

Harman Center

at Gailleon Park

Newsletter

October November December 2022

Happy Fall Y'all! I cannot believe we are already at our Fall Quarter. Time to enjoy pumpkin spice lattes, leaves changing, and cool crisp air. This is my favorite quarter of the year. I always look forward to all of the excitement of the holidays, family festivities, and making memories!

We have our Holiday Bazaar that will be coming up on November 5th and our Veteran's Day Celebration will be held November 9th. Walking Group and Hiking Group will be continuing through the Fall quarter, weather permitting. We will meet at a different location each month. For more information about all of our events, check out the newsletter or stop by the Harman Center front desk.

I would like to thank all of our volunteers for all of their dedication and help throughout the year. You continue to help make the Center so much fun! If you are interested in volunteering at the Harman Center, please pick up a volunteer application at the front desk. My door is always open, feel free to come chat with me anytime. I always love a good reason for a coffee break. I hope everyone has a wonderful and overjoying Fall season.

Sending lots of warm wishes and hugs,

Leslie Richards

Recreation Program Supervisor



Subscription Expired?

Check the upper right hand corner of your address label for the expiration date (mm/yy). Renew your subscription (\$12/year) by stopping by the Harman Center front desk or mail a check to 101 N. 65th Ave, Yakima, WA 98908. Please make checks payable to City of Yakima.

Hours: Monday - Friday 8am - 4pm / Saturday 9am - 3:30pm

101 North 65th Ave, Yakima, WA 98908

(509)575-6166

<http://www.yakimaparks.com/senior-center>

General Information

Wireless Internet

WIFI connection is available at the Harman Center. The password is **SeniorCenter**

Harman Center Library

Our Library has puzzles, books and magazines available for free to check out. We are unable to accept any large book donations.

Mail-In Registrations/Payments/Subscription Renewal

Please make checks payable to City of Yakima. Mail to the Harman Center, 101 N. 65th Ave, Yakima, WA 98908. We will mail you a receipt.

Gift Certificates

Gift certificates are available in any amount and can be used for Harman Center activities, classes and newsletter subscriptions. Gift certificates can not be used on lunch and breakfast.

Class Cancellation

If the minimum activity requirement is not met, it will be necessary to cancel the activity. If the Harman Center cancels the activity, a full refund will be sent to each paid participant.

Disclaimer

The Harman Center does not endorse any speaker, service or product that is represented in any class, advertisement or function in our facility. The City of Yakima does not discriminate in providing services on the grounds of race, creed, color, religion, national origin, gender, age, marital status, or the presence of any sensory, mental or physical handicap.

Responsibility Disclaimer

The Harman Center is not responsible for any item that is left at the Center; if left over two weeks it becomes the property of the Harman Center.

AARP Driver's Refresher Class

Drivers 55+ who complete this driving course may qualify for an auto insurance discount. No driving or testing required. This is a two day class held once a month Tues & Wed 8:30am-12:30pm. Cost is \$15 for AARP Members and \$20 for non AARP Members. Contact Paul Schafer (509)453-2606 to register.

Leslie Richards

Leslie.Richards@yakimawa.gov
Recreation Program Supervisor

(509)576-6402

Michelle Damron

Michelle.Damron@yakimawa.gov
Center Assistant

(509)576-6403

Lori Schatz

Lori.Schatz@yakimawa.gov
Trip & Tour Coordinator

(509)576-6405

City of Yakima welcomes all persons 50 and older to participate in a wealth of recreational, educational and social activities at the Harman Center, a unit of the Parks and Recreation Division, Department of Public Works. We host a variety of family-friendly events throughout the year. Harman Center is a tax-supported City service. We invite you to try some of our energizing activities like weekly dances and exercise classes; join in the fun in our pool room; participate in educational and recreational classes; experience a day trip or a longer tour around the corner or overseas!

Volunteers of the Month

May



Natalie

June



Harry

July



Sharon

August



Inez

Chat Face!

with the Harman Center Girls

Virtual Event

Wednesdays @ 1:00pm

on Facebook LIVE!



Special Events, Classes, Groups

Toys for Tots Drive

October 1st - December 14th

We will be accepting donations of **NEW, UNWRAPPED** toys. Donations may be dropped off at the Harman Center front desk. All donations are greatly appreciated.

