

HOURS

MONDAY—FRIDAY: 8:00am—4:00pm SATURDAY: 9:00am-3:30pm

101 N 65TH AVE, YAKIMA, WA 98908 (509) 575-6166

WWW.YAKIMAPARKS.COM/SENIOR-CENTER

All persons 50 and older are welcome to participate in a wealth of recreational, educational and social activities at the Harman Center, a unit of City of Yakima's Department of Public Works. We host a variety of family-friendly events throughout the year. Harman Center is a tax-supported City service. Join in our activities and classes; come enjoy our billiards, computer or library rooms; or experience our trips and tours!

HAS YOUR NEWSLETTER SUBSCRIPTION EXPIRED?

CHECK THE UPPER RIGHT HAND CORNER OF YOUR ADDRESS LABEL FOR THE EXPIRATION DATE (MM/ YY). RENEW YOUR SUBSCRIPTION BY STOPPING BY THE HARMAN CENTER FRONT DESK OR MAIL A CHECK PAYABLE TO CITY OF YAKIMA TO 101 N 65TH AVE, YAKIMA, WA 98908

\$15/year Mailed



\$10/year E-mailed



Chat Face! With the Harman Center Girls





Ceslie Richards

Hello Spring! Time to get the garden planted, enjoy the fresh air, and nature is starting to come alive. Our Hiking Group is starting back. Please check online or grab a flyer to see where we will be going. Our Book Club is growing and has some fantastic books coming up to read. In May, we will be determining the rest of the booklist for 2023. Some of our special events for Spring is our 19th Year Anniversary Open House and a Summer Blood Drive. Our Community Project for this quarter will be collecting toiletries for the Veteran's Coalition. Please make sure all donations are new, unopened, and unused. I hope you have fun reading through our newsletter of all that is coming ahead.

During the first full week in March, our Harman Center Staff, Parks Maintenance, and some fantastic Volunteers knocked out our Spring Cleaning early. It was a very productive week. We strive to continue keeping the Harman Center fresh and beautiful. I wanted to thank all of the staff and volunteers for coming in and helping out. We always want our glowing and growing community to be proud to come to the Harman Center and enjoy the fun!

Thank you to all of our dedicated staff and volunteers! You help bring the harmony and kindness to our Harman Center Team! We are always looking for new volunteers if you would like to help out. I love to hear ideas for new classes, programs, or events. Stop by office, give me a call, or shoot me an email anytime!

Sending Hugs, Positivity & Laughter,

Leslie Richards

In Memoriam

We remember our dedicated volunteers and participants who gave countless hours of time and caring to The Harman Center!

Carl Burmaster Glenn Thiesfeld Valerie Thiesfeld **Sally Savage**



If a gas, electric, water, cable or a phone utility worker needs access to your property to read a meter or inspect or repair something. **Never let them inside your** house! REQUEST TO SEE **HIS/HER COMPANY ID and** contact the utility company to verify the employee's legitimacy.

Keep a list of local utility phone numbers in a convenient location for quick access.

Leslie Richards

Recreation Program Supervisor

Lori Schatz

Trips & Tour Recreational Leader

Gabby Christison

Center Assistant

(509) 576-6402

Leslie.Richards@yakimawa.gov

(509) 576-6405

Lori.Schatz@yakimawa.gov

(509) 576-6403

Gabriela.Christison@yakimawa.gov



Your willingness to give your time & service is greatly appreciated!

DECEMBER 2022

JANUARY 2023

FEBRUARY 2023







Marlene Brooks

Nadine Griffin

Chris Petersen

VETERAN'S COALITION

APRIL 1 THRU JUNE 30, 2023

All donations of **NEW** toiletries are greatly appreciated.



SHAMPOO / CONDITIONER
BODY WASH / SOAP
TOOTHPASTE / TOOTHBRUSH
RAZORS / SHAVING CREAM
DEODORANT / AFTER SHAVE
TOILET PAPER / DISH SOAP

PLEASE NO CLOTHING OR LINENS





Offering hope and maximizing quality of life for people with vision loss

since 2006

Visit our store to find the necessities and devices to make a difference in your daily life

Exiting Well

FREE Senior Home Placement

CALL

US

FIRST!

