

FALL 2017

OCTOBER

NOVEMBER

DECEMBER

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at Gailleon Park

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



Welcome



WHERE TO FIND Us

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

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



Visit our Website!

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



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Letter from Leslie

Happy Fall Y'all! This is one of my favorite times of the year thanks to cooler weather, leaves changing, crisp air, Pumpkin Spice Lattes, memories to share, all the excitement of the holidays and family gatherings.

I feel blessed to have such a warm welcoming to Yakima and happy to be part of this wonderful community at the Harman Center. My team and Senior Citizens, Inc are some of the sweetest, creative and dedicated people I have ever met.

Our Harman Center team has created a myriad of events that span from new exercise programs to events that welcome all ages such as the Halloween Dance, Classic Movie Nights and much more! So gather up your family and come see what's happening at the Harman Center!

We are continuously looking for new volunteers to join our fantastic team at the Harman Center. If you are able to donate your time, please stop by my office or give me a call. My door is always open, so come by and chat with me anytime. I hope we all come closer together as a family this Fall!

Sending lots of warm wishes and hugs,
Leslie Richards
Recreation Program Supervisor



SPECIAL THANKS

Thank you to *Orchard Park & Connect Hearing* for the birthday cakes in July & August.



HOLIDAY
RETIREMENT

*Warm rooms.
Warm smiles.*

Orchard Park
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620 N 34th Avenue
Yakima, WA 98902

509-563-7714
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homecareservices.us.com

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

Currently Trending

NEW! CREATIVE COLORING GROUP

Tuesdays 2:00 pm - 3:00 pm

\$12/Quarter + Supplies

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

DINNER CLUB

Reservations Required

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



October 19, 2017
Apple Tree Restaurant

8804 Occidental Rd, Yakima, WA

November 16, 2017
Olive Garden

222 E Yakima Ave, Yakima, WA

December 21, 2017
Creekside Grill

4000 Creekside Loop, Yakima, WA

* Time change for Winter months

**Meet at the restaurant at 11:30 am

MATINEE DANCE SCHEDULE

Matinee dances, complete with live music, are every Wednesday and Friday from 1:30 pm to 3:45 pm for \$4. On Wednesdays, Marv Pfeif plays violin and keyboard. On Fridays, Gary Malner plays keyboard and accordion with Lee Arnett on Saxophone. The following themes are scheduled:

Wed October 11th - Oktoberfest

Fri October 20th - Oktoberfest

Fri October 27th - Halloween Party

Fri Nov 3rd - No Dance - Center is Closed

Fri Nov 10th - No Dance - Center is Closed

Fri Nov 17th - Thanksgiving Party - bring finger food

Wed Nov 22nd - Pie & Ice Cream

Fri Nov 24th - No Dance - Center is Closed

Fri Dec 8th - Pearl Harbor Day - Red, White & Blue

Fri Dec 22nd - Christmas Party - decorate your own table



NEW! YOGA CLASSES

5:30 pm - 6:30 pm Thursdays

\$10/session or \$35/month

Improve your strength, flexibility and mobility through standing or seated yoga poses. All abilities welcome! Participants must bring their own mat.

TAI CHI CLASSES

8:00 am - 9:00 am Thursdays

\$10/session or \$35/month

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

ZUMBA GOLD

9:00 am - 10:00 am

Tuesdays & Thursdays

\$6/session or \$40/month

This upbeat dance-fitness class consists of modified, low-impact moves for active adults. You will be exhilarated after taking this exciting class!

FITNESS CLASSES

8:30 am - 9:30 am

9:30 am - 10:30 am

Monday, Wednesday & Friday

\$15/month

This popular fitness class consists of floor, chair and standing exercises. All ability levels are welcome and your first class is free!

Yakima Valley Senior Citizens, Inc.

LETTER FROM YVSC INC PRESIDENT

Wow! This year is almost gone and next month (November) is Election of the Officers.

