HARMAN CENTER

at Gailleon Park

SPRING 2018

APRIL MAY JUNE

101 North 65th Ave
Yakima WA 98908
(509)575-6166

Crescent Health Care
Skilled Nursing Facility and Therapy
&
Crescent Place
Retirement Apartments

509-248-4446 505 N. 40th Ave., Yakima 509-248-8383

Locally owned and operated

ResCare HomeCare
Respect and Care at Home

Yakima and Kittitas County, Washington

- ResCare HomeCare provides flexible, dependable homecare in the home, hospital, long-term care facility or other residence.
- We offer "safe discharges" from hospitals and rehabilitation centers to your home.
- Our licensed trained Caregivers provide 2-24 hour assistance in housekeeping, personal care, shopping essentials and much more.
- Call today to learn more about our sevices!

1200 Chesterley Dr., Suite 160
Yakima, WA 98902
509.248.5355 fax 509.248.5706
www.ResCareHomeCare.com

2560 Yakima Valley Hwy., STE C
Sunnyside, WA 98944
509.837.5868 fax 509.839.3111
www.ResCareHomeCare.com

Living Well -
A Senior Home Referral Service, LLC

Karen Sousley
Senior Placement Advisor
509-969-2380
lwseniorhome7@gmail.com

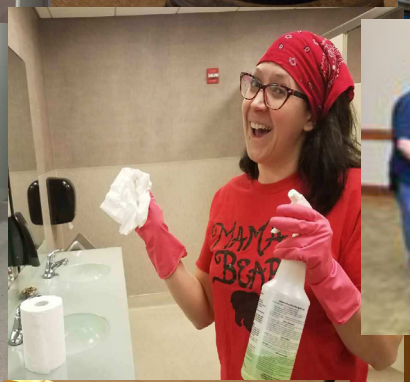
REXFORD MANOR
Retirement Community
1010 N 34th Ave.

BEAUTIFUL, SECURE, CAREFREE.
- 1-2 bedroom suites
- Patio / Balcony
- Washer / Dryer
- Pet Friendly
- Optional Meals

Call for a Tour!
(509) 248-7768

Locally Owned - A Butler-Haney Property

Cleaning Week



Letter from Leslie

Spring has arrived! Throw open the windows and smell every fresh blossom. I am ecstatic about all of our new classes and events. The Winter season brought us fantastic programs, such as Writing Club and Mah Jong. Our Trips & Tours Gala, Valentine's Dance, and St. Patrick's Day Iron Chef were a blast and we look forward to bringing these events back next year. We have planned even more special events coming this Spring. Classic Movie Nights are back starting April 12th and our Harman Center Art Walk & Open House will be on May 30th.

During the first week of March, our Harman Center Staff, Volunteers and Park Maintenance knocked out our Spring Cleaning early. It was a very productive week. Moving forward, we have developed new plans and goals to continually keep the center fresh and beautiful. We want you to be proud to come to the Harman Center and enjoy our glowing community.

Thank you to all of our dedicated volunteers and new program instructors. We are always looking for new volunteers. Please feel free to come by or call my office anytime to ask about our volunteer opportunities. If you have any ideas for new programs, classes, or events, I would love to hear them.

Let's bring on the sunshine and fun! And as always, I wish to send lots of hugs and positivity!

Sincerely,
Leslie Richards
Recreation Program Supervisor

Like us on facebook

Visit our Website!
http://www.yakimaparks.com/senior-center/

Where to Find Us

101 N. 65th Avenue
Yakima, WA 98908
(509)575-6166

Subscribe to our Newsletter!
$3/Issue or $12/Year

In This Issue

New Classes.....4
Currently Trending.....5
Events.....6-7
Computer Room.....8-9
Weekly Schedule.....10-11
Past Events.....12
Staying Healthy.....13
Travel Journal.....14-15
Yakima Valley Senior Citizens Inc.....16-17
Thank you Volunteers & Sponsors.....18
General Information.....19

New Classes

Photography

Mondays, 5:30 pm - 6:30 pm
$12/quarter

This class is aimed towards the "newbie" photographer. The class will cover basic exposure and compositional elements to be considered by the photographer when composing a scene; landscape photography will be emphasized in this coarse. Two optional Saturday local field trips will be offered to reinforce the classroom lessons. A portion of each session will be devoted to positively critiquing each other's work from the previous lessons.

Writing Club

Fridays, 10:00 am - 11:15 am
$12/Quarter or $1.00/drop-in

If you like to dabble in writing - fiction, nonfiction or poetry - come join other fellow dabblers for an hour of creative expression. Each week we'll let different writing prompts inspire us to write, write, write. There will also be time for sharing. Just bring a notebook and pencil, and be ready to tap into your experiences, observations, and imagination.