Karen Sousley
Senior Placement Advisor
Regional Director
509-969-2380
LWseniorhome7@gmail.com
www.LivingWellSenior.com

Open Tues/Wed/Fri
9 a.m. - 4 p.m.
311 N 4th Street, Suite 104
509.452.8301

WEEKLY SCHEDULE

MONDAY

TUESDAY

WEDNESDAY

FOREVER FITNESS

8:25am & 9:30am \$15 /punch card

ALZHEIMER'S CAFÉ

(2nd Monday of the Month) 10:00am - 11:00am FREE

PING PONG

10:30am - 2:00pm \$15 /punch card or \$1.50 Drop-in

BOOK CLUB

(4th Monday of the Month) 10:30am FREE

CARD & TABLE GAMES

Hand & Foot, Pinochle, Mah Jong 1:00pm - 4:00pm \$15 /punch card or \$1.50 Drop-in

YAKIMA VALLEY ARTIST ASSOCIATION

(3rd Monday of the Month) 6:00pm - 8:00pm

EXERCISE w/ MEI-LYNNE

9:00am - 10:00am \$40 /month or \$6 /session

COGNITION SCREENING

(May 16, 2023) Call Mandy (509) 307-6345 for appt

COLORING GROUP

10:00am - 2:00pm \$15 /punch card or \$1.50 Drop-in *bring your own supplies

CARD & TABLE GAMES

Skip Bo, Cribbage, Dominoes, Bridge 1:00pm - 4:00pm \$15 /punch card or \$1.50 Drop-in

TAP DANCING

Beginner: 3:00pm - 4:00pm Advanced: 4:00pm - 5:00pm Intermediate: 5:30pm - 6:15pm \$15 /Qtr or \$1.50 Drop-in

FOREVER FITNESS

8:25am & 9:30am \$15 /punch card

WOODCARVING

9:00am - 11:00am \$15 /Qtr or \$1.50 Drop-in *bring your own supplies

BLOOD PRESSURE/BLOOD SUGAR SCREENING

9:00am - 11:00am FREE

GRIEF SUPPORT GROUP

11:30am - 12:30pm FREE

CROCHETING & KNITTING

12:00pm - 2:00pm \$15 /punch card or \$1.50 Drop-in *bring your own supplies

SCRAPBOOKING & STAMPING

12:30pm - 3:00pm \$15 /Qtr or \$1.50 Drop-in *bring your own supplies

CRAFTING GROUP

Jewelry, Diamond Art, Sewing \$15 /Qtr or \$1.50 Drop-in *bring your own supplies