The problem is we need more people willing to commit to running for an office. There have been many changes that have taken place in the past year, some good, some not so good. I collected 500 signatures on our petition in dispute with the city at the first of this year, but where have you all gone when we need you?? I cannot keep bailing out Seniors Inc, the By-Laws will only allow one person to be President for 2 years in a row. I have already fulfilled my obligation more than anyone else (2011-12, Sept 2013-14 & 2017). In most organizations the Vice President automatically advances to the President position, I wish it was true at Seniors Inc. Positions up for election in November are: President, Vice President and 4 Trustees, 2 of which are up for re-election. If anyone is interested in running for an office please contact Megan Cupp or myself. Otherwise, quit complaining about what has happened in the past and is happening here now at the Center.

The same people always wind up having to do all of the work when it comes to the fund raisers, we are all getting tired and it is time for someone else to step up to the plate!

WE NEED YOU TO GET INVOLVED!!! WHAT WOULD HAPPEN TO THE HARMAN CENTER IF YVSC, INC DIDN'T EXIST??

We are hoping to start on our huge project of replacing the front doors with sliding glass doors with a sensor to open them very soon. Traho Architects are drawing up the plans and we are aiming to have them installed before Winter. The Wednesday and Friday afternoon dance groups need more people to come dancing as they are not getting enough participation to pay for the ballroom to the city.

Senior Inc. is still recycling plastic bottles and aluminum cans, please drop off at the Coffee Bar.

Volunteers Needed!!! Front Desk Subs, Greeters, Coffee Bar Subs, & Kitchen Help.

~Lois Cruikshank, YVSC, Inc President

COFFEE BAR

Stop by with a friend for coffee and a donut!

Small Coffee 75¢

Large Coffee \$1

Tea 25¢

Donut 50¢

Ellen, Virginia and Melba would like to express a great big **Thank You** to everyone who has volunteered at and donated items to the coffee bar. Thank you for all you do to help keep the coffee bar running.



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*

YVSC Inc
General Meeting
2nd Thursday

Monthly

1:00 PM

October 12th

November 9th

December 14th

Join Us!

BOARD MEMBERS

LOIS CRUIKSHANK
President

GAIL BROWN
Vice President

IRENE RAPTCHEFF
Secretary

SHARON REED
Treasurer

JEAN AMEND
PAT ANDERSON
KAREN GOCHNOUR
DIANE HERRON
JANET MCCORMICK
ROBERTA MORGAN
ROSIE STEELE
BETTY THOMPSON
Trustees

DAN GEFRE
Safety Officer

CASINO TRIPS

Snoqualmie Casino

Date: October 24, 2017

Price: \$30.00



Yakima Valley Senior Citizens, Inc.

BAKED POTATO FEED



October 10th

5:30 pm - 6:30 pm

Tickets:

\$8 in advance

\$10 at the door

Saturday Breakfast \$5.00

8:00 am - 9:00 am

Reservations Recommended

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

Weekly Soup & Sandwich

Mon & Tues 11:30 am

\$2.50/each

\$5.00 for both

Last BBQ of the YEAR

Don't miss it!

Wednesday

11:30 AM

\$5.00

October 25, 2017

BBQ

Breakfast with Santa

Saturday, Dec 2nd

Come join us for a fun-filled morning! Eat Breakfast with Santa and take a photo in the Santa photo booth. There will be kids crafts and a hot cocoa bar.

Where:

The Harman Center
101 N 65th Ave

Breakfast is served
8:30 am - 9:30 am
Activity Tables
9:30 am - 11:30 am

COST:
\$5.00/PERSON



Ballroom Dance Classes

New Time!!!

Tuesday Nights

7:00 pm

Instructors: Bill & Diana Kunze
Classes are \$30 per person for
10 weeks of lessons or \$5 per
person if you pay each week.

Fall classes (Sept - Nov) will cover East Coast Swing for the first five weeks and Foxtrot for the second 5 weeks. Waltz and Rumba will be covered in the Winter session (Jan - March) and two dances will be determined for the Spring session (Apr - June).

Hope you can join us!

Weekly Schedule

MONDAY

Forever Fitness

8:30 AM & 9:30 AM
\$15/Month

Ping Pong

10:30 AM - 11:30 AM
\$12/Quarter

Soup & Sandwich

11:30 AM - 12:15 PM
\$2.50 Soup or Sandwich
\$5 for Both

Hand and Foot

1:00 PM - 3:30 PM
\$12/Quarter

Pinochle

1:00 PM - 3:30 PM
\$12/Quarter

Ping Pong

12:00 PM - 2:00 PM
\$12/Quarter

 Give
Thanks



TUESDAY

Zumba Gold

9:00 AM
\$6/Session or \$40/Month

Haircuts

2nd Tuesday

9:30 AM - 12:00 PM
Call 575-6166 to schedule your
required appointment! Please wash
hair before appointment.

