

Harman Center

at Gailleon Park

Newsletter

April May June 2022

Hello Spring! Time to get the garden planted, enjoy the fresh air, and nature is starting to come alive. Walking Group is back! We are starting an Alzheimer's & Dementia Support Group, Gentle Stretching & Meditation Class, and a Hiking Group. Our special events for Spring are our Defying Aging Wellness Fair and our 18th Year Anniversary Open House. 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 openheartedness 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
Leslie.Richards@YAKIMAWA.GOV
509-576-6402



Subscription Expired?

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

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

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

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

General Information

Wireless Internet

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

Harman Center Library

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

Mail-In Registrations/Payments/Subscription Renewal

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

Gift Certificates

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

Class Cancellation

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

Disclaimer

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

Responsibility Disclaimer

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

AARP Driver's Refresher Class

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

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

(509)575-6166

Leslie Richards

(509)576-6402

Leslie.Richards@yakimawa.gov
Recreation Program Supervisor

Michelle Damron

(509)576-6403

Michelle.Damron@yakimawa.gov
Center Assistant

Lori Schatz

(509)576-6405

Lori.Schatz@yakimawa.gov
Trip & Tour Coordinator

Rent the Harman Center for your event!

Wedding Ceremonies
Receptions
Quinceaneras
Birthdays
Anniversaries
Baby showers
Trainings
Meetings
Various other events

For More information contact:

Michelle Damron
(509)576-6403

Michelle.Damron@yakimawa.gov

Healthy Living & Support Groups

Panel of Experts: Planning to Live your Best Life

May 27th, Friday
11:30am - 12:30pm

We will have a panel of experts talking about how to plan for the future. Topics will include, financial planning, medications, Retirement Communities, Assisted Living, Home Care, VA benefits, Medicare and self care. We will have a professional representing each category.

Positive
Approach
to Care

April 20th
Wednesday

1:00pm - 5:00pm
This FREE event provides essential information to help better understand how the brain changes with dementia and the reason behind challenging behaviors. Experience what sensory changes with Dementia feels like, and learn skills to minimize reactions and anxiety.

Cognition Screenings

Conducted by



May 17th, Tuesday
9:00am - 11:00am

FREE

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

One Cup at a Time

April 4th, Monday
May 2nd, Monday
June 6th, Monday
10:45am - 11:45am

Take a “coffee” break from caregiving. Caregiving for an aging loved one can be tough job, with big challenges and often times little support. So please join us for “One Cup at a Time” caregiver coffee hour at the Harman Center. It’s a chance to relax, make friends, and share with other caregivers.

Caregiver Support Group

April 27th, Wednesday
May 25th, Wednesday
June 22nd, Wednesday

2:00pm - 3:00pm

WHO: Caregivers & loved ones of those needing Support.

WHAT: Support, guidance, and education for anyone providing care.

WHERE: Harman Center

WHY: Join us at our next Support Group! Help ease the stress of caregiving by learning how to care for your loved one.

Harman Center Volunteer of the Month

Congratulations to our
Volunteers of the month!!!



Carol Herauf

Dec. 2021



Merla Manuel

Jan. 2022



Peggy Epperly

Feb. 2022

Travel Journal

Hello my fellow travelers! It is good to see spring and your smiling faces!!!! It is my pleasure to announce that travel is booming and a lot of the trips are fulling up. Thank you everyone for sticking with us throughout this trying time, I am just so happy to say... **TRAVEL IS BACK!!!!**

New Pacific NW Trips

1. Come and join us on The Sternwheeler Columbia River, boxed lunch tour. Saturday, July 30th. Sign up quickly because this trip will sell out fast!!! We will be departing from Cascade Locks where we will do both the East and the West Loops. A truly fun day out on the water. Price for this trip is \$119.00 per person – a \$50.00 deposit will secure your ticket,
2. Here is one we haven't done in a while, how about an excursion to Friday Harbor? Join us for a 3 day trip to Bellingham July 23rd – 25th, where we will stay at Angel of the Winds Resort & Casino or Silver Reef Resort & Casino for 2 nights and travel by boat on Day 2 through the San Juan Islands with a 3 hour visit to Friday Harbor. Whales are not promised but you never know! The Price of this amazing get-away is \$439.00 ppdo or \$639.00ppso - a \$50.00 deposit will hold your spot. Payments can be made up till 30 days prior to departure. 2 breakfasts and 1 dinner is included.