Canned Food Drive

November 1st - November 30th

We will be accepting donations of **UNEXPIRED, UNOPENED, NON-PERISHABLES**. Donations may be dropped off at the Harman Center front desk. All donations are greatly appreciated.

Halloween Blood Drive

The Harman Center and the American Red Cross have teamed up for a blood drive. Please call Leslie Richards at (509)576-6402 to sign up TODAY!

**When: Friday, October 14th
10:00am - 3:00pm**

Trex Recycling Project

November 15th - April 22nd

Join us in collecting 500lbs. of stretchy plastics to win a bench from Trex. The Harman Center will be competing with the Ellensburg Adult Center to see who can collect more. More information on acceptable plastics is available at the front desk.



Harman Center Holiday Bazaar

Come shop over 50 local vendors at our annual Holiday Bazaar! Find gifts for everyone your list.

**When: Saturday, November 5th
8:00am - 3:00pm**



Essential Oil Classes

Taught by Ronna Watkins

Metabolic Health

Living Longer Better

Monday, October 10th @ 10:30am

Free

Symphony of Cells & Pain

Monday, November 14th @ 10:30am

Free

Introduction to Oils of the Bible

Monday, December 12th @ 10:30am

Free

Essential Oils Made Easy

Taught by Ronna Watkins

Cassia

Monday, October 17th @ 10:30am

Free

Easy DIY Gifts

Monday, November 21st @ 10:30am

Free

Seasonal Blends

Monday, December 19th @ 10:30am

Free

Dinner Club

Call (509)575-6166 or stop by the front desk to RSVP

El Mirador 2

Thursday, October 20th @ 12:00pm

1601 E. Yakima Ave.

**Meet at the restaurant*

Minado Buffet

Thursday, November 17th @ 12:00pm

501 N. Front St.

**Meet at the restaurant*

Bob's Burgers & Brew

Thursday, December 15th @ 12:00pm

121 N. Fair Ave.

**Meet at the restaurant*

Ugly Sweater Dance

Join us in celebrating the Holidays. There will be a dance featuring live music by Gary Malner and an ugly sweater contest.

**When: Friday, December 16th
1:30pm - 3:45pm**

**Cost: \$4/person to dance
\$1/person to listen**

Local History Program

Presented by Jo Miles

Fort Simcoe School 1860-1920

Friday, Oct. 7th @ 1:00pm

History of the Yakima Valley

Historical Society 1917 - Present

Friday, Nov. 18th @ 1:00pm

Senior Companion Education

Presented by Becky Lambert

Catholic Charities

**When: Tuesday, October 11th
10:00am**

Celebration of Life

Join us in remembering those who have passed. Cake and punch will be served.

**When: Friday, October 28th
1:00pm**

Birdhouse Painting

Come in and paint a birdhouse. Birdhouses will be displayed on the Harman Center Christmas Tree.

**When: Tuesday, November 8th
10:30am**

Veteran's Day

Celebration & Dance

Join us in celebrating Veteran's Day. There will be a **free** dance featuring live music by Gary Malner. Cake and punch will be served.

**When: Wednesday, November 9th
1:30pm - 3:45pm**

Virtual Dementia Training

Please schedule your appointment with Mandy Ketcham (509)307-6345. Each appointment is 30 minutes.

**When: Tuesday, November 22nd
10:00am - 3:30pm**

White Elephant Gift Exchange



Please bring a wrapped gift valued between \$10 - \$15 to participate.

**When: Friday, December 9th
1:00pm**

Weekly Schedule

Monday

Forever Fitness
8:25am & 9:30am
\$15/punchcard

Walking Group
9:00am

**Locations vary. Contact the front desk for locations.*

Free

Alzheimer's Cafe
10:00am - 11:00am
October 10th
November 14th
December 12th

Book Club
10:30am

October 24th

The Bone Collection
by Kathy Reichs
November 28th

The Paris Apartment
by Lucy Foley
December 19th

Choose Books for 2023!