Bridge

10:00 AM - 3:00 PM
\$12/Quarter

Soup & Sandwich

11:30 AM - 12:15 PM
\$2.50 Soup or Sandwich
\$5 for Both

Cribbage and Skip Bo

1:00 PM - 3:30 PM
\$12/Quarter

Adult Coloring

2:00 PM - 3:00 PM
\$12/Quarter +Supplies

Tap Dancing

4:30 PM - 5:30 PM

Japanese Classes

6:55 PM - 7:55 PM
\$120/Quarter

Yoga Classes

5:30 PM - 6:30 PM
\$10/Session or \$35/month

Miniature Club

6:00 PM - 8:00 PM
\$3/Quarter
1st Tuesday

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

9:00 AM - 12:00 AM
Free

Blood Pressure Screening

9:00 AM - 11:30 AM
Free

Scrapbooking & Stamping

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

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 5

Birthday Cake for All

11:30 AM
1st Wednesday, Free



THURSDAY

Tai Chi

8:00 AM - 9:00 AM
\$10/Session or \$35/Month

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

Quilting Club

12:30 PM - 3:30 PM
\$12/Quarter +Supplies

Ping Pong

12:00 PM - 2:00 PM
\$12/Quarter

Hand and Foot

1:00 PM - 3:30 PM
\$12/Quarter

Senior Citizens, Inc.

General Meeting

1:00 PM
2nd Thursday
Everyone Welcome

Dinner Club

3rd Thursday
Call 575-6166 for info
See Schedule on Page 5

Japanese Classes

7:30 PM - 8:30 PM
\$120/Quarter

FRIDAY

Forever Fitness

8:30 AM & 9:30 AM
\$15/Month

Watercolor

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

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 & Lee Arnett
See Schedule on Page 5

SATURDAY

Saturday Breakfast

8:00 AM - 9:00 AM
\$5

*Please call the Harman Center
to sign up for Breakfast*

Bingo

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

Bridge

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



Travel Journal

2018 IS JUST AROUND THE CORNER!!! It is hard to believe but this year is near an end and the new 2018 trip book is getting ready for publication.

If you do not subscribe to the Harman Center newsletter, now is the time to do it. You will have the new Trip & Tour book delivered right to your mail box before it goes out to the public!!! \$12.00 per year will get you ahead of the game and keep you updated on any trip and tour changes! ~ Lori

Trips and Tour Presentations

Tuesday, November 7th - 1:00pm - Discover Panama

[Deadline for this trip is coming up quick so this will be the last chance to sign up!](#)

This presentation will be held at The Harman Center

Feature Trip

Discover Panama

Featuring Panama City, Bamboa & Playa Blanca - This trip will be offered February 23rd. Spend 7 Days touring the Panama Canal, the Gamboa Aerial Tram, the Cathedral de Nuestra Senora and more!!!

2017: Trips Still Available

Oktoberfest in Leavenworth.....	October 7 th
Christmas Tree Lighting in Leavenworth	December 9 th
New Year's Eve & the Rose Parade in Pasadena	Dec 29 th - Jan 2 nd

*For more detailed information, please review the 2017 *Trips and Tours Guide* or contact Lori Schatz at (509)576-6405

Travel Journal



Upcoming Events

HARMAN CENTER CLASSIC MOVIE NIGHT

FREE ADMISSION

Oct 5th - Singing in the Rain

Oct 19th - Frankenstein

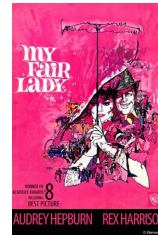
Nov 16th - My Fair Lady

Nov 30th - White Christmas

Dec 14th - Holiday Inn

**6:00
PM**

**RAFFLE
PRIZES**



Raffle will be held each movie night

ARTS & CRAFTS FALL CLASSES



Scarecrow Craft
Tuesday, October 3rd
10:00 am

Rock Painting
Tuesday, November 7th
10:00 am



Christmas Wreath
Tuesday, December 5th
10:00 am

Fee: \$5.00
per class

*all supplies included
Harman Center Classroom B, 101 N 65th Ave



Veteran's Day Social

Date: Thursday, Nov. 9th
Time: 2:30pm - 3:30pm

Come celebrate with us to honor
the men & women who have served
our country!