Belly Dancing

Tuedays, 1:30 pm - 2:30 pm
$12/quarter

All who attend can learn this unique exercise through dance that helps you develop better strength, flexibility and grace. Dance to the music from the Majestic Near East as you dance with veils, drums, and many other fun styles that fills the dancer's heart.

Yarn Spinning

Mondays, 1:30 pm - 4:00 pm
$12/quarter

Pick up your wheel and get rolling one of a kind fibers. Bring your own supplies.

Mahjong

Mondays, 3:00 pm - 6:30 pm
$12/quarter or $1.00 drop-in

Come join us for a game of skill, strategy and caculation that involves a degree of chance. Bring your own game and card.

Drawing Class

Fridays, 1:00 pm - 4:00 pm
May 4, 2018 - June 8, 2018
$6.00/6 week course
or $1.00/drop-in

In this 6 week introductory drawing class you will learn basic drawing skills, concepts and design.

Gardening Classes

Container Planting

April 3, 2018 10:00am
Free

Gain knowledge of which containers give you the most impact, and how to prepare the pot with correct soil, fertilizer and drainage. Questions will be answered about pests and other container care problems. Three pots will be given away at the end of class to lucky participants.
Pre-register at the front desk or call 509.575.6166.

Floral Design

May 1, 2018 10:00am
$10.00

Discover tips and techniques used by floral designers and how to prepare your flowers for long lasting arrangements. Learn the basic designs used in arrangements and special adornments in your designs. Completed project to take home.
Pre-register at the front desk or call 509.575.6166.

Annuals & Perennials

June 5, 2018 10:00am
$10.00

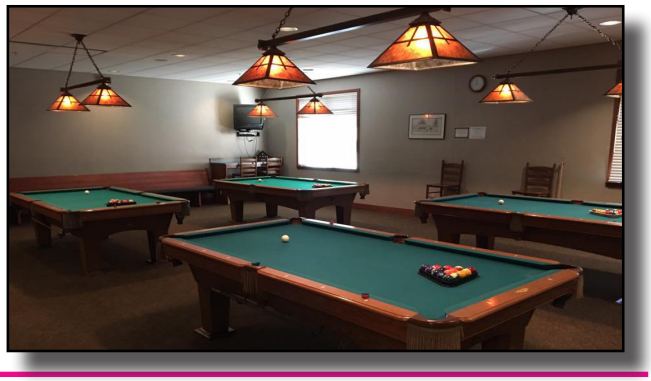
Learn about propagating, identifying, dividing and planting.
Pre-register at the front desk or call 509.575.6166.

Come Play Pool

Monday - Friday, 8:00am - 4:00pm

$20/year

Come in and play pool here at the Center. We have refinished pool tables and new equipment. Only $20.00 a year!



Reliving Rock n' Roll

3:00pm - 4:00pm

April 24th, May 22nd, June 26th

Put on your leather jackets and poodle skirts and come listen to the Rock n' Roll hits!

Dinner Club

Reservations Required

Call (509)575-6166
to reserve your seat at the table!

April 19, 2018

El Mirador 2

1601 E. Yakima Ave, Yakima

Meet at the restaurant at 11:30 am

May 17, 2018

Daniel's Kitchen

204 E. Naches Ave, Selah

Meet at the restaurant at 5:00 pm

June 21, 2018

Outback Steakhouse

2412 Rudkin Rd, Union Gap

Meet at the restaurant at 5:00 pm

Knitting & Crocheting

12:30 pm - 3:30 pm, Fridays

$12/quarter or $1.00/drop-in

Bring in your crochet hook, knitting needles and yarn for an afternoon of socializing and crafting. All skill levels welcome!

Woodcarvers

9:00 am - 11:00 am, Wednesday

$12/quarter

Learn hand-held woodcarving using basic tools and techniques, including shaping, detailing and whittling. Bring your own tools and supplies.

Creative Coloring

1:00 pm - 4:00 pm, Tuesdays

$12/quarter or $1.00/drop-in

Do you like to color? If so come on in and enjoy coloring, creativity and conversation at the Harman Center. Participants must bring their own supplies.