Ping Pong

10:30am - 2:00pm
\$12/quarter or \$1/drop-in

Card & Table Games
Hand & Foot, Pinochle, Mahjong
1:00pm - 4:00pm
\$12/quarter or \$1/drop-in

Yakima Valley Artist Assoc.
6:00pm - 8:00pm
3rd Monday of the Month

BILLIARDS ROOM

Pool Dues

\$20.00/year or .50¢/day

Tuesday

Exercise w/ Mei-Lynne
9:00am
\$40/month or \$6/session

Cognition Screenings
November 15th

9:00am - 11:00am

**Call Mandy at (509)307-6345 to schedule an appt.*
Free

Hiking Club
9:00am

October 25th

November 22nd

**Group will meet at the trailhead.*
Contact the front desk for locations and information.

Coloring Group

10:00am - 2:00pm
\$12/quarter or \$1/drop-in
**bring your own supplies*

Stretching & Meditation

10:15am - 10:45am
Free

Card & Table Games

SkipBo, Cribbage, Dominoes, Bridge
1:00pm - 4:00pm
\$12/quarter or \$1/drop-in

Tap Dancing

Beginner 3:00pm - 4:00pm
Advanced 4:00pm - 5:00pm
Intermediate 5:30pm - 6:15pm
\$12/quarter or \$1/drop-in

Wednesday

Forever Fitness
8:25am & 9:30am
\$15/punchcard

Woodcarving

9:00am - 11:00am
\$12/quarter or \$1/drop-in
**bring your own supplies*

Blood Pressure/Blood Sugar Screenings (FREE)
9:00am - 11:00am

Knitting/Crocheting

12:00pm - 2:00pm
\$12/quarter or \$1/drop-in
**bring your own supplies*

Scrapbooking/Stamping

12:30pm - 3:00pm
\$12/quarter or \$1/drop-in
**bring your own supplies*

Craft Group

1:00pm - 3:00pm
\$12/quarter or \$1/drop-in
**bring your own supplies*

Walking in the Ballroom

1:00pm - 2:00pm
Free

Groovin' with Leslie

2:00pm - 3:00pm
\$12/quarter or \$1/drop-in

Caregivers Support Group

2:00pm - 3:00pm
Oct. 26th, Nov. 23rd, Dec. 28th

Line Dancing

4:00pm - 5:00pm
\$15/month or \$4/session

Quilters Guild

7:00pm
1st & 3rd Wednesday

Thursday

Exercise w/ Mei-Lynne
9:00am
\$40/month or \$6/session

Oil Painting
9:00am - 11:00am
\$12/quarter or \$1/drop-in
*bring your own supplies

TOPS(Weight Support)
10:00am - 11:20am
\$32/yearly + \$21/quarterly

Pilates w/ Jill
10:30am - 11:30am
\$15/punchcard

Ping Pong
10:30am - 2:00pm
\$12/quarter or \$1/drop-in

Quilting Group
12:30pm - 3:30pm
\$12/quarter or \$1/drop-in
*bring your own supplies

Card & Table Games
Hand & Foot
1:00pm - 4:00pm
\$12/quarter or \$1/drop-in

Walking in the Ballroom
1:00pm - 2:00pm
Free

CHEMO SCARVES

If you, a friend, or a loved one is undergoing chemo, the Quilt Group at the Harman Center has chemo scarves for you - FREE! You can pick up one or two any Thursday from 1:00pm-2:30pm.

Friday

Forever Fitness
8:25am & 9:30am
\$15/punchcard

Watercolor
9:00am - 11:00am
\$12/quarter or \$1/drop-in
*bring your own supplies

Writing Club
9:30am - 11:00am
\$12/quarter or \$1/drop-in
*bring your own supplies

Coloring Group
10:00am - 2:00pm
\$12/quarter or \$1/drop-in
*bring your own supplies

Knitting/Crocheting
1:00pm - 3:00pm
\$12/quarter or \$1/drop-in
*bring your own supplies

Saturday

Bingo
10:00am - 12:30pm
\$12/quarter or \$1/drop-in

Card & Table Games
Bridge
10:00am - 3:00pm
\$12/quarter or \$1/drop-in

Card & Table Games
Pinochle
1:00pm - 3:00pm
\$12/quarter or \$1/drop-in

Reminder...
The Harman Center
will be closed the
following dates:

October 25th
COY Employee Wellness Fair

November 4th
Close @ 12:00pm Bazaar Set-up

November 5th
Holiday Bazaar

November 11th
Veteran's Day

November 24th, 25th, & 26th
Thanksgiving

December 24th, 25th, & 26th
Christmas

December 31st-January 1st & 2nd
New Year's Weekend

Travel Journal

Where has this year gone? I am already working on the new Pacific Northwest Trip & Tour book that comes out January 2023! It just does not seem possible! But be ready for some new trips as well as some of our old favorites.