WALKING - BALLROOM

1:00pm - 2:00pm FREE

GROOVIN' w/ LESLIE

2:00pm—3:00pm \$15 /punch card or \$1.50 Drop-in

CAREGIVERS SUPPORT

(4th Wednesday of Month) 2:00pm - 3:00pm

LINE DANCING

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

QUILTERS GUILD

(1st & 3rd Wednesdays) 7:00pm





CLASS CANCELLATIONS

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

THURSDAY

FRIDAY

SATURDAY

EXERCISE w/ MEI-LYNNE

9:00am - 10:00am \$40 /month or \$6 /session

OIL PAINTING

9:00am—11:00am \$15 /Qtr or \$1.50 Drop-in *bring your own supplies

TOPS

Weight Loss Support

10:00am—11:20am \$32/ yearly + \$21 Qtr

PILATES W/JILL

10:30am—11:30am \$15 /punch card

PING PONG

10:30am—2:00pm \$15 /punch card or \$1.50 Drop-in

QUILTING CLUB

12:30pm - 3:30pm \$15 /punch card or \$1.50 Drop-in *bring your own supplies

CARD & TABLE GAMES

Hand & Foot 1:00pm - 4:00pm \$15 /punch card or \$1.50 Drop-in

WALKING - BALLROOM

1:00pm - 2:00pm FREE

FOREVER FITNESS

8:25am & 9:30am \$15 /punch card

WATERCOLOR

9:00am—11:00am \$15 /Qtr or \$1.50 Drop-in *bring your own supplies

WRITING GROUP

9:30am-11:00am \$15 /Qtr or \$1.50 Drop-in *bring your own supplies

COLORING GROUP

10:00am - 2:00pm \$15 /punch card or \$1.50 Drop-in *bring your own supplies

CROCHETING & KNITTING

12:30pm - 3:30pm \$15 /punch card or \$1.50 Drop-in *bring your own supplies

BINGO

10:00am - 12:30PM \$15 Qtr or \$1.50 Drop-in

CARD & TABLE GAMES

Bridge

10:00am - 1:00pm \$15 /punch card or \$1.50 Drop-in

CROCHETING & KNITTING

10:00am - 12:00pm \$15 /punch card or \$1.50 Drop-in *bring your own supplies

CARD & TABLE GAMES

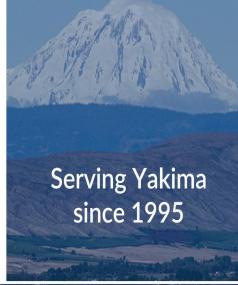
Hand & Foot 11:00am—2:00pm \$15 /punch card or \$1.50 Drop-in

CARD & TABLE GAMES

Pinochle

1:00pm—3:30pm \$15 /punch card or \$1.50 Drop-in





MEET & GREET

Are you new? Want to know what we offer?

Come take a tour of the Harman Center!

Every 3rd Wednesday 9:30 am

Your trusted local Medicare and retirement agency

SeniorSolutions.net 509-494-4288

3611 River Rd. #110, Yakima, WA 98902

TIRMVIEL JOURNAL



Let there be SPRING!

I am so ready for some warmth, some flowers and a few April showers, how about you? This quarter we will be going to the Tulip Festival and off to Spokane and parts unknown for the Mystery trip #2. Both of these trips are full but I do still have a tickets left for the Pendleton Underground LIVE on May 20th. If you have never been to this event you MUST go! It is the only day that the whole town dresses in period clothes and go underground to put on a show. It is like stepping back in time. I think it is better than some plays I have seen. The price is \$99.00 and I guarantee a good time. Call and reserve



Lori Schatz Trip & Tour Coordinator (509) 576-6405

Lori.Schatz@yakimawa.gov



As promised, here are new trips added to the line-up:

2-HOUR CHAMPAGNE BRUNCH CRUISE DOWN THE WILLAMETTE RIVER June 4, 2023 \$169.00

Price includes the roundtrip motor coach ride to Portland, tickets for the cruise and brunch plus a host. **Taking reservations** immediately! \$50.00 Deposit

AN EVENING WITH CHICAGO!

25 or 6 to 4...SATURDAY IN THE PARK...HARD TO SAY I'M SORRY...and the list goes on!

Friday, September 1 2023 \$209.00

\$50 Deposit. Limited tickets available!

Tickets include roundtrip bus ride, entrance to the Washington State Fair, Dinner at the VIP tent and tickets to see one of the best groups in music history!

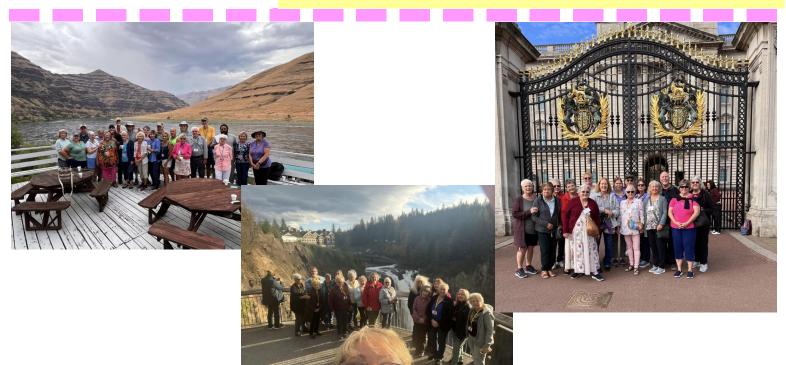
TIRMVEL JOURNAL





2024 WORLD TRIP PRESENTATIONS

New trip book for 2024 World Trips will drop on July 1
Trip presentations will be scheduled
June 16th, 23rd, and July 7th
1:00pm
At The Harman Center Ballroom



New Year's Celebration

DEC 29, 2023 - JAN 2, 2024

5 Days & 4 Nights

- New Year's Eve Dinner & Party
- SF City Tour
- Fisherman's Wharf & Pier 39
- Gold Gate Park
- Ghirardelli Square
- Monterey & Carmel

Yakima Valley Senior Citizens, Inc.

