



News and Views

VOLUME 52 ISSUE 07
JULY 2026
ANNUAL DUES
\$25.00 FOR ONE
OR \$45 FOR TWO



Outdoor Movies

MOVIES AT BALFOUR PARK IN PARTNERSHIP WITH



At Balfour Park



At Mirabeau Meadows

FRIDAY, JULY 17 Zootopia 2	FRIDAY, JULY 24 UP
FRIDAY, JULY 31 The Super Mario Galaxy Movie	FRIDAY, AUGUST 7 Finding Dory
FRIDAY, AUGUST 14 National Treasure	SATURDAY, SEPTEMBER 26 Sing
FRIDAY, AUGUST 29 Cars	

Movies begin at sunset, but arrive early to claim your spot & participate in movie-themed crafts & activities

Snacks will be available for purchase, but feel free to bring your own!

Bingo has one of SVSC Heros

For a bingo donation, players bring treats to share every week. Ken Vannieuwenhoven outdoes all by weekly bringing healthy and a few not so healthy but beloved treats. His generosity is amazing and greatly appreciated. He is our hero.

Do you know another SVSC hero? Please let the front desk know who and why.



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

JULY: SUMMER IS HERE!!!



Dear Members,

July has arrived bringing sunshine, hot temperatures, blooming gardens and plenty of opportunities to enjoy the best of summer. Whether you are attending an activity at the Senior Center, spending time with family, or simply enjoying a cool drink on the patio, July reminds us of life's little pleasures.

As we celebrate Independence Day, we're also reminded of the freedoms and opportunities we enjoy every day. Many of our members have lived through remarkable moments in our nation's history and have contributed in countless ways to making our communities stronger.

Summer is also a wonderful time to reconnect, stop by for a class, join a game or invite a friend to visit the Center with you. Our last special event at the Center until September ended with our last Savvy Senior seminar of the series. I hope you were able to attend the SHIBA (Statewide Health Insurance Benefits Advisors, a free and unbiased service) presentation around Medicare trends, fraud, and help to prevent financial harm and loss of services.

Look for our list of upcoming special events for the fall in upcoming newsletters. As we close out the spring series, I would like to give a special thanks to all the volunteers who work tirelessly to bring some special events into the Center. The Board of Directors appreciates you – your kindness and willingness to help one another to create a community where everyone feels welcome. Bravo!!!

As we move deeper into the summer months, remember to stay active while also staying cool. Drink plenty of water, wear sunscreen and don't hesitate to enjoy the air conditioning here at the Center. We're happy to provide a welcoming place to gather, socialize, and escape the summer heat.

May your July be filled with sunshine, good health, treasured memories, and perhaps a slice of watermelon or two. Happy Independence Day and Happy Summer!!!



More to come....Donnah



ATTENTION SPOKANE VALLEY SENIOR CENTER WALKING GROUP

Sue Rector 509-899-8051

SUMMER SCHEDULE ANNOUNCEMENT

Join us for an hour of conversational walking!

WHERE: Spokane Valley Senior Center Lobby

When: Every Wednesday beginning July 1st at 9 AM to 10 AM

WHY: Due to the hotter weather we will be walking an hour earlier than normal.

NOTE: If we have bad weather or bad air quality we will meet at the Spokane Valley Mall Food Court next to Cinnabon's.

THUR, JULY 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 **TUE, JUL
21st** for **AUG**
Newsletter

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The Spokane Valley Senior Center will be **CLOSED**
July 3rd for Independence Day.

TWILIGHT WISH FOUNDATION

The mission of Twilight Wish Foundation is to honor and enrich the lives of seniors through intergenerational wish granting celebrations. Whether this request is for a Simple Need (an example is a wheelchair), Living Life to the Fullest (an example is going to a ball game) or Celebrating a Life (an example is visiting your hometown one more time), let us help make your dream come true.

Must be 65+ or a permanent resident of an elder care facility; maximum income is \$30,120 for one person, legal U.S. citizen, service to our nation, community or family. **PICK UP YOUR WISH APPLICATION AT THE FRONT DESK.**

TECHNOLOGY TUTOR WANTED

Do you know someone patient and knowledgeable about computers/phones? We are looking for a volunteer to tutor Senior beginners with basic skills individually or in a class. If you are interested, please leave your name and contact information at the Senior Center front desk for Freya. Thank you for volunteering.

**“OLD AGE ISN’T SO BAD WHEN YOU CONSIDER THE ALTERNATIVE”.
PORTER SIMON**

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**

They already paid for 20 memberships!