THE DATE TO START SCHEDULING YOUR JANUARY APPOINTMENT IS:

To get your appointment for January 2023. Call (509)576-6405 and leave a message with your name and phone number on Saturday, December 10th, 2022. This will be to book your Pacific NW Trips.

You can leave your message starting at 8:00am. – I will call you with your appointment time on Monday, December 12th.

2023 World Trip Presentation

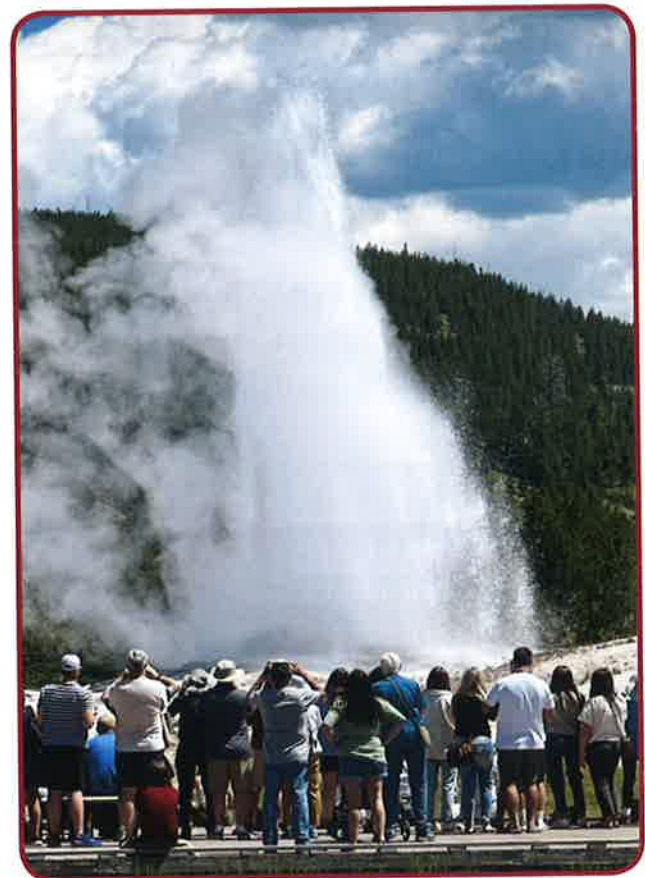
October 14th, Friday at 1:00pm Ryan from Meridian Travel will be here to present Boston & Cape Cod, Nova Scotia and Prince Edward Island and Costa Rica.

October 21st, Friday at 1:00pm Edmund from Friendly Excursions will be here to present Count Down to Mardi Gras, Las Vegas Adventure and the Mighty Canyons of the Southwest.

October 28th, Friday at 1:00 Afrodite from Premiere World Discovery will be here to present The Holland Tulip River Cruise, Mackinac Island and Niagara Falls and Great Canadian Cities-Montreal, Quebec and more

Please mark your calendar for these amazing presentations!

Happy Holidays from Lori and HC Trips and Tours!



Computer Room

Open Labs

The Computer Lab is open **Monday-Friday from 9:00am - 3:00pm.**

Tech Help

Have a question? Need some help? Come on in on
Mondays, Wednesdays, Thursdays & Fridays from 9am - 12pm.