Events

Spring Bazaar

Saturday
April 21st
8:00am - 3:00pm

Vendor Spaces Available! $35.00

101 North 65th Ave, Yakima 509.575.6166

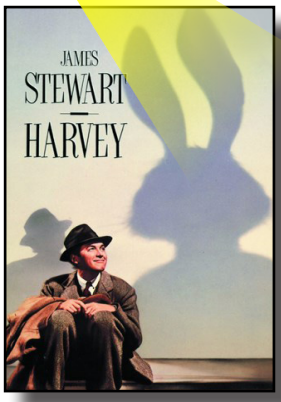
Veteran's Drive

Most needed items:
toilet paper, shave cream, shampoo, men's razors, deodorant, laundry detergent, underwear -**NO FOOD ITEMS**

Donations are greatly appreciated

*Donations may be brought to the Harman Center front desk.
101 N 65th Ave

Harman Center
Classic Movie Nights

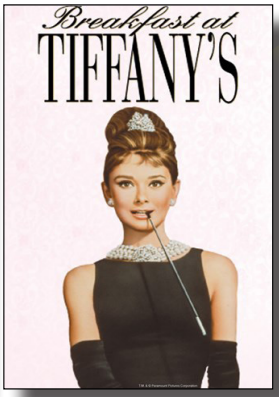


April 12th

Raffle Prizes

April 26th

May 10th



May 24th

June 7th

Come join us

Free Admission!!!

6:00 pm

Help the Community Project

June 22nd ~ 1:00pm - 3:00pm

Come in and help make washcloth bears for kids. The Teddy Bears are kept in police cars, and when an officer encounters a child who has been traumatized due to tragedy or victimization, the child is given a bear. The child is comforted by the bear in unfortunate or unfamiliar surroundings.

Hand towel donations are greatly appreciated. Donations may be brought to the Harman Center front desk.

101 North 65th Ave, Yakima, WA

Harman Center

Art Walk & Open House

Wednesday, May 30th 8:00am - 4:00pm

Come explore all of our talented groups at the Harman Center.

There will be cake & punch served at 12:00pm and a free dance 1:30pm - 3:45pm with live music!!!

Harman Center

Lego Tournament

Saturday, April 21st

10:00 am - 2:00 pm

Grab your Grandkids and bring your creativity, enthusiasm and enter your pre-built Lego model in the Harman Center's Lego Tournament. Must pre-register. For rules and regulations call Leslie at 509-575-6166. The winner will be awarded a trophy and prize.

Matinee Dance

Every Wed & Fri from 1:30pm - 3:45pm. Just $4.00 per person. Come dance to live music by Marv Pfeif on Wednesdays & Gary Malner on Fridays. The following themes are scheduled:

Wed, April 11th - Hobo Dance

Fri, April 20th - Earth Day Dance (Wear brown and green)

Wed, May 9th - Mother's Day Dance

Fri, May 18th - Armed Forces Day Dance (Wear red, white & blue)

Wed, June 6th - Senior Graduation Dance

Fri, June 22nd - 1st Day of Summer Dance

Preventing Senior Scams

April 26th @ 1:00pm

Presented by Northwest Justice Project

Harman Center, Classroom A

Computer Room

Android Learn how to change settings, add apps and enjoy your device		**Instructor: Rosie Steele**	**$10**
Thursday	April 12	1Day	9:00am-11:00am
Thursday	May 17	1 Day	9:00am-11:00am
Basic Computers Learn computer terminology, how to use a mouse, how to save and print a document		**Instructor: Rosie Steele**	**$30**
Mon, Tues, Wed	April 2, 3 & 4	3 Days	1:00pm-3:00pm
Beginning iPAD Learn basic features on your device		**Instructor: Rosie Steele**	**$10**
Friday	April 6	1 Day	1:30pm-3:30pm
Friday	May 10	1 Day	9:00am-11:00am
Monday	June 4	1 Day	1:00pm-3:00pm
Craigslist Learn how to buy and sell safely on the site		**Instructor: Marv Franklin**	**$20**
Friday	April 27	1 Day	9:00am-11:00am
Friday	June 1	1 Day	9:00am-11:00am
Facebook Join the social revolution		**Instructor: Marv Franklin**	**$10**
Friday	April 13	1 day	9:00am-11:00am
Friday	May 4	1 Day	9:00am-11:00am
Friday	June 29	1 Day	9:00am-11:00am
Intermediate iPAD Learn tips and tricks to make the device personalized and yours		**Instructor: Rosie Steele**	**$10**
Friday	April 13	1 Day	1:30pm-3:30pm
Tuesday	May 15	1 Day	1:00pm-3:00pm
Wednesday	June 6	1 Day	1:00pm-3:00pm
Internet Security Learn how to spot scams and keep your personal information safe		**Instructor: Marv Franklin and Larry Fraizer**	**$10**
Tuesday	April 17	1 Day	1:00pm-3:00pm
Friday	May 18	1 Day	9:00am-11:00am
Friday	June 15	1 Day	9:00am-11:00am
Tuesday	June 19	1 Day	1:00pm-3:00pm