VOLUNTEER



**VOLUNTEER
OPPORTUNITY AT
OUR SENIOR
CENTER**

**Join the team
helping to make the SVSC
experience enjoyable. Need for a
another SUB at the front desk.
Ask the receptionist for a
Volunteer Application.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 SALMON WITH SPRING HERBS W/Split Pea Soup roasted new potatoes, peas & carrots, fresh fruit	2 CHICKEN SALAD ON CROISSANT W/Cream of Broccoli Soup spring garden salad, fresh fruit	3 MEATLOAF W/Split Pea Soup herbed couscous, steamed broccoli, fresh fruit
6 HERB ROASTED CHICKEN W/Potato Leek Soup lemon rice pilaf, baked cauliflower, fresh fruit	7 TURKEY & CHEDDAR ON WHEAT W/Chicken Noodle Soup garden salad, fresh fruit	8 MEATLOAF W/Potato Leek Soup baked sweet potatoes, baked carrots, fresh fruit	9 CHICKEN SALAD ON CROISSANT W/Chicken Noodle Soup garden salad, fresh fruit	10 HERB ROASTED CHICKEN W/Potato Leek Soup lemon orzo, steamed green beans, fresh fruit
13 PORK TENDERLOIN & APPLE CHUTNEY W/Tomato Basil Bisque roasted fingerling potatoes, braised cabbage, fresh fruit	14 TURKEY & CHEDDAR ON WHEAT W/Minestrone garden salad, fresh fruit	15 LEMON BASIL SALMON W/Tomato Basil Bisque wild rice & herbs, steamed broccoli, fresh fruit	16 TURKEY HERBED CREAM CHEESE PINWHEEL W/Minestrone Caesar salad, fresh fruit	17 SWEET & SOUR CHICKEN W/Tomato Basil Bisque brown rice, stir fry vegetables, fresh fruit
20 HONEY MUSTARD CHICKEN W/Butternut Squash Soup herbed couscous, roasted zucchini, fresh fruit	21 CHICKEN SALAD ON CROISSANT W/Broccoli Cheddar Soup pasta salad, fresh fruit	22 SALMON W/DIJON CREAM SAUCE W/Butternut Squash Soup brown rice, roasted mixed vegetables, fresh fruit	23 ROAST BEEF & SWISS ON WHEAT W/Broccoli Cheddar Soup pasta salad, fresh fruit	24 CHICKEN PICCATA W/Butternut Squash Soup whole wheat penne, steamed broccolini, fresh fruit
27 GRILLED CHICKEN & HERB BUTTER W/Lentil & Vegetable Soup roasted baby potatoes, roasted beets, fresh fruit	28 TURKEY HERBED CREAM CHEESE PINWHEEL W/White Bean & Kale Soup Caesar salad, fresh fruit	29 HAMBURGERS W/ALL THE FIXINGS W/Lentil & Vegetable Soup roasted fingerling potatoes, coleslaw, fresh fruit	30 TURKEY & CHEDDAR ON WHEAT W/White Bean & Kale Soup spring green salad, fresh fruit	31 STUFFED BELL PEPPER W/Lentil & Vegetable Soup spanish rice, roasted corn & zucchini, fresh fruit

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.

Congratulations Cribbage Winners

05-19-26 was **Chuck Lidman**

05-26-26 was **Jill Gorzalski**

06-02-26 was **Rich Pearson**

06-09-26 was **Glenn Shelman**

06-16-26 was **Janice Falls**

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	Coming in Fall	Dance Floor	ACT 2	509-533-8500
ACT 2 Aerobics	Coming in Fall	Dance Floor	ACT 2	509-533-8500
Tuesday				
Strength & Stability for Better Balance	Coming in Fall	Art Room	ACT 2	509-533-8500
Wednesday				
ACT 2 Pilates	Coming in Fall	Dance Floor	ACT 2	509-533-8500
ACT 2 Aerobics	Coming in Fall	Dance Floor	ACT 2	509-533-8500
Open Art: Mixed Media	Coming in Fall	Art Room	ACT 2	509-533-8500
Thursday				
Tai Chi	Coming in Fall	Art Room	ACT 2	509-533-8500
Strength & Stability for Better Balance	Coming in Fall	Art Room	ACT 2	509-533-8500
Friday				

Updated: 07/01/26

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

07/01/26

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



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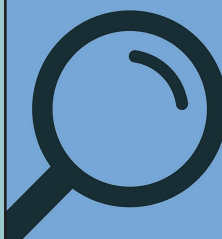
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2426 N DISCOVERY PLACE (CENTERPLACE)
SPOKANE VALLEY, WA 99216-5055**

**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:

TOPIC:

**JUL 21: The Making of the West
AUG 18: Animals
SEP 15: Any Book of Craig Johnson**

Come join the FUN!

SVSCA BOARD OF DIRECTORS:

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