

HARMAN CENTER

at Gailleon Park

Newsletter

2024 Winter Edition

The Harman Center will be CLOSED on the following days:



Monday, January 1st New Years Day

Monday, January 15th Martin Luther King Jr. Day

Monday, February 19th President's Day

Monday, March 4th through Saturday, March 9th Cleaning Week

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 AT 101 N 65TH AVE, YAKIMA, WA 98908

HOURS

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

LOCATION

101 N 65TH AVE, YAKIMA, WA 98908

CONTACT INFORMATION

Front Desk (509) 575-6166 Fax (509) 576-6407

Recreation Program Supervisor

Leslie Richards (509)576-6402 Leslie.Richards@yakimawa.gov

Trips & Tour Recreational Leader

Lori Schatz (509)576-6405 Lori.Schatz@yakimawa.gov

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. Harman Center is a tax-supported City service. We host a variety of family-friendly events throughout the year. Join in our activities and classes; come enjoy our billiards, computer or library rooms; or experience our trips and tours!



Chat Face! With the Harman Center Girls



From the desk of Leslie Richards

Happy 2024! As we step into this new year, I want to extend my warmest wishes to you and your loved ones. Let's raise our glasses to the promise of health, happiness, and overall well-being in the days ahead. With 2023 now behind us, we have a fresh canvas to paint with new beginnings, forge new friendships, and spread kindness to all those we encounter.

At the Harman Center, we're excited to introduce our newest team member, the Senior Center Assistant. We're working diligently to keep the center running smoothly, and your understanding during this transition is greatly appreciated.

This quarter, our Help the Community Project is dedicated to supporting the Women's Shelter. We are collecting essential items such as toiletries, detergents, cleaners, and more. Please take a look at the flyer at the Front Desk for a complete list of needed items. Remember, all donations should be new and unopened. Your generosity will make a significant difference in the lives of those we are aiming to help.

I can't express enough gratitude to our incredible volunteers. Your time, love, and support are the backbone of the Harman Center, and we are truly appreciative of all you do. Many of you have stepped up to assist Lori and me with various tasks, especially during some overwhelming moments. Your dedication does not go unnoticed.

Our goal for the Harman Center in 2024 is to continue providing high-quality programs and services to our senior community. If you have any ideas for new programs or activities, please don't hesitate to share them with us. My office door is always open, and I'm eager to collaborate on making this year even more enjoyable for our community.

As we embark on this new journey, I wish you a Happy New Year filled with positivity and excitement. May 2024 be a year of personal growth, joy, and endless possibilities. Together, we'll make it a year to remember, and I can't wait to share the journey with all of you.

With heartfelt wishes for a fantastic year ahead, Leslie Richards Recreation Program Supervisor



YWCA TOILETRY DRIVE

JANUARY 2ND, 2024

THROUGH

MARCH 30TH, 2024

PLEASE BRING NEW, UNUSED

TOILETRIES

Drop off items at the Harman Center

Medicare Advantage made for you.

Get access to local providers you trust and customer service right in Yakima.

Visit us online at HealthAlliance.org/Medicare or in-person at 1701 Creekside Loop #100 right here in Yakima.



Health Alliance Northwest™ is a HMO plan with a Medicare contract. Enrollment in Health Alliance Northwest™ depends on contract renewal. Other providers are available in our network.

MDMKNW23-harmancntrad-0723 • H3471_23_113834_M

VOLUNTEER OF THE MONTH







Bev Fickel September 2023



Sharon Jonsson
October 2023

for more information: (509)575-6166



Rent our ballroom for your next event. Call or email Leslie

Mary Patrick
November 2023

Ballroom Rentals

- 225 Person capacity
- Commercial Kitchen
- Sound System
- Tables and Chairs
- Fireplace Seating Area
- 3456 Square Ft Area



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



LOVED REMEMBERED TREASURED



Herb Hart Barbara Ware



Our building and room temperatures can fluctuate throughout the day. Our HVAC unit is also getting older and having a hard time adapting to extreme adjustments.

PLEASE BRING A SWEATER OR DRESS IN LAYERS IF THE TEMPRATURES ARE UNCONFORTABLE FOR YOU!