Serving Yakima Valley since 2006



Call 509.452.8301 to schedule your low vision evaluation and get a FREE 2022 calendar!

311 N 4th Street, Suite 104

WHILE SUPPLY LASTS

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



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- Assistance with Medication Management and pill set-up

Call/Text Elizabeth at (509) 731-4908

Travel Journal

Mariners Games are back!!! – Play Ball!!!!!!!!!!!!

I have 3 great games schedule for this year and I am hoping you are ready for some baseball!

All seating will be in our new Club section area where the seats are so much more comfortable. All games are day games and there are only 20 tickets available for each game. Don't delay, sign up today!

- June 12th Mariners vs the Red Sox
- July 3rd Mariners vs the A's
- Aug. 6th Mariners vs the Angels

Tickets are \$149.00 each. \$50.00 deposit

For 2023:

The new books will be out July 1, 2022 BUT we already have 2 trips scheduled with registrations in place. These are the trips you can sign up for today!!!!

1. Holland Windmills, Waterways & Tulips River Cruise - April 19th - 28th featuring Amsterdam & 7 nights aboard the Amadeus Queen.
2. Holy Lands & Aegean Majesty (Jerusalem to Rome) Oct. 6-17, aboard the Oceania Nautica. This 12 day cruise will include 3 days in Jerusalem with stops in Rhodes, Athens, Santorini, Naples and more. Air will depart the U.S. on October 5th to arrive in Jerusalem on October 6th.

I am taking registration for these 2 trips now!



Weekly Schedule

Monday

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

Walking Group
9:00am

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

Book Club
10:30am

4th Monday of the Month

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

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

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

Tuesday

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

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

Stretching & Meditation
10:15am - 10:45am
\$12/quarter or \$1/drop-in

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

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

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

Wednesday

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

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

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

New Peeps Meet n' Greet
9:30am - 10:30am
3rd Wednesday of the Month

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

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

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

Groovin' with Leslie
2:00pm - 3:00pm
\$12/quarter or \$1/drop-in

Zumba Gold
3:00pm - 4:00pm
\$35/month or \$5/session

Line Dancing
4:30pm - 5:30pm
\$15/month or \$4/session

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

BILLIARDS ROOM

Pool Dues
\$20.00/year or .50¢/day

Chat Face!

with the Harman Center Girls

Virtual Event

Wednesdays @ 1:00pm
on Facebook LIVE!



Thursday

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

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

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

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

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

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

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

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

Groovin' with Leslie
2:00pm - 3:00pm
\$12/quarter or \$1/drop-in

Zumba Gold
3:00pm - 4:00pm
\$35/month or \$5/session

Friday

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

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

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

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

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

HC Dance & Social
1:30pm - 3:45pm
3rd Friday of the Month
Musician: Gary Malner
\$4.00 per person to dance
\$1.00 per person to listen

Saturday

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

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

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

CHEMO SCARVES

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

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

May 28th & 30th
Memorial Day

June 20th
Juneteenth

Special Events, Classes, & Clubs

History of Yakima Presentation

Presented by: Jo Miles



Honored Yakima Pioneers

April 1st, Friday

1:00pm

FREE



Yakima's A.J. Splawn

May 6th, Friday

1:00pm

FREE

Rock n' Roll Dance

April 1st

7pm - 9pm

Cost: \$5/person

Dance the night
away with *LIVE*
music by

Night Train!

You don't want
to miss it!

Refreshments
will be served.

*Harman Center, 101 N. 65th Ave.
(509)575-6166*

Harman Center Dance & Social

April 15th Spring Fling Dance

May 20th Open House (free)

June 17th School's out for Summer

1:30pm - 3:45pm

Cost: \$4/person to dance

\$1/person to listen



*LIVE music by
Gary Malner*

Pen Pals & Stationary

9:00am

April 13th, Wednesday

May 11th, Wednesday

June 8th, Wednesday

Do enjoy writing letters?
Want to make new friends?
Join us for Pen Pals &
Stationary.



