

HARMAN CENTER

at Gailleon Park

SPRING NEWSLETTER

2024

April May June



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



Yakima Harman Center and HC Trips & Tours

Chat Face! With the Harman Center Crew

EVERY WEDNESDAY





Leslie Richards

As we welcome the rejuvenating spirit of spring, it's time to embrace the outdoors and all the vibrant activities it brings. Our Hiking Group is gearing up for another exciting season, offering opportunities for adventure and exploration. Be sure to check our newsletters for times, dates, and locations of our upcoming hikes.

In addition to our regular programs, we have some special events planned, including our 20th Year Anniversary Open House, The Active Aging Senior Wellness Fair, and a Summer Blood Drive. We're also rallying together for our community project, collecting toiletries for the Veteran's Coalition. Your contributions will make a meaningful difference in the lives of our veterans in the Yakima Community.

The first week of March we had our Annual Cleaning Week. I want to extend my gratitude to our dedicated staff and volunteers who came together and cleaned the building top to bottom, ensuring that the Harman Center remains a welcoming and beautiful space for all. Your hard work is truly appreciated. If you're interested in getting involved or sharing your ideas, please don't hesitate to reach out. Let's make this spring a season to remember!

Sending Sunshine & Laughter,

Leslie Richards



In Memoriam

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

Herb Hart

Barbara Ware

Beatrice Cook

Cathy Franklin

Stephen Fischer



Special Thanks

Thank you to those who helped with the Valentines Tree Ornaments.

Memorial Tree Ornaments
April 16th, 10:00am.
Come and help us with decorations.

Leslie Richards

Recreation Program Supervisor

(509) 576-6402

Leslie.Richards@yakimawa.gov

Lori Schatz

Trips & Tour Recreational Leader

(509) 576-6405

Lori.Schatz@yakimawa.gov

Ricardo Bernal

Community Center Assistant

(509) 576-6403

Ricardo.Bernal@yakimawa.gov





THANK YOU Volunteers

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

DECEMBER 2023



Bonnie Mundell

JANUARY 2024



Ruth Hayward

FEBRUARY 2024



Rita Penner

VETERAN'S COALITION

APRIL 1 THRU JUNE 30, 2024

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

Donations can be dropped off at The Harman Center. The Veteran's Coalition is in need of:

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

PLEASE NO CLOTHING OR LINENS



VISION FOR INDEPENDENCE CENTER

*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

Open Tues/Wed/Fri

9 a.m. - 4 p.m.

311 N 4th Street, Suite 104

509.452.8301



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FIRST!**

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



WEEKLY SCHEDULE

MONDAY

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

TUESDAY

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
Starters: 2:30pm - 3:00pm
Intermediate: 3:00pm - 4:00pm
Advanced: 4:00pm - 5:00pm
Intermediate: 5:30pm - 6:15pm
\$15 /Qtr or \$1.50 Drop-in



BILLARDS
Pool Dues

\$25 /year or .75 /day

WEDNESDAY

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

**CRAFTERS DELIGHT
POTLUCK!**

May 10th at 12pm - 3pm
Free entry. Call the
Harman Center for details

**SORRY WE ARE
CLOSED**

**HARMAN CENTER
CLOSED**

**MAY 25 & 27
JUNE 19**

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.

SPRING 2024

THURSDAY

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

FRIDAY

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
9:00am—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*

SATURDAY

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

TRAVEL JOURNAL



Let there be SPRING!

I am ready for some fun, some flowers and a few April showers, how about you? This quarter we will be going to the Tulip Festival, The Pendleton Live event, Mystery #1 and Lincoln City. All of these trips are full but I do still have tickets left for the May Adventure, on May 9th for \$159.00. So if you are wanting to just get out of town, have lunch somewhere special, plus do something adventurous then stop by the front desk or call me at 509-576-6405 to reserve your spot.



Lori Schatz
Trip & Tour Coordinator
(509) 576-6405
Lori.Schatz@yakimawa.gov

2025 WORLD TOURS NEWS!

THIS YEAR THE NEW WORLD TRIP & TOURS BOOK FOR 2025 WILL DROP ON JUNE 15TH WHICH MEANS YOU WILL HAVE A COUPLE EXTRA WEEKS TO PLAN FOR A TRIP TO SOMEWHERE YOU HAVE ALWAYS WANTED TO SEE!

The lineup includes, Panama Canal Cruise, Alpine Swiss Villages by Rail, Canadian Rockies and Glacier National Park, an Alaska Cruise with a Denali Land Tour, a Fall foliage trip through the North Eastern States and a San Antonio Holiday Tour!

Please note we are taking registrations for the Panama Canal Cruise NOW!!

TRAVEL JOURNAL

2025 World Trip and Tours Presentations:

The Presentations will be scheduled for May 15th with Friendly Excursions and on June 14th with Premier World Excursions. Both will be held at 1:00pm at the Harman Center. Don't miss these 2 very informative presentations!



Yakima Valley Senior Citizens, Inc.

Yakima Valley Senior Citizens

Can Spring get here fast enough?

As I write this we are under gray skies, sometimes with rain drops and other times with snow flurries. I am ready for Spring and everything that comes with it! I do like living where there are four seasons!

I really want to thank all the hard-working volunteers that keep us up and running every day. Please if you have the urge to get into the fun and rewarding action, ask for an application at the front desk. You can also, ask any questions you might have at the Yakima Valley Senior Citizens, Inc Office. Everyone is welcome at any time of the year!