WELCOME SPRING and DAYLIGHT SAVINGS TIME!!

I am writing this mid February and will use my imagination and tell you that the snow is all gone and the tulips and daffodils are in full bloom.

We had our first Taco Feed of the year on January 26th and WOW, what a great turnout! 84 people were served that day with standing room only in the ballroom.

Our Soup and Sandwich on Mondays and Tuesdays are doing great and our Saturday Breakfasts are fantastic. A church group has started coming once a month to breakfast and they have spread the word on what we serve for just \$6.00.

Hopefully you all had a wonderful time attending our Spaghetti Feed on March 22. Debbie Simons was Chairperson. She always does a super job, so be sure when you see her to thank her!

One of the first things you should notice is that the Easter Bunny Breakfast is April 1st. If you have grandchildren and want to bring them, please call and let us know how many are coming so that we will be sure to have enough food for everyone. Bring your camera to take pictures with the Easter Bunny.

The Casino trips are filling up and we will have already gone to the new casino in Spokane by the time you receive this. Be sure and sign up for the Casino trips coming up.

Senior Inc. will again furnish the catered dinner for the Volunteer Dinner on May 11th. If you volunteer at the Harman Center, be sure to RSVP as soon as possible when you receive your invitation in the mail!

A suggestion has been presented about an International Potluck event honoring the different heritages in our senior community... What are your thoughts and would you be interested in a future event like this?

I was pleased to see so many guests at our meetings the first quarter of the year!. Hopefully guests will continue to come and participate at our meetings on the second Thursday of each month at 1:00 pm.

If you have any questions about Senior Inc., our office is located next to the pool room. There is literature and information available.

Enjoy the spring weather and talk to you soon!

Lois Cruikshank, President

YVSC, INC.

Non –profit organization (501C3) established to raise funds to help maintain and support the Harman Center and advocate for senior services in our community.

OFFICE HOURS: Monday, Wednesday, Friday 9:00 am - Noon **PHONE**: (509) 576-6404 **LOCATION**: SE Corner of Harman



COFFEE BAR

COFFEE: Sm: .75 Lg: \$1.00 **SODA:** Can: .50 Bottle: \$1.00

Donuts & Treats
Available Too!

Bring a Friend & enjoy a relaxing moment!

Coffee Bar Supplies Donations Appreciated!

Small Paper Plates
Napkins
Liquid Creamers
Candy

2023 BOARD MEMBERS

PRESIDENT: LOIS CRUIKSHANK

V-President: MERLA MANUEL

SECRETARY: IRENE RAPTCHEFF

TREASURER: RITA PENNER

TRUSTEES:

HARRY PETERSON, MIKE BURNS, MARV FRANKLIN, CINDY HERRING, MEGAN CUPP, MELBA KELLEY, DIANA HERRON, KAREN GOCHNOUR, AND LINDA LOCKWOOD

YVSC INC GENERAL MEETINGS 1:00 PM

Every 2nd Thursday

Harman Center Classroom A

APRIL 6 MAY 11 & JUNE 8

Yakima Valley Senior Citizens, Inc.



EASTER
BUNNY
BREAKFAST

SATURDAY, APRIL 1, 2023

Breakfast: 9:00 - 10:30am

\$6 - per person

\$3 - 5yrs and under

Egg Hunt: 10:30am

Have breakfast, an egg hunt and great fun with the Easter Bunny!

All are welcome and RSVP's are appreciated. Call (509) 575-6166.



2023 CASINO TRIPS

| April 12 | Tulalip Casino | \$65 |
|----------|---------------------------|------|
| May 10 | Snoqualmie Casino | \$55 |
| June 14 | Mill Bay Casino | \$60 |
| July 12 | Angel of the Winds Casino | \$65 |
| Aug 16 | Snoqualmie Casino | \$55 |
| Sept 13 | Muckelshoot Casino | \$60 |
| Oct 11 | Snoqualmie Casino | \$55 |

SPECIAL THANKS

FOR THE SUPPORT AND DONATIONS!

These donors help YVSC, Inc. make a difference in what we do!