Computer Room

Kindle Fire Q & A Bring in your charged Kindle Fire and learn some hidden features of your device		**Instructor: Rosie Steele**	**Free**
Tuesday	April 10	1 Day	1:00pm-3:00pm
Thursday	June 21	1 Day	1:00pm-3:00pm
Skype Learn to talk with friends and family across the country		**Instructor: Rosie Steele**	**$10**
Thursday	June 14	1 Day	9:00am-11:00am
Smart Phone Bring in your charged cell phone and get individual help		**Instructor: Rosie Steele and Ashton Damron**	**Free**
Tuesday	April 3	1 Day	9:00am-11:00am
Wednesday	May 9	1 Day	1:00pm-3:00pm
Windows 10 Learn tips and tricks to make Windows 10 fit your needs. Learn to copy, paste and move information to a removeable device and how some of the "live" tiles function		**Instructor: Rosie Steele**	**$40**
Mon & Wed	April 9, 11, 16 & 18	4 Days	1:00pm-3:00pm
Mon & Wed	May 14, 16, 21 & 23	4 Days	1:00pm-3:00pm
Mon & Wed	June 11, 13, 18 & 20	4 Days	1:00pm-3:00pm

Free Computer Lab

April		May		June	
2	9am-noon	2	9am-noon	4	9am-noon
4	9am-noon	7	9am-noon	5	9am-11am
6	9am-noon	9	9am-noon	6	9am-noon
9	9am-noon	14	9am-noon	8	9am-11am
11	9am-noon	15	9am-11am	11	9am-noon
16	9am-noon	16	9am-noon	13	9am-noon
18	9am-noon	21	9am-noon	18	9am-noon
20	9am-noon	23	9am-noon	20	9am-noon
23	9am-noon	30	9am-noon	22	9am-11am
25	9am-noon			27	9am-noon
30	9am-noon				

Refund Policy: Due to the popularity of our computer classes, refunds will not be granted if you cancel less than 2 weeks prior to the start date date of your class.

Computer Room Instructors

Mike Dwyer, Sharon Fisher, Larry Fraizer, Marv Franklin, Mary Kraining, Mike Mullen, Marcia Nichols, Rosie Steele, Roger Wells

E-Book Q & A

April 10th 9:00am-11:00am

Bring in your Library Card and tablets(optional) and learn how to check out books online through the library. **Free!!!**

YAKIMA VALLEY LIBRARIES
CONNECTING PEOPLE AND IDEAS

Important Note: Classes are filled on a first-come, first-served basis. Until you have paid the fee, you are not enrolled. Registration should be completed at least five days prior to the beginning of class unless approved by the instructor.

Weekly Schedule

Monday

Forever Fitness
8:30 AM & 9:30 AM
$15/Month

Ping Pong
10:30 AM - 11:30 AM
$12/Quarter or $1.00/Drop-in

Soup & Sandwich
11:00 AM - 12:00 PM
$2.50 Soup or Sandwich
$5 for Both

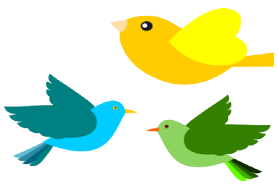
Ping Pong
12:00 PM - 2:00 PM
$12/Quarter or $1.00/Drop-in