TRAVEL JOURNAL

Welcome to 2024!!! I hope everyone had a Happy New Years Eve and a wonderful holiday season! The Pacific N. W. Trip & Tour Book is back with yet another new look. I hope you find a trip that you would like to join us on. More trips will be announced in future newsletters, so if you haven't subscribed to our quarterly newsletter, now is the time to do so. Here are some highlights that we will be offering;

- On March 17th we will be having a St. Patrick's Day Cruise with games, prizes and all the "fixin's" it was a mystery trip last year and since it was so much fun, we have decided to offer it to everyone!
- Harrison Hot Springs is back on the books but this time we will be going in Sept.
 There is so much fun and beauty all rolled into one trip! Don't hesitate to get your deposit down... it goes fast!
- Another trip I would like to highlight is the Leap Day in Leavenworth! (2/29) This
 Feb. trip has become one of the favorites with travelers. We just take a leisurely
 day trip to Leavenworth and enjoy everything that this little village has to offer,
 Christmas lights, music and food... plus, no lines or crowds!
- And last but not least, we will again have 4 Mystery trips this year, 2 single day trips, a 2-day trip and a 3-day trip. Everyone of them is guaranteed not to disappoint!

Thank you everyone, Lori







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

TRAVEL JOURNAL

Happy Moments from 2023



























WEEKLY SCHEDULE

MONDAY	TUESDAY	WEDNESDAY							
FOREVER FITNESS 8:25am & 9:30am \$15 /punch card or \$1.50 Drop-in	GET FIT W/ JOANN & JOYCE 9:00am FREE	FOREVER FITNESS 8:25am & 9:30am \$15 /punch card or \$1.50 Drop-in							
PING PONG 10:30am - 1:00pm \$15 /punch card or \$1.50 Drop-in	COLORING GROUP 10:00am - 2:00pm \$15 /punch card or \$1.50 Drop-in *bring your own supplies	WOODCARVING 9:00am - 11:00am \$15 /Qtr or \$1.50 Drop-in *bring your own supplies							
PARKINSON'S PING PONG 1:00pm - 4:00pm \$15 /punch card or \$1.50 Drop-in	CARD & TABLE GAMES Skip Bo, Cribbage, Dominoes, Bridge 1:00pm - 4:00pm \$15 /punch card or \$1.50 Drop-in	BLOOD PRESSURE/ BLOOD SUGAR SCREENING 9:00am - 11:00am FREE							
CARD & TABLE GAMES Hand & Foot, Pinochle, Mah Jong 1:00pm - 4:00pm \$15 /punch card or \$1.50 Drop-in	TAP DANCING Basic Beginner: 2:30pm - 3:00pm Beginner: 3:00pm - 4:00pm Advanced: 4:00pm - 5:00pm Intermediate: 5:30pm - 6:15pm	GRIEF SUPPORT GROUP 11:30am - 12:30pm FREE							
YAKIMA VALLEY ARTIST ASSOCIATION (2nd Monday of the Month) 6:00pm - 8:00pm		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							
AND GREET Are you or someone you know new to the Harman Center or new to the area?	CLASS/ACTIVITY	CRAFTING GROUP Jewelry, Diamond Art, Beading 1:00pm - 3:00pm \$15 /Qtr or \$1.50 Drop-in *bring your own supplies							
Come to a Meet & Greet for	CANCELLATIONS If the minimum participation	WALKING IN THE BALLROOM 1:00pm - 2:00pm FREE							
a tour and information on activities, events and trips! EVERY 3RD WEDNESDAY OF THE	requirement is not met, it may be necessary to cancel. If the Harman Center has cancelled the class/	CAREGIVERS SUPPORT (4th Wednesday of Month) 2:00pm - 3:00pm FREE							
MONTH AT 9:30 AM! JANUARY 17TH	activity, a full refund will be issued to each paid participant.	LINE DANCING 4:00pm - 5:00pm \$15 /month or \$4 /session							
FEBRUARY 21ST MARCH 20TH	participant.	QUILTERS GUILD (1st & 3rd Wednesdays) 7:00pm							