WESLEY UNITED METHODIST CHURCH

KAY ARNOLD

ANONYMOUS DONOR

TREE TOP

KRISPY KREME DOUGHNUTS



WEDNESDAY, APRIL 26: 11:30 am \$5.00



WEDNESDAY

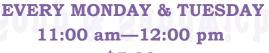
MAY 31 & JUNE 28: 11:30 am

\$5.00

Strawberry S**ø**cial

THURSDAY, JUNE 15: 1:30 pm \$5.00

Soup & Sandwich



\$5.00

BREAKFAST

BRING THE FAMILY—ALL WELCOME

EVERY SATURDAY 9:00 AM —10:00 AM \$6.00

Serving: Eggs, Bacon, Sausage, Blueberry Pancakes, Potatoes, Biscuits & Gravy

FRIDAY
APRIL 14, 2023

5:30 PM - 9:30 PM

\$6.00 Bunco Game \$1.00 Raffle Ticket

RSVP at the front desk!



Information, Events, Classes, Groups



BLOOD DRIVE

The Harman Center and American Red Cross are teaming up for another blood drive. Call Leslie Richards at (509)576-6402 to sign up!

FRIDAY, JUNE 23, 2023 10:00AM—3:00PM

BOOK CLUB

Every 4th Monday at 10:30AM

APRIL 24: Still Life by Louise Penny

MAY 22: A Wanted Man by Lee Child

May meeting we will determine books to be read for July—December 2023

JUNE 26: *The House of Silk* by Anthony Horowitz

CAREGIVER SUPPORT GROUP



Do you or someone you know, need a place to share, discuss, or learn more about the stresses and rewards of providing care for loved ones? Join us at our next Support

Group Every 4th Wednesday of the Month APRIL 26TH, MAY 24TH, JUNE 28TH 2:00—3:00PM

DINNER CLUB

Every 3rd Thursday of the Month 4:30PM



APRIL 20, 2023

Bob's Burger & Brews (121 N Fair Ave)

MAY 18, 2023

Zullee Mediterranean Restaurant (2706 W Nob Hill)

JUNE 15, 2023

Taj Palace (2710 W Nob Hill)

RSVP at the front desk or call (509) 575-6166

CHEMO SCARVES

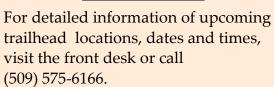


If you, a friend, or loved one is undergoing chemo therapies, the Quilt Group at the Harman Center has scarves for you at NO COST.

Pick up one or two any

Thursday from 1:00—2:30PM

HIKING CLUB





Reminder: A Discovery Pass may be required for some trails.

ESSENTIAL OIL CLASSES

10:30am - No Cost

APRIL 20 Essential Oils for Seasonal Discomforts

MAY 8 Essential Oils in the Garden

JUNE 12 Essential Oils for Women (Endocrine System/Bone Health)

Essential Oils Made Easy

(Beginner Classes)

APRIL 17 & MAY 15 @ 10:30AM JUNE 12 @ 11:30AM

HARMAN CENTER LENDING LIBRARY



Did you know that the Harman Center has a lending library in the SE corner of the building? We have both paper backs, hard backs and large print, both fiction and non-fiction. Also included in the library are magazines and crossword puzzles. Items may be taken out for your enjoyment or shared with a friend (except for Large Print books). There is no check out system, just help yourself! Books are alphabetically shelved by authors, puzzles by size and a shelf for paperback westerns. A collection of Debbie Macomber books and memorabilia are on a biography shelf.

An information table with pamphlets, business cards and flyers of community services is also available for your taking.

Take a moment to pursue this special corner!

Information, Events, Classes, Groups

YAKIMA VALLEY AUDUBON SOCIETY PRESENTATION

TUESDAY, APRIL 11: 10:00AM - 11:00AM Classroom A

Ellen Stepniewski will present information about our local Audubon Society, Birdwatching and upcoming field events. Don't miss this opportunity to get great information on birding and conservation!

DISPUTE RESOLUTION SEMINAR

Tuesday, April 18: 10:00am -11:00am

Great information on conflict resolution, mediation, facilitation, and more. The Dispute Resolution Center can help you in resolving difficult situations.

Open Lab Hours Monday - Friday 9:00am - 3:00pm

Labs closed to the public during computer classes scheduled below.