Hand and Foot
12:00 PM - 3:30 PM
$12/Quarter or $1.00/Drop-in

Yarn Spinning
1:30 PM - 4:00 PM
$12/Quarter

Mahjong
2:30 PM - 6:30 PM
$12/Quarter or $1.00/Drop-in

Photography
5:30 PM - 6:30 PM
$12/Quarter



Tuesday

Zumba Gold
9:00 AM
$6/Session or $40/Month

Bridge
10:00 AM - 3:00 PM
$12/Quarter or $1.00/Drop-in

Soup & Sandwich
11:00 AM - 12:00 PM
$2.50 Soup or Sandwich
$5 for Both

Cribbage and Skip Bo
12:30 PM - 3:30 PM
$12/Quarter

Adult Coloring
1:00 PM - 4:00 PM
$12/Quarter +Supplies

Belly Dancing
1:30 PM - 2:30 PM
$12/Quarter

Miniature Club
3:00 PM - 5:00 PM
$3/Quarter
1st Tuesday

Tap Dancing
4:30 PM - 5:30 PM
$12/Quarter

Japanese Classes
6:00 PM - 6:55 PM
7:00 PM - 7:55 PM
$120/Quarter

Ballroom Dance Lessons
7:00 PM - 9:00 PM
$30/10 Week Session

Wednesday

Forever Fitness
8:30 AM & 9:30 AM
$15/Month

Wood Carving
9:00 AM - 11:00 AM
$12/Quarter +Supplies

Blood Sugar Testing/ Blood Pressure Screening
9:00 AM - 11:30 AM
Free

Scrapbooking & Stamping
12:30 PM - 3:00 PM
$12/Quarter +Supplies

Advanced China Painting
12:30 PM - 3:00 PM
$12/Quarter
+Supplies & Firing Fee

Jewelry Making
1:00 PM - 3:00 PM
$12/Quarter +Supplies

Matinee Dance
1:30 PM - 3:45 PM
$4, Live Music: Marv Pfeif
See Schedule on Page 7

Tai Chi
3:00 PM - 4:00 PM
$35/month-1 class a week
$60/month-2 classes a week
$10/session

Quilters Guild
7:00 PM
1st & 3rd Wednesday

Thursday

Tai Chi
9:00 AM - 10:00 AM
$35/month-1class a week
$60/month-2 classes a week
$10/session

Zumba Gold
9:00 AM
$6/Session or $40/Month

Oil Painting
9:00 AM - 11:00 AM
$12/Quarter +Supplies

TOPS (weight support)
10:00 AM - 11:30 AM
$32/Yearly +
$21 local dues/quarterly

Ping Pong
12:00 PM - 2:00 PM
$12/Quarter or $1.00/Drop-in

Hand and Foot
12:00 PM - 3:30 PM
$12/Quarter or $1.00/Drop-in

Quilting Club
12:30 PM - 3:30 PM
$12/Quarter +Supplies

Tai Chi
3:00 PM - 4:00 PM
$35/month-1 class a week
$60/month-2 classes a week
$10/session

Woodcarvers Association
6:00 PM - 8:00 PM
1st Thursday
$12/Quarter +Supplies

Japanese Classes
6:00 PM - 6:55 PM
7:00 PM - 7:55 PM
$120/Quarter

Friday

Forever Fitness
8:30 AM & 9:30 AM
$15/Month

Watercolor
9:00 AM - 11:00 AM
$12/Quarter +Supplies

Writing Club
10:00 AM - 11:15 AM
$12/Quarter

Knitting & Crocheting
12:30 PM - 3:30 PM
$12/Quarter +Supplies

Leatherworks
12:30 PM - 3:00 PM
$12/Quarter +Supplies

Matinee Dance
1:30 PM - 3:45 PM
$4, Live Music:
Gary Malner
See Schedule on Page 7

Saturday

Saturday Breakfast
8:00 AM - 9:00 AM
$5.00

Bingo
10:00 AM - 12:30 PM
$12/Quarter +25¢/Card

Bridge
10:00 AM - 3:00 PM
$12/Quarter
Bring Sack Lunch

Closure Dates

Memorial Day
May 26th & 28th
Independance Day
July 4th

Past Events

Craft Classes

Sweethearts Dance

Iron Chef

DON'S DONUTS
& Julie's Java
A Bakery - Cafe

1024 W. Nob Hill Blvd. • Yakima, WA 98902
453-6688 or 45-DONUT

Yakima Transit

Ride the bus, relax, and save money all while professional drivers take you to your destination safely, dependably. By your pass today at the Harman Center!

Reduced Fare
Monthly Pass Only $9.00

Reduced Fare - (one way) **50¢**
Persons 62 and over and the disabled.
Reduced Fare ID Card required!

Budget Friendly Transportation!

Lunch & Learn

Let's Eat & Educate! Join us for our Lunch & Learns every month. Light lunch will be provided. All are welcome!

April 19, 2018
Topic:
Volunteers in Yakima
Presented by:
Harman Center
Light Lunch Provided by:
Virginia Mason Memorial Hospital

May 17, 2018
Topic:
Hearing & Dementia
Presented by:
My Hearing Centers
Light Lunch Provided by:
To be determined

June 21, 2018
Topic:
Know the 10 Signs
Presented by:
Alzheimer's Association
Light Lunch Provided by:
Fieldstone Memory Care

Hearing Screening & Hearing Aid Cleaning

No appointment needed
Free!!!
3:00pm - 4:00pm
April 12, 2018
May 10, 2018
June 14, 2018

MY HEARING CENTERS

Cognition Screening

Free!!!
9:00am - 1:00pm
April 16, 2018
May 21, 2018
June 18, 2018

HIGHGATE SENIOR LIVING

Tai Chi

Wednesdays, 3:00pm - 4:00pm
Thursdays, 9:00am - 10:00am
Thursdays, 3:00pm - 4:00pm

$35.00/month - 1 class a week
$60.00/month - 2 classes a week
$10.00/session

This program is a gentle, low impact, slow motion exercise that improves breathing, flexibility, balance, strength and relaxation. All abilities are welcome!