April: We have Earth Day on April 22nd, make your commitment to support our earth's environment. Also, on the 22nd, if you want a fun time with plenty of laughs, come roll the dice at our Bunko game. It's easy to learn and fast paced. Sign up in the office. Taco feed on the 24th, 11:30 - 12:30pm.

May: Open house at the Harman Center on the 23rd, 1:30 - 3:45pm. Cake and punch served. Tours to be given during that time. The barbecue will return on the 29th, 11:30 - 12:30pm.

June: Strawberry Social Fund Raiser on the 20th, 1:30 - 2:30pm. Get your tickets early! Barbecue on the 26th 11:30 - 12:30.

Linda Lockwood YVSC, Inc. 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: 1.00 Lg: \$1.50

SODA: Can: 1.00 Bottle: \$1.50

**Donuts & Treats
Available Too!**

**Bring a Friend & enjoy a
relaxing moment!**

Coffee Bar Supplies
Donations Appreciated!

*Small Paper Plates
Napkins
Liquid Creamers
Candy*

2024 BOARD MEMBERS

PRESIDENT: LINDA LOCKWOOD

V-PRESIDENT: AXEL RAPTCHEFF

SECRETARY: IRENE RAPTCHEFF

TREASURER: RITA PENNER

TRUSTEES:

HARRY PETERSON, MIKE BURNS,
MARV FRANKLIN, INEZ HARRIS,
CAROL HERAUF, DIANA HERRON,
BONNIE MUNDELL, MARY ANN
THOMAIER, BEV FICKEL, LOIS
CRUIKSHANK (POST PRESIDENT)

YVSC INC GENERAL MEETINGS

1:00 PM

Every 2nd Thursday

Harman Center Classroom A

APRIL 11 MAY 9 & JUNE 13

Yakima Valley Senior Citizens, Inc.



WEDNESDAY

MAY 29 & JUNE 26: 11:30 am

\$6.00

Taco Feed



WEDNESDAY, APRIL 24: 11:30 am

\$6.00



2024 CASINO TRIPS

| | | |
|----------|---------------------------|------|
| April 10 | Tulalip Casino | \$65 |
| May 10 | Snoqualmie Casino | \$55 |
| June 12 | Emerald Queen 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**

AETNA

ANONYMOUS DONOR

KRISPY KREME DOUGHNUTS

Strawberry Social

THURSDAY, JUNE 20: 1:30 pm

\$5.00

Soup & Sandwich

**EVERY MONDAY/TUESDAY/
WEDNESDAY
11:00 am - 12:00 pm**

\$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*



Monday

APRIL 22, 2024

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 7, 2024
10:00AM—3:00PM

BOOK CLUB

Every 4th Monday at 10:30AM

APRIL 22: *The Moonflower Murders* by Anthony Horowitz

MAY 20: *The Bones at Point No Point* by D.D. Black

JUNE 24TH: *The Woman They Could Not Silence* by Kate Moore



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 24TH, MAY 22ND, JUNE 26TH
2:00—3:00PM



DINNER CLUB

Every 3rd Thursday of the Month
4:30PM



APRIL 18, 2024

Location: TBD

MAY 16, 2024

Location: TBD

JUNE 20, 2024

Location: TBD

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

For detailed information of upcoming trailhead locations, dates and times, visit the front desk or call (509) 575-6166.

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



ESSENTIAL OIL CLASSES

10:30am - No Cost

APRIL 8 Essential Oils

MAY 13 Essential Oils

JUNE 10 Essential Oils

Essential Oils Made Easy
(Beginner Classes)

APRIL 15 & MAY 20 @ 10:30AM

JUNE 17 @ 10:30AM

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

GAME DAY

FIRST FRIDAY OF THE MONTH: 1:00PM - 4:00PM
In the Ballroom

April 5th Games: Hearts, Spades, Gin, Double Decker Pinochle.
May 3rd Games: 65, Pai Gow Poker, Dealers Choice, Black Jack
June 7th: Senior Trivia Game.

AGELESS INSPIRATIONS: "PLANS AGAINST SCAMS"

TUESDAY, MAY 7TH: 11:00AM - 1:00PM

Please RSVP to Leslie at the Harman Center due to limited seating: (509) 576-6402.

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.

For more information cost 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 15 | 9 - 10:30am | FREE | Kay Pexa |
| Avoiding Senior Scams | April 9 | 10am - 12:00pm | \$10 | Mike Mullen |
| Avoiding Senior Scams | May 14 | 10am - 12:00pm | \$10 | Mike Mullen |
| Avoiding Senior Scams | June 11 | 10am - 12:00pm | \$10 | Mike Mullen |
| Facebook | April 19 | 9 - 11:00am | \$10 | Marv Franklin |
| Facebook | May 17 | 9 - 11:00am | \$10 | Marv Franklin |
| Facebook | June 21 | 9 - 11:00am | \$10 | Marv Franklin |
| Intro to Excel | April 25 | 9 - 10:30am | \$10 | Kay Pexa |
| Intro to Excel | May 23 | 9 - 10:30am | \$10 | Kay Pexa |
| Intro to Word | April 24 | 9 - 10:30am | \$10 | Kay Pexa |
| Intro to Word | May 22 | 9 - 10:30am | \$10 | Kay Pexa |
| Intro to Windows 10 | April 10, 11, 17, 18 June 5, 6, 12, 13 | 9 - 10:30am | \$40 (4 day course) | Kay Pexa |
| Intro to Outlook | May 2 | 9 - 10:30am | \$10 | 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

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(509) 961-5773

michael.dubrulle@absoluteloans.com

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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.