WINTER 2024



THURSDAY	FRIDAY	SATURDAY				
GET FIT W/ JOANN & JOYCE 9:00am FREE	FOREVER FITNESS 8:25am & 9:30am \$15 /punch card or \$1.50 Drop-in	BINGO 10:00am - 12:30PM \$15 Qtr or \$1.50 Drop-in				
OIL PAINTING 9:00am - 11:00am \$15 /Qtr or \$1.50 Drop-in *bring your own supplies	WATERCOLOR 9:00am - 11:00am \$15 /Qtr or \$1.50 Drop-in *bring your own supplies	CARD & TABLE GAMES Bridge 10:00am - 1:00pm \$15 /punch card or \$1.50 Drop-in				
TOPS Weight Loss Support 10:00am - 11:20am \$32/ yearly + \$21 Qtr	WRITING CLUB 9:30am - 11:00am \$15 /Qtr or \$1.50 Drop-in *bring your own supplies	CROCHETING & KNITTING 10:00am - 12:00pm \$15 /punch card or \$1.50 Drop-in *bring your own supplies				
PILATES W/ JILL 10:30am—11:30am \$15 /punch card or \$1.50 Drop –in	COLORING GROUP 10:00am - 2:00pm \$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				
PING PONG 10:30am - 2:00pm \$15 /punch card or \$1.50 Drop-in	CROCHETING & KNITTING 12:00pm - 2:00pm \$15 /punch card or \$1.50 Drop-in *bring your own supplies	CARD & TABLE GAMES Pinochle 1:00pm—3:30pm \$15 /punch card or \$1.50 Drop-in				
QUILTING CLUB 12:30pm - 3:00pm \$15 /punch card or \$1.50 Drop-in *bring your own supplies	JAM SESSIONS 1:00 - 2:30pm FREE *bring your own musical instrument					
CARD & TABLE GAMES Hand & Foot 1:00pm - 4:00pm \$15 /punch card or \$1.50 Drop-in						
WALKING IN THE BALLROOM 1:00pm - 2:00pm FREE						
STITCHED TOGETHER CRAFT GROUP Knit, Crochet, Cross Stitch, Beading 1:00pm - 3:00pm \$15 /Qtr or \$1.50 Drop-in *bring your own supplies						
	Pool Dues \$25 /per year					
	or .75 / per day					

Yakima Valley Senior Citizens, Inc.

Wishing you and your family a very Merry Christmas and all the best in 2024!

Welcome to the newly elected members on the Yakima Senior Citizens Board! Thank you to the retiring Board, we appreciate all that you have contributed for the good of the Harman Center!

Let me introduce myself, as the President for 2024, Linda Lockwood. I am married and have three grown children. I am also blessed with eight grandchildren ranging in age from 5 to 24. I taught in the Highland School District and retired in 2014. I began my Harmon Center experience by joining the Craft Group. I am certainly not very crafty, but I sure did enjoy the social time with the group! I noticed the coffee bar and thought that would be a fun gig, so I filled out the application to volunteer and was able to sub. Now, I work a weekly morning shift and it is so rewarding. Come in and have a cup of the "best" coffee in Yakima. I have been involved with YVSC, Inc. for several years. This is your invitation to join our general meetings on the 2nd Thursday of each month at 1:00 P.M. We welcome new ideas and suggestions to be considered by the Board.

YVSC, Inc. Mission Statement

Mission: Yakima Valley Senior Citizens, Incorporated is a private, not-for-profit organization established to include, but not limited to the following goals.

- To seek, receive and administer charitable funds to support the Harman Center at Gailleon Park (here after referred to as the Center) in furthering services to seniors.
- To provide an organization to unite the senior citizens of the area.
- To represent all participants at the Center in addressing the opinions and concerns regarding the Centers programs and operations.
- To assist, encourage and promote the ongoing and future activities of the Center.
- To act in an advisory capacity to the Center and staff in planning Center activities and operations.
- To assist Center staff in developing programs to educate the community about services and activities for seniors.
- To serve as advocates for the Center with all program participants and the community at large.

This quarter our big fund raiser is the Spaghetti Feed on March 13. It is a delicious meal with Debbie's homemade sauce, salad, breadsticks, and Spumoni ice cream. There is always a chance to volunteer to set up, cleanup and have a good time at the fund raisers. The money raised is used to help the City keep the Harman Center a safe and in good repair facility. I look forward to working with the Board, volunteers, and Staff at the Harman Center! Keep up to date with the activities with our Facebook page: Yakima Valley Senior Citizens, Inc.

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 Center

SPAGHETTI FEED

WEDNESDAY MARCH 13TH, 2024 5:30—6:30pm \$8.00



Come for a delicious dinner and support Yakima Valley Senior Citizens, Inc.

2024 BOARD MEMBERS

PRESIDENT LINDA LOCKWOOD

V-PRESIDENT AXEL RAPTCHEFF

SECRETARY
IRENE RAPTCHEFF

TREASURER RITA PENNER

TRUSTEES
MIKE BURNS
BEV FICKEL
MARV FRANKLIN
INEZ HARRIS
CAROL HERAUF
DIANA HERRON
BONNIE MUNDELL
HARRY PETERSON
MARY ANNE THOMAIER

YVSC, INC. MEETINGS

Every 2nd Thursday of the Month @ 1:00 PM
Harman Center Classroom A

January 11th February 8th March 14th



Yakima Valley Senior Citizens, Inc.