Fitness Class

8:30am -9:30am
9:30am - 10:30am
Monday, Wednesday & Friday
$15.00/month

This popular fitness class consists of floor, chair and standing exercises. All ability levels welcome.

Walking Group

10:00am, Tuesdays
Free

Put on your sneakers and join us for a one to two mile walk around the neighborhood. Meet in the Harman Center Lobby rain or shine.

Zumba Gold

9:00am -10:00am
Tuesday & Thursday
$40.00/month or $6.00/session

This is upbeat dance-fitness class consists of modified, low-impact moves for active adults.

Travel Journal

Spring has sprung and with it the "itch" to get out and do something! If you haven't signed up for the Spring Fair in Puyallup on April 20th, do so now!! This trip was added after the book came out so there are seats available. It will be a fun time to get out of town and enjoy the activities that are at the Washington State Fairgrounds! Cost is only $69.00 which includes your bus ride over and back and tickets to get in.

Trip and Tour Presentations:

April 17 @ 1:00pm

John Shaw from Collette will be here to present Tropical Costa Rica! This trip was also added after the book came out so if you have always wanted to go, now is the time.

April 19 @ 1:00pm

Ryan Campbell from Premier World Discovery will be here to present The Wonders of Thailand and another newly added trip, the Christmas Lights of San Antonio! This will be a beautiful Christmas trip you will not forget. Come see what this trip will have in store for you!

Feature Trip:

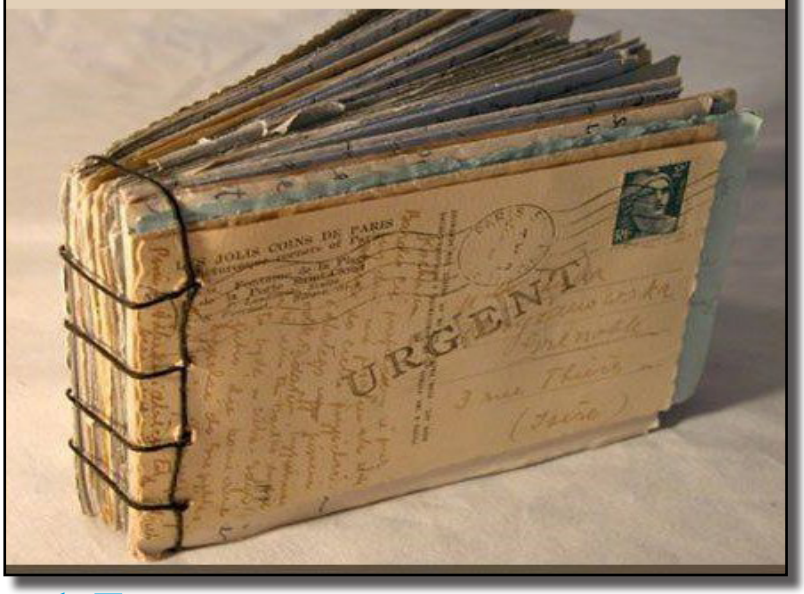
Nashville and Branson: October 12-18, 2018

You won't want to miss out on the fun we will have on this one! If you have never stayed at the Gaylord Opryland Resort in Nashville, you don't know what you're missing... the accomadations there are worth the price of the trip in itself. A river runs through acres of trees, waterfalls and wildlife all under a glass dome that includes five hotel sections... you have to experience it to believe it! We will visit the Country Music Hall of Fame, the Johnny Cash and Patsy Cline musueums and a show at the Grand Ole Opry itself... THEN we head to Branson, traveling through the Ozarks and parts of Kentucky. In Branson we see five shows and for those who want to go to the Sight & Sound Theater to see Samson, let me know and we will do it!

We only have a few double rooms left so if you are interested, please contact me as soon as possible.

2018 Gala & Leavenworth

While on a trip, send yourself a postcard every day from where ever you are and write what you did that day on it...
Then bind them when you return to have a journal of your trip.
Complete with photos, stamps, and a run-down of each day's events!



Yakima Valley Senior Citizens Inc.

WELCOME SPRING AND DAYLIGHT SAVINGS TIME!!!

Thank goodness we haven't had much snow this Winter, but it sure has been cold.

