



News and Views

VOLUME 52 ISSUE 06

JUNE 2026

ANNUAL DUES

\$25.00 FOR ONE

OR \$45 FOR TWO

PLEASE JOIN US FOR A
FATHER'S DAY LUNCH!

SIGN UP TODAY AND PICK UP A DELICIOUS FATHERS DAY LUNCH TO-GO, THEN HEAD OUT AND ENJOY YOUR AFTERNOON ACTIVITIES, ADVENTURES, AND TIME WITH FAMILY AND FRIENDS!

SUPPLIES LIMITED SIGN-UP AT THE FRONT DESK TODAY!

**PICK-UP IS MONDAY
JUNE 15TH 11:00-1:30 PM**

INTERNATIONAL
FOLK Dance

**SIGN UP TODAY!
STARTING 06/05/26 1:30PM - 3:00PM**

SPOKANE VALLEY SENIOR CENTER DANCE FLOOR

FREE Sign up for International Folk Dance come for the dance stay for the friends in this beginner friendly dance class taught by Gigi Jensen! Learn dances from around the world.

MORE INFO AT PHONE #: 510-326-6415



OUR SVSC QUILTING HEROS: With the help of Spokane Valley Quilters Guild and the Monday Quilting Group we have more than 300 pillowcases completed for Camp Good times and Camp STIX. A special thank you goes to Karen Taff for her wonderful donation of kid friendly fabrics. Her donation made it possible for us to support a second camp this year. Thank you quilting friends, your enthusiasm is truly amazing.

If you'd like to help support the community with their quilting needs, come join us. Our next campaign we will be putting kits together for Vanessa Behan's Santa Express. We meet the 2nd and 4th Friday of the month, 9 am to Noon at the SVSC. Please contact **Kim Soger** (shown in photo) at **(661) 733-5611** if you have any questions. Thank you and Happy Quilting!

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.

Savvy Senior 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.

Next in our series: "SHIBA Medicare"

Discover the peace of mind you deserve by joining us on June 25th from 12:00pm-1:00pm in Room 235. Join us as we go over programs that can help pay your part B premiums and drug costs. We will also go over some current trends in Medicare fraud to help prevent financial harm and loss of services. SHIBA is the Statewide Health Insurance Benefits Advisors, a free and unbiased service of the Washington State Office of the Insurance Commissioner.

THUR, JUN 4th
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 **THUR, JUN**
18th for **JULY**
Newsletter

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**SR CENTER
CLOSED
FRIDAY, JUNE 19
For
JUNETEENTH
DAY**



**Chas Health has partnered with
Spokane Valley Senior Center to
provide FREE MEMBERSHIP to
qualified CHAS patients.
To learn more about the program
509-444-8200
Ask to speak to a
COMMUNITY HEALTH WORKER**



VOLUNTEER OPPORTUNITY AT OUR SENIOR CENTER

**The front desk is searching for a
volunteer to run the front desk
on Fridays Noon-3:30 pm. Join
the team helping to make the
SVSC experience enjoyable. See
the front desk for a Volunteer
Application.**

AGAPE CENTERS NEEDS VOLUNTEERS

Exciting opportunity to serve on a Board of Directors: **Agape Centers** is a recruiting individuals to volunteer as a Board of Director for an exciting and innovative project to build a nonprofit psychiatric and substance use disorders treatment facility. If you have a passion to make a positive difference in the lives of others please apply by June 30, 2026. Send resume and/or email to:

annaagapecenters@gmail.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 TURKEY & SPRING VEGETABLE STEW w/Herbed couscous, steamed broccoli, fresh fruit	2 ROAST BEEF & SWISS ON WHEAT w/Cream of Broccoli Soup, spring green salad, fresh fruit	3 BREADED COD WITH DILL SAUCE w/Split Pea Soup, peas & carrots, fresh fruit	4 CHICKEN SALAD ON CROISSANT w/Cream of Broccoli Soup, spring green salad, fresh fruit	5 MEATLOAF w/Split Pea Soup, baked sweet potatoes, steamed broccoli, fresh fruit
8 HERB ROASTED CHICKEN w/Potato Leek Soup, lemon rice pilaf, baked cauliflower, fresh fruit	9 TUNA CHEDDAR ON WHEAT w/Chicken Noodle Soup, garden salad, fresh fruit	10 MEATLOAF w/Potato Leek Soup, baked sweet potatoes, baked carrots, fresh fruit	11 CHICKEN SALAD ON CROISSANT w/Chicken Noodle Soup, garden salad, fresh fruit	12 TURKEY POT PIE w/Potato Leek Soup, steamed green beans, fresh fruit
15 PORK TENDERLOIN & APPLE CHUTNEY w/Tomato Basil Bisque, roasted fingerling potatoes, braised cabbage, fresh fruit	16 TURKEY CHEDDAR ON WHEAT w/Minestrone, garden salad, fresh fruit	17 LEMON BASIL SALMON w/Tomato Basil Bisque, wild rice with herbs, steamed broccoli, fresh fruit	18 TURKEY HERBED CREAM CHEESE w/Minestrone, caesar salad, fresh fruit	19 SWEET & SOUR CHICKEN w/Tomato Basil Bisque, brown rice, stir fry vegetables, fresh fruit
22 HONEY MUSTARD CHICKEN THIGH w/Butternut Squash Soup, herbed couscous, roasted zucchini, fresh fruit	23 CHICKEN SALAD ON CROISSANT w/Broccoli Cheddar Soup, pasta salad, fresh fruit	24 BBQ PORK CHOP w/Butternut Squash Soup, brown rice, mixed vegetables, fresh fruit	25 ROAST BEEF & SWISS ON WHEAT w/Broccoli Cheddar Soup, pasta salad, fresh fruit	26 CHICKEN PICCATA w/Butternut Squash Soup, whole wheat penne, steamed broccolini, fresh fruit
29 GRILLED CHICKEN & HERB BUTTER w/Lentil & Vegetable Soup, roasted baby potatoes, roasted beets, fresh fruit	30 TURKEY HERBED CREAM CHEESE w/White Bean & Kale Soup, caesar salad, fresh fruit			

 Partial Funding Provided By: 

Congratulation Cribbage Winners

04-21-26 was Lita Perkins

04-28-26 was Alan Adler

05-05 26 was Duane Ries

05-12-26 was Ray Doty

For info call: Rich Pearson 509-924-7759

Flip for ACT 2 Schedule Pre-registration required through ACT 2

Activity	Activity Time	Location	Activity Leader	Phone Number
Monday				
ACT 2 Pilates	Canceled	Dance Floor	ACT 2	509-533-8500
ACT 2 Aerobics	Canceled	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	Canceled	Dance Floor	ACT 2	509-533-8500
ACT 2 Aerobics	Canceled	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: 06/01/26



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

06/01/26

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	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	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 Merz	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
Folk Dance	1:30pm – 3:30pm	Dance Floor	Gigi Jenson	510-326-6415



The Insurance Gurus

John Kapelac • Chris Cool • Scott Jensen

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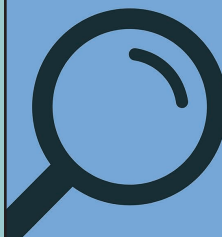
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Spokane Valley Senior Center, Spokane Valley, WA

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](tel: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:

Jun 16,

TOPIC:

Your Choice

Come join the FUN!

SVSCA BOARD OF DIRECTORS:

PRESIDENT: Donnah Ballard

VICE-PRESIDENT: Linda Burr

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