Harman Center 18th Anniversary Open House

May 20th, Friday

1:30pm - 3:45pm

*Join us in celebrating the Center's
18th anniversary with a free dance,
cake, and refreshments.*

*Come
Celebrate
with us!*

New Peep's Meet n' Greet

9:30am - 10:30am

April 20th, Wed.

May 18th, Wed.

June 15th, Wed.

Come check out all of our programs, events & trips that we offer at the Harman Center. Take a tour and meet the staff!

Harman Center

Defying Aging Wellness Fair

**April 29th, Friday
9am - 2pm**

Join us for our Defying Aging Wellness Fair. Come check out groups, clubs and services that are available to the Yakima area Senior population. The Harman Center along with local vendors will be promoting healthy living and staying active. This is a free event that will be located at the Harman Center, 101 N. 65th, Yakima, WA.

Call (509)575-6166 if you have any questions.

Blood Drive

July 1st, Friday

10:00am - 3:00pm

If you are interested in donating blood call Leslie Richards at (509)576-6402 or stop by the Harman Center front desk to schedule an appointment.



*Share
the Love,
Donate
Blood*

Veteran's Toiletry Drive

April 1st thru June 30th

Donations of NEW toiletries may be dropped off at the Harman Center front desk. All donations are greatly appreciated. The Veteran's Coalition is in need of the following items: deodorant, body wash, shampoo, conditioner, dental care, razors, other toiletries, toilet paper, paper towels, and detergent.

NO CLOTHING OR LINENS.

Special Events, Classes, & Clubs

Essential Oil Classes

Taught by Ronna Watkins

Spring into Action!

Mood & Mind

Monday, April 11th @ 10:30am

Free

Natural Solutions for Healthy Living

Oils for Allergies

Monday, May 9th @ 10:30am

Free

Toxic Free Gardening

Oils in the Garden

Monday, June 13th @ 10:30am

Free



Essential Oils Made Easy Beginner Classes

Taught by Ronna Watkins

Peppermint

Monday, April 18th @ 10:30am

Free

Lemon

Monday, May 16th @ 10:30am

Free



Harman Center

Dinner Club

Warehouse West Grill

6411 W. Nob Hill Blvd.

April 21st, Thursday

5:00pm

Red Lobster

905 N. 1st St.

May 19th, Thursday

5:00pm

Applebee's

1505 W. Washington Ave

June 16th, Thursday

5:00pm

*Meet at the restaurant.
RSVP at the front desk or call
(509)575-6166.*

Harman Center Hiking Club

April 26th , Tuesday

May 24th , Tuesday

June 28th , Tuesday

9:00am

The first meeting, April 26th will be at the Harman Center to determine hikes. After that then the group will meet at varied locations.

Harman Center

Book Club

April 25th @ 10:30am

May 23rd @ 10:30am

June 27th @ 10:30am

*For a list of books we are
reading please stop by or call
the front desk,
(509)575-6166.*



Computer Room

Open Labs

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

Tech Help

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

Computer Classes

Android Class	May 12 th	9am - 10:30am	Free	Instructor: Kay Pexa
Avoiding Senior Scams	Apr. 12 th	10am - 12pm	\$10	Instructor: Mike Mullen
Avoiding Senior Scams	May 10 th	10am - 12pm	\$10	Instructor: Mike Mullen
Avoiding Senior Scams	June 14 th	10am - 12pm	\$10	Instructor: Mike Mullen
Beginners Windows 10 (4 day class)	Apr. 20 th	9am - 10:30am	\$40	Instructor: Kay Pexa
	Apr. 21 st	9am - 10:30am		
	Apr. 27 th	9am - 10:30am		
	Apr. 28 th	9am - 10:30am		
Beginners Windows 10 (4 day class)	June 8 th	9am - 10:30am	\$40	Instructor: Kay Pexa
	June 9 th	9am - 10:30am		
	June 15 th	9am - 10:30am		
	June 16 th	9am - 10:30am		
Intro to Excel	May 13 th	1pm - 3pm	\$10	Instructor: Mike Dwyer
Intro to Excel	June 10 th	1pm - 3pm	\$10	Instructor: Mike Dwyer
Facebook	Apr. 15 th	9am - 11am	\$10	Instructor: Marv Franklin
Facebook	May 20 th	9am - 11am	\$10	Instructor: Marv Franklin
Facebook	June 17 th	9am - 11am	\$10	Instructor: Marv Franklin
Intro to Word	May 20 th	1pm - 3pm	\$10	Instructor: Mike Dwyer
Intro to Word	June 17 th	1pm - 3pm	\$10	Instructor: Mike Dwyer