Computer Classes

Android Class	Nov. 15 th	9am - 10:30am	Free	Instructor: Kay Pexa
Avoiding Senior Scams	Oct. 11 th	10am - 12pm	\$10	Instructor: Mike Mullen
Avoiding Senior Scams	Nov. 8 th	10am - 12pm	\$10	Instructor: Mike Mullen
Avoiding Senior Scams	Dec. 13 th	10am - 12pm	\$10	Instructor: Mike Mullen
Beginners Windows 10 (4 day class)	Oct. 12 th	9am - 10:30am	\$40	Instructor: Kay Pexa
	Oct. 13 th	9am - 10:30am		
	Oct. 19 th	9am - 10:30am		
	Oct. 20 th	9am - 10:30am		
Beginners Windows 10 (4 day class)	Dec. 7 th	9am - 10:30am	\$40	Instructor: Kay Pexa
	Dec. 8 th	9am - 10:30am		
	Dec. 14 th	9am - 10:30am		
	Dec. 15 th	9am - 10:30am		
Intro to Excel	Oct. 18 th	9am - 10:30am	\$10	Instructor: Kay Pexa
Intro to Excel	Dec. 20 th	9am - 10:30am	\$10	Instructor: Kay Pexa
Intro to Facebook	Oct. 21 st	9am - 11am	\$10	Instructor: Marv Franklin
Intro to Facebook	Nov. 18 th	9am - 11am	\$10	Instructor: Marv Franklin
Intro to Facebook	Dec. 16 th	9am - 11am	\$10	Instructor: Marv Franklin
Intro to Word	Oct. 4 th	9am - 10:30am	\$10	Instructor: Kay Pexa
Intro to Word	Dec. 6 th	9am - 10:30am	\$10	Instructor: Kay Pexa

So You Want to Purchase a New Device

New Class!!!	Oct. 11 th	8:30am - 10am	Free	Instructor: Kay Pexa
	Nov. 8 th	8:30am - 10am	Free	Instructor: Kay Pexa
	Dec. 13 th	8:30am - 10am	Free	Instructor: Kay Pexa

Important Notice

Classes are filled on a first-come, first-serve basis. You are not registered until the class fee has been paid. Registration should be completed at least two days prior to the beginning of a class. If no one has pre-registered for the class, it will be cancelled. Registration may be done at the front desk.

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Yakima, WA 98908

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Call 509.452.8301 to schedule
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311 N 4th Street, Suite 104

WHILE SUPPLY LASTS

This ad was made possible with funds from a generous grant by
Northwest Lions Foundation.

New Peeps Meet n' Greet

Come check out all of our programs,
events, volunteering, & trips that we offer.

Take a tour and meet the staff.

October 19th

November 16th

December 21st

9:30am

YAKIMA VALLEY SENIOR CITIZENS, INC.

FALL EVENTS AT HARMAN CENTER

BAKED POTATO FEED
Thursday, October 6th
5:30-6:30
\$8.00



Coffee Bar
Get a cup and a snack
Reg. .75 Lg. 1.00
Soda
Can .50 Bottle 1.00

B-B-Q Lunch
Wednesday
October 26th
11:00-12:00
\$5.00

Saturday Breakfast
9:00-10:00 \$6.00
Eggs, Bacon, Sausage
Pancakes, Fried
Potatoes, Biscuits &
Gravy

Breakfast With Santa

Saturday, December 3rd
9:00-11:00
\$2.50-\$5.00



Soup & Sand Lunch
Monday & Tuesday
11:00-12:00
\$5.00

Casino Trip
Thursday, October 20th
Wild Horse Casino
\$50.00



MESSAGE FROM THE PRESIDENT

My name is Michael Burns, the president of Yakima Valley Senior Citizens, Inc.

This has been a great year with several social events. The first was our annual Strawberry Social with 160 customers having fun.

The second was our Apple Crisp Social with 89 Customers.

We also have weekly breakfast, two lunches, and a monthly Barbecue or Taco lunch done by our wonderful volunteers.

They are all happy, smiling, and very helpful. Please join us for great food and fun.

Please stay healthy and safe. God bless everyone.

Michael Burns

President

Yakima Valley Senior Citizens Inc. Board

President

Mike Burns

Vice President

Linda Lockwood

Secretary

Mary Jepsen

Treasure

Rita Penner

Trustees

Lois Cruikshank

Linda Duncan

Kathy Franklin

Karen Gochnour

Cindy Herring

Megan Cupp

Melba Kelley

Irene Raptcheff

Merla Manual

Upcoming Board General Meetings:

Thursday, Oct. 13th

Thursday, Nov. 10th

Thursday, Dec. 8th

Please Come!!