Yea, our new doors were installed during Cleaning Week. This will be much safer for everyone entering the Center. It is controlled by a sensor and will not close until you have cleared the doorway. This project has been in the works for the past two years with several changes in the design. Senios Inc decided on this design last year. This project was funded entirely by Yakima Valley Senior Citizens Inc. The automatic doors were in the original design for the Harman Center, but was changed to the doors opening outward to cut costs.

We have Leslie and Michelle along with with the crew from the City to thank for the beautiful ballroom floor. They finally found the correct formula to get all the dirt out of the floor and the special shiny coating. It has NEVER looked better. GREAT JOB!! The city crew also cleaned all of the other major areas within the Center with the help from a few volunteers.

I am so excited with the way Linda Duncan and Linda Lockwood (new members of the Board) have jumped in to Chair the Spaghetti Feed, which hopefully you all attended on March 27th. Betty Thompson also Co-Chaired with them. Debbie Simmons, who is new to the Center offered to make the spaghetti sauce and cook the pasta. Olive Garden furnished the salad, Little Ceasars furnished the bread sticks and Rexford Manor the cookies. At the time this was written, Debbie was working on getting donations for ice cream and parmesan cheese.

While waiting to get a Janitor, my Vice President, Jim Perry has been seen with a broom or vacuum cleaner in his hand keeping the front entrance nice and clean. Thanks Jim!!

We will be celebrating the Volunteer Dinner on April 19th. Senior Inc will be furnishing the dinner, which will be catered by Virginia Memorial Catering. We will also have a couple of thank you gifts for each of you. The Harman Center will have sent invitations to all of of the Volunteers who qualify. It will be RSVP.

~Lois Cruikshank, President YVSC, Inc

Board Members

Lois Cruikshank
President
Jim Perry
VicePresident
Irene Raptcheff
Secretary
Sharon Reed
Treasurer
Jean Amend
Gail Brown
Linda Duncan
Dianne Herron
Mary Lizotte
Linda Lockwood
Janet McCormick
Roberta Morgan
Betty Thompson
Trustees

YVSC Inc General Meeting

2nd Thursday

1:00pm

Everyone Welcome!

April 12th

May 10th

June 14th

2018 Casino Trips

Tulalip Casino
Date: April 17, 2018 Price: $45.00
Snoqualmie Casino
Date: June 19, 2018 Price: $30.00
Millbay Casino
Date: August 21, 2018 Price: $40.00
Snoqualmie Casino
Date: October 23, 2018 Price: $30.00

Yakima Valley Senior Citizens Inc.

Coffee Bar

We would like to thank Ruth Haywood who donated the new microwave to the Coffee Bar.

Also a big thank you to those who gave cookies and candy to the Coffee Bar Volunteers!!!

~Virginia, Ellen & Melba

Coffee Bar donations are much appreciated. We are always in need of the following items:

Small paper plates & napkins, Liquid creamers, sugar-free & regular candy

Saturday Breakfast $5.00

8:00am - 9:00am

Reservations Recommended

Sign up at The Harman Center or call (509)575-6166

Soup & Sandwich

Monday & Tuesday 11:00 am

$2.50/each or $5.00/both

Taco Feed

11:30am

$5.00

April 25, 2018

Last Taco Feed of the year!

BBQ

11:30am

$5.00

May 30, 2018

June 27, 2018

Last Wednesday of the month

YVSC Inc Fundraiser

Strawberry Social

&

Discovery Shop Style Show

Tuesday

June 12, 2018

1:30pm - 2:30pm

Tickets: $5.00

Ballroom Dance Lessons

Tuesday Nights

7:00pm

Instructor:

Bill & Diana Kunz

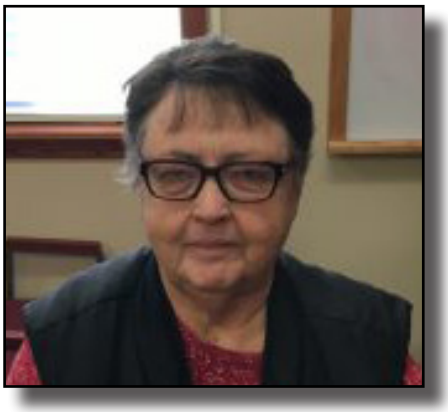
Classes are $30.00 per person for 10 weeks of lessons or $5.00 per person if you pay each week

Thank you Volunteers & Sponsors

January
Volunteer of the Month

Carl Burmaster

February
Volunteer of the Month



Rosie Steele

March
Volunteer of the Month

Marv Franklin

Thank you so much to all of our fabulous Volunteers! Our programs and events would not be as fantastic without each of you! You spread happiness and cheer throughout our Center.
If you have not volunteered at the Center and would like to join our Volunteer Team, please call Leslie @ (509) 576-6402. We are always looking for volunteers to help with Front Desk Subs, Greeter Subs, Library Organization, Computer Labs, Foot Care Front Desk, Kitchen Help, & Special Event Help.