Important Notice

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

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

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Yakima Rock & Mineral Club

presents 59th Annual "Parade of Gems"

Friday April 22, 2022 10 am to 4 pm

Saturday April 23, 2022 10 am to 5 pm

Sunday April 24, 2022 10 am to 4 pm.

Featuring displays of Mount St. Helens

"A Blast from the Past" 40 Plus Years After She Blew"

Demonstrations like Volcanic explosion (presented by Central Washington University students), gold panning, metal detecting, faceting, lapidary. We will also have demonstrations on flintknapping, jewelry making. There will be a silent auction and kids activities. And a special presentation on Fossil Fuels.

We will also have a raffle, door prizes and many vendors that have rock, jewelry, rock & mineral spaceman's and more for sale.

Central Washington State Fairgrounds, Modern Living Building
1301 S Fair Ave. Yakima, WA 98901

Admission : Adults \$6. Student \$2. Under 12 free with paying adult. Parking: free at Gate 5.

Clip out an bring this coupon for a \$1. discount . Limit One



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YAKIMA VALLEY SENIOR CITIZENS, INC

Message from the Yakima Valley Senior Citizens, Inc.

My name is Mike Burns and I am the new President of Yakima Valley Senior Citizens, Inc. I want to welcome the new Vice President, Linda Lockwood, and new Treasurer, Rita Penner, and welcome back Secretary Mary Jepsen.

We have many special fundraising food events this year. We also have breakfast every Saturday from 9:00 AM-10:00 AM and lunch Monday and Tuesdays from 11:00 AM-12:00 PM.

We have a great volunteer team to serve you and we are always looking for new volunteers. Come join us!

Mike Burns, President YVSC, Inc.

Seniors Inc. is dedicated to the financial support of Harman Center and advocating for area seniors.

COME Join Us !!

BOARD MEMBERS

PRESIDENT:

Mike Burns

VICE

PRESIDENT:

Linda Lockwood

SECRETARY:

Mary Jepsen

TREASURER:

Rita Penner

TRUSTEES

Lois Cruikshank

Linda Duncan

Kathy Franklin

Karen Gochnour

Cindy Herring

Megan Cupp

Melba Kelley

Irene Raptcheff

Debbie Simmons

Thank you to our generous donors!!

Wrays

Rosauers

Catering Creations by Toni

Rexford Manor

Orchard Park Retirement

Bouchey Potatoes

West Valley Grocery Outlets

Discovery Shop

Dairy Queen

Yakima Steak Company

US Chef Store

Sharon Jonsen

Wesley United Methodist Church

Jim Keller at Apple King

Allen Bros.

Krispy Kreme

Olive Garden

Little Caesars Pizza

**Yakima Valley Senior
Citizens Inc. Events**

Follow us on Facebook

Saturday Breakfast
9:00-10:00 \$6.00

Strawberry Social

Thurs. June 16

1:30-2:30

\$5.00

Short cake & Ice Cream
Discovery Shop
Fashion Show



**Breakfast with the
Easter Bunny**

Sat April 9th

9:00-11:00

\$5.00

\$2.50 4 & under

Followed by Easter
Egg Hunt

Bring cameras
& get pictures
With the Bunny!



Wild Horse Casino Trip

Thurs. April 21st

\$45.00

May 26th, June 23rd
Trips being planned

Coffee Bar Great Coffee and Snacks

The crew would like to thank everyone
For their support! Couldn't function
Without you. Thanks!

Coffee	Reg. .75	Lg. \$1.00
Soda	Can .50	Bottle \$1.00

Soup & Sandwich

Monday and Tuesday
@ 11:00
\$5.00

Taco Feed

Wed April 27th
@11:00
\$5.00

B-B-Q Lunch

Wed. May 25th
& June 29th
@11:00
\$5.00