Tech Help 9:00am - 12:00pm

Monday, Tuesday, Wednesday, Friday

AARP DRIVER'S REFRESHER CLASS

Drivers 55+ who complete this two (2) day classroom course may qualify for auto insurance discount. *No driving or testing required.*

Classes held once a month on a Tuesday and Wednesday 8:30am-12:30pm. Cost \$15 for AARP members and \$20 for non AARP members.

For more information and to register contact Paul Schafer (509) 453-2606



WIRELESS INTERNET WIFI AVAILABLE:

Network: Harman Center Wifi Password: SeniorCenter

| CLASS | DATE | TIME | FEE | Instructor |
|---------------------------------------|--------------------------------|----------------|------|---------------|
| Android | May 18 | 9 - 10:30am | FREE | Kay Pexa |
| Android | June 29 | 9 - 10:30am | FREE | Kay Pexa |
| Avoiding Senior Scams | April 11 | 10am - 12:00pm | \$10 | Mike Mullen |
| Avoiding Senior Scams | May 9 | 10am - 12:00pm | \$10 | Mike Mullen |
| Avoiding Senior Scams | June 13 | 10am - 12:00pm | \$10 | Mike Mullen |
| Facebook | April 21 | 9 - 11:00am | \$10 | Marv Franklin |
| Facebook | May 19 | 9 - 11:00am | \$10 | Marv Franklin |
| Facebook | June 16 | 9 - 11:00am | \$10 | Marv Franklin |
| Intro to Excel | April 27 | 9 - 10:30am | \$10 | Kay Pexa |
| Intro to Excel | May 11 | 9 - 10:30am | \$10 | Kay Pexa |
| Intro to Word | May 4 | 9 - 10:30am | \$10 | Kay Pexa |
| Intro to Word | June 1 | 9 - 10:30am | \$10 | Kay Pexa |
| Windows 10—Beginners (4 day class) | April 12 & 13 April 19 & 20 | 9 - 10:30am | \$40 | Kay Pexa |
| Windows 10—Beginners (4 day class) | June 7 & 8 June 14 & 15 | 9 - 10:30am | \$40 | Kay Pexa |

IMPORTANT NOTICE

Classes are filled on a first-come, first serve basis! Register no later than two (2) days before class start date. Please make your reservations at the Front Desk.

You are NOT registered until the class fee has been paid. If no one has pre-registered for the class, it will be cancelled.

Harman Center 101 N 65th Avenue Yakima, WA 98908 PRSRT STD US Postage Paid Yakima, WA Permit No. 324

SUPPORT THE ADVERTISERS that Support our Community

Benefits of using a Reverse Mortgage

- *Obtain money to repair and Update your home *Help pay for rising medical costs
- *As a financial planning tool to preserve assets and maximize cash flow
- *Replacing lost social security income from a deceased spouse
- * Supplement your monthly retirement and/or social security income
- *Improve your quality of life * Use the line of credit for any purpose
- *Income is tax free * Make no mortgage payments * Insured by FHA



Michael Dubrule Sales Leader | NMLS #92043 Certified Reverse Originator

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Branch NMLS #2441217

- (509) 961-5773
- michael.dubrule@absoluteloans.com
- absoluteloans.com



YAKIMA ROCK & MINERAL CLUB PRESENTS:

Sparkling PARADE OF GEMS

Celebrating 60 Annual Shows

CENTRAL WASHINGTON STATE FAIR PARK & EVENT CENTER
Modern Living Building
1301 Fair Avenue

Featuring Special Displays

HERKIMER DIAMONDS

Fluorescent Specimans
Local Rock & Mineral Collections

Friday April 21, 10 am to 4 pm

Saturday April 22, 10 am to 5 pm Sunday April 23, 10 am to 4 pm

HC Discount Coupon: \$1. off

Adult Admission Limit One

Vendors have Rock & Mineral Specimen's, Jewelry, Lapidary Equipment

Admission: Adult \$6 / Student \$2 (Under 12 free with paid adult) Free parking at Gate 5

Yakima, WA 98901

Demonstrations include: Gold Panning, Wire Wrap, Lapidary and more

Raffle Door Prizes
Silent Auction Kids Activities

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
- The Harman Center is not responsible for any item that is left at the Center. If left over two (2) weeks, item(s) will become the property of the Harman Center.