OPEN DAILY

COFFEE: Sm: 1.00 Lg: \$1.50

SODA: Can: 1.00 Bottle: \$1.50

Donuts & Snacks
Available Too!

Stop by to relax, unwind and have a delicious cup of coffee!

Donations of small paper plates, candy, liquid creamers, and napkins are always welcome and greatly appreciated!



EVERY

MONDAY & TUESDAY 11:00 am—12:00 pm \$5.00



9:00 AM —10:00 AM \$6.00

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

Lots of yummy food at an affordable price!
All ages welcome!

TACO FEEDS

Wednesday JANUARY 31ST FEBRAURY 28TH MARCH 27TH



11:30am-12:30pm \$ 6.00



BREAKFAST WITH THE EASTER BUNNY

SATURDAY MARCH 23RD, 2024 9:00 am—11:00 am

\$6.00 per person \$3.00 4 y/o and under

ALL AGES WELCOME!

Come enjoy a yummy breakfast and a visit with the Easter Bunny. Don't forget to take a picture with the Easter Bunny!

Krispy Kreme Donuts
Grocery Outlet
Avail
Rexford Manor
Liberty Foods
Bouchey Potatoes

Orchard Park



Thank you for making our events possible and a success!

DON'T MISS OUT ON THE 2024 CASINO TRIPS

Feb 14thWild Horse Casino\$60Apr 10thTulalip Casino\$65June 12thEmerald Queen Casion\$55Aug 7thMuckleshoot Casino\$55Sept 11thSnoqualmie Casino\$55



Contact YVSC, Inc at 509-576-6404 or stop by our office!

TREX RECYCLE PROGRAM A GREAT SUCCESS!

VSC & Harman Center thanks everyone who donated to our plastic recycling program May 2023—October 2023. Your participation allowed us to earn a peautiful composite bench made of our recycled products. Stop by and check out new bench soon in the Gailleon Park area in the back of he Harman Center.

Information, Events, Classes, Groups

COLORING ART SHOW

Come see our fabulous Coloring Group Exhibit!

FRIDAY, FEBRUARY 2ND

1:00PM— 4:00PM

SATURDAY, FEBRUARY 3RD

9:00AM-3:00PM

MONDAY/TUESDAY, FEBRUARY 5TH & 6TH

8:00AM-4:00PM



BOOK CLUB

Every 4th Monday of the Month 10:30AM

2024 BOOK LIST IS AVAILABLE AT THE HARMAN CENTER FRONT DESK.
Books were determined after printing of the newsletter. Scheduled dates are below:

JANUARY 22ND FEBRUARY 26TH MARCH 25TH

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 2:00PM — 3:00PM in Classroom A

PARKINSON'S SUPPORT GROUP

Are you or a loved one affected by Parkinson's Join us for an hour of support & learning:

EVERY 2ND TUESDAY OF THE MONTH 1:00PM — 2:00PM in Classroom A



LUNCH CLUB

EVERY 3RD THURSDAY OF THE MONTH

JANUARY 18, 2024: 11:30 AM TERRACES AT SUMMITVIEW 3801 Summitview Ave 98902

FEBRUARY 15, 2024: 11:30 AM FUGI'S—2513 Main St, Union Gap

MARCH 21, 2024: 11:30 AM MOM'S DISHES—1802 S 1st St, 98903

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



ESSENTIAL OILS CLASSES

10:30AM

Intermediate Classes

January 8 February 12 March 11

BEGINNER CLASSES

January 15 February 19 March 18th

AARP DRIVER'S REFRESHER COURSE

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 & WEDNESDAY 8:30AM-12:30PM

Cost \$20 for AARP members and \$25 for non AARP members.

For more information or to register, contact Paul Schafer: (509) 453-2606

GAME DAYS

JANUARY 5TH:

Chess, Checkers & Backgammon FEBRUARY 2ND 65, Pai Gow Poker, & Poker

MARCH 1ST

Yakima Monopoly, Sorry & Life





CLEANING WEEK
MARCH 4TH—MARCH 9TH, 2024



Center will be CLOSED to the Public. If you would like to Volunteer, please let Leslie know.

Information, Events, Classes, Groups

2024

Holiday BAZAAR at the

Harman Center

REGISTRATION BEGINS FRIDAY, FEBRUARY 1ST, 2024

First Come, First Serve for Vendor Spots!
Only 2 Booth Spaces per Vendor!

Booth Spaces are \$35 each.

