line Dance Plus	1:30pm – 3:30pm	Dance Floor	Annmarie 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 in Our Newsletter!

Contact Kelly Day

kday@4LPi.com

(800) 950-9952 x2115



ADT-Monitored Home Security

Get 24-Hour Protection
From a Name You Can Trust

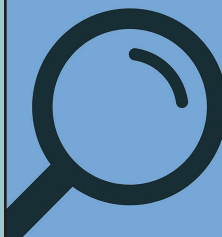
- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



ADT Authorized
Provider

SafeStreets

833-287-3502



Advertise Here!

Increase visibility in your
community.



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



GUTTERS
seamless | guards | install | repair | clean

1.866.550.3569
BROTHERSGUTTERS.COM

**Your home is a
personal investment.**

Learn how to get a
Free Quote today!

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.lpicomunities.com

Spokane Valley Senior Center, Spokane Valley, WA

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:
Apr 21,	Any Translated Book
May 19,	Any Hemingway
Jun 16,	Your Choice

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**