We would like to thank all of the volunteers & sponsorswho make the Harman Center such a wonderful place

- Mike Burns
- Merla Manuel
- Roberta Morgan
- All of the Gala Volunteers
- Breakfast with the Easter Bunny Volunteers
- Volunteer Instructors

General Information

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!

Harman Center Library
Our library, located in the Harman Center lounge, has puzzles, novels and books available for free check out. We are unable to accept any large book donations at the center.

Volunteer Opportunities
The Harman Center is in need of volunteers to serve in the kitchen, at special events, as greeters, in Footcare Clinic, library, or at the front desk. If you are interested in volunteering at the center please contact the Volunteer Coordinator at (509)576-6402 or stop by the front desk.

Daily Lunch
People for People proudly offers lunch Monday - Friday at the Harman Center. Reservations are required. Call (509)426-2601 one day in advance. A suggested donation of $2.50 is requested for diners 62 and better. The lunch is served from 11:00 am - 11:30 am. If you have made reservations and are unable to keep them please call People for People.

Footcare
This clinic is for persons 60+ years of age. To answer any questions or to check appointment availibilty, please call the clinic directly at (509)576-6725.

Driver's Refresher Class
Drivers 55+ who complete this approved safe driving course may qualify for an auto insurance discount. No driving or testing required. Classes held on third Tuesday-Wednesday monthly. Cost is $15 for AARP members and $20 for non AARP members. Contact Bob (509)965-0558 to register.

Thank you to everyone who has brought in quilts, wood carvings, art and other items to the center for all to enjoy.

Harman Center 575-6166

Tour Program Direct Line 576-6405

Phone or Mail-In Registration
Please make checks payable to City of Yakima. Mail to Harman Center, 101 N. 65th Ave., Yakima, WA 98908. If you phone in your registration, please have your Visa or MasterCard ready. We will mail your receipt and itinerary.

Gift Certificates
Gift certificates are available in any amount and can be used for all Harman Center activities except lunch and breakfast.

Class Cancellation
If the minimum activity requirement is not met, it will be necessary to cancel that activity. If the Harman Center cancels an activity, a full refund will be sent to each paid participant. If a participant cancels their activity registration, a $5 processing fee will be applied to the refund.

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.

Wireless Internet
Wifi connection is now available at the Harman Center. The password is **SeniorCenter**.

Subscription Expired?
Check the upper right hand corner of your address label for the expiration date of your newsletter subscription.

Harman Center
101 N. 65th Avenue
Yakima, WA 98908

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

Harman Center Staff

Leslie Richards 576-6402
Leslie.Richards@yakimawa.gov
Recreation Program Supervisor

Michelle Damron 576-6403
Michelle.Damron@yakimawa.gov
Center Assistant

Lori Schatz 576-6405
Lori.Schatz@yakimawa.gov
Trips & Tours Rec Leader

Reserve the Harman Center

Reserve the Harman Center for your special event!
Please call the Harman Center at (509)575-6166 for more information.

Health Alliance MEDICARE℠
HealthAllianceMedicare.org
YOUR LOCAL ADVANTAGE

Harman Center Hours

Monday - Friday....8:00 AM - 4:00 PM
Saturday.....8:00 AM - 3:30 PM
Sunday.....CLOSED

Professional personal **care,**
to support independent **living at home.**

From **meal preparation,** to **transportation, errands, homemaking, medication reminders or respite for family caregivers,** these and other **personal care services** are available to secure the support you need **in your own home.**

HOME CARE SERVICES

Our local professional staff will welcome your call at:
Yakima 453-8946 Sunnyside 837-8982
Ellensburg 962-6242 Tri-Cities 735-7840
homecareservices.us.com

A Program of Senior Life Resources, an ALTC and Yakama Nation Contractor.

Harman Center Cookbook Fundraiser

The Harman Center is looking for tried and true recipes. We are creating a cookbook compiled of family favorite from today and yester-year.

If you have a favorite recipe you would like to contribute please drop off with name, picture, and/or story at the Harman Center front desk or email electronically to Leslie.Richards@YAKIMAWA.gov. The Harman Center Cookbook will be sold at the Holiday Bazaar. Recipes need to be submitted by September 1, 2018.

*all categories of recipes are appreciated