Be Part of our Fabulous

HOLIDAY BAZAAR at the HARMAN CENTER on **Saturday**,

NOVEMBER 2ND, 2024



WIRELESS INTERNET WIFI AVAILABLE:

Network: **Harman Center Wifi** Password: **SeniorCenter**

Computer Tech Help 9:00am - 12:00pm Monday, Wednesday, Thursday, Friday

Open Lab Hours

Monday - Friday 9:00am - 3:00pm

Labs closed to the public during computer classes scheduled below.

	Labs closed to the public during computer classes scheduled below.				
CLASS	DATE	TIME	FEE	INSTRUCTOR	
Android	Thurs: February 22	9:00am - 10:30am	FREE	Kay Pexa	
Avoiding Senior Scams	Tues: January 9	10:00am - 12:00pm	\$10	Mike Mullen	
Avoiding Senior Scams	Tues: February 13	10:00am - 12:00pm	\$10	Mike Mullen	
Avoiding Senior Scams	Tues: March 12	10:00am - 12:00pm	\$10	Mike Mullen	
Facebook	Fri: January 19	9:00am - 11:00am	\$10	Marv Franklin	
Facebook	Fri: February 16	9:00am - 11:00am	\$10	Marv Franklin	
Facebook	Fri: March 15	9:00am - 11:00am	\$10	Marv Franklin	
Intro to Excel	Thurs: January 11	9:00am - 11:00am	\$10	Kay Pexa	
Intro to Excel	Thurs: February 8	9:00am - 11:00am	\$10	Kay Pexa	
Intro to Word	Wed: January 10	9:00am - 11:00am	\$10	Kay Pexa	
Intro to Word	Wed: February 7	9:00am - 11:00am	\$10	Kay Pexa	
Intro to Outlook	Wed: Feb 14	9:00am—10:30am	\$10	Kay Pexa	
Intro to Outlook	Wed: March 27	9:00am—10:30am	\$10	Kay Pexa	
Windows 11—Beginners (4 day course)	Wed: January 17 Thurs: January 18	9:00am - 10:30am	\$40	Kay Pexa	
	Wed: January 24 Thurs: January 25	9.00aiii - 10.30aiii	φ+υ		
Windows 11—Beginners (4 day course)	Wed: March 13 Thurs: March 14	9:00am - 10:30am	\$40	Kay Pexa	
	Wed: March 20 Thurs: March 21	9.00diii - 10.30diii			

IMPORTANT NOTICE: Classes are filled on a first-come, first serve basis! Register and pay for class at the front desk. Registrations taken no later than two (2) days before class start date. You are NOT REGISTERED UNTIL THE CLASS FEE HAS BEEN PAID! If no one has pre-registered for class, class session will be cancelled.

Harman Center 101 N 65th Avenue Yakima, WA 98908

PRSRT STD
US Postage Paid
Yakima, WA
Permit No. 324

QUARTERLY NEWSLETTER SUBSCRIPTION COSTS

YEARLY MAILED: \$15 YEARLY E-MAILED: \$10 YEARLY MAILED & E-MAILED: \$25

PLEASE SUPPORT THE ADVERTISERS THROUGHT OUR NEWSLETTER WHO SUPPORT THE HARMAN

Benefits of using a Reverse Mortgage

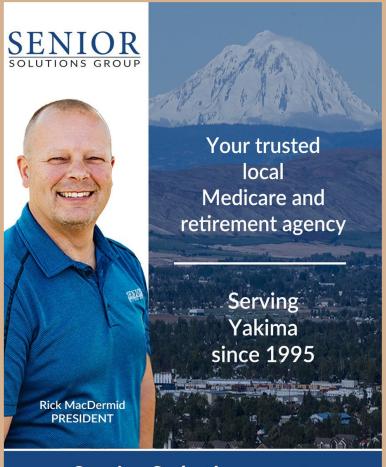
- *Obtain money to repair and Update your home *Help pay for rising medical costs
- *As a financial planning tool to preserve assets and maximize cash flow
- *Replacing lost social security income from a deceased spouse
- * Supplement your monthly retirement and/or social security income
- *Income is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



Michael Dubrule Sales Leader | NMLS #92043 Certified Reverse Originator

- 4001 Summitview Ave. Suite 8 Yakima, WA 98908 Branch NMLS #2441217
- (509) 961-5773
- michael.dubrule@absoluteloans.com
- absoluteloans.com





SeniorSolutions.net

3611 River Rd. #110, Yakima, WA 98902 · 509-494-4288

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.