Harman Center

101 N 65th Ave

Upcoming Events



Harman Center Dance & Costume Contest

Friday, October 27th
6:00pm - 10:00pm

\$3.00/person
\$4.00/couple

Harman Center
101 N 65th Ave



The
Harman Center

Holiday Bazaar

Saturday, Nov. 4th
8 am - 3 pm

Come check us out at the Senior Expo

Thursday, October 19th 10am-3pm
StayBridge Inn, Suites & Conference Center
1507 N. First St. Yakima, WA

Reliving Rock N' Roll

Oct 10th 3-4pm
Nov 14th 3-4pm
Dec 12th 3-4pm

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

Harman Center
Fitness Room

Computer Learning Center

FALL COMPUTER CLASSES

Computer Basics		Instructor: Rosie Steele	\$30
Saturday	October 14, 21, & 28	3 Days	10am - noon
Craigslist 101		Instructor: Ron Moore	\$20
Monday & Wednesday	November 6 & 8	2 Days	10am - noon
Facebook		Instructor: Marv Franklin	\$10
Friday	October 6	1 Day	10am - noon
Friday	November 3	1 Day	10am - noon
Friday	December 8	1 Day	10am - noon
Internet Security		Instructor: Marv Franklin	\$10
Friday	October 20	1 Day	10am - noon
Friday	November 17	1 Day	10am - noon
Internet Using Chrome		Instructor: Ron Moore	\$20
Tuesday & Thursday	October 10 & 12	2 Days	10am - noon
Intro to Excel		Instructor: Mike Dwyer	\$30
Wed, Thurs & Friday	October 18, 19 & 20	3 Days	1:30pm - 3:30pm
Intro to Word		Instructor: Mike Dwyer	\$30
Wed, Thurs & Friday	October 4, 5 & 6	3 Days	1:30pm - 3:30pm
Wed, Thurs & Friday	December 6, 7 & 8	3 Days	1:30pm - 3:30pm
iPAD		Instructor: Rosie Steele	\$10
Wednesday	October 25	1 Day	1pm - 3pm
Windows 10		Instructor: Rosie Steele	\$40
Monday & Wednesday	November 13, 15, 20 & 22	4 Days	10am - noon
Tuesday & Thursday	December 12, 14, 19 & 21	4 Days	1:30pm - 3:30pm

INSTRUCTORS:

**Sharon Fisher, Ron Moore, Marcia Nichols
Rosie Steele, Marv Franklin, Mike Dwyer**

FREE COMPUTER LAB

(10am - 12pm)

Oct. 2, 4, 9, 11, 13, 16, 18, 23, 25, 27 & 30

(1pm - 3pm)

Nov. 1, 7, 8, 13, 15, 20, 22, 27 & 29

(10am - 12pm)

Dec 1, 4, 6, 11, 13, 15, 18, 20, 27 & 29

HELP WANTED: If you would like to teach (any computer topic) or assist an existing class, please call 576-6729.

DISCLAIMER: Classes may be cancelled or changed. Confirm with the front desk or call 576-6729 to leave a message. Your call will be returned as soon as possible.

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 of your class.

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. If you have questions regarding classes, call 576-6729. A volunteer will return your call.

General Information

City of Yakima welcomes all persons to participate in a wealth of recreational and social activities at the Harman Center, a unit of the Parks and Recreation Division, Department of Public Works. 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, 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 availability, 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**.

Harman Center Wish List

Laundry Detergent, AA and AAA Batteries, Small Paper Plates, Candy, Liquid Creamers, Sugar-Free Candy. Thank you.

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

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HARMAN CENTER STAFF

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

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

HARMAN CENTER HOURS

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

RESERVE THE HARMAN CENTER

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

Flu Shots

October 9th & 16th



9 am - 12 pm
Harman Center
101 N 65th Ave

4th QUARTER CLOSURES

October 26th
November 3rd @ 12:00 pm
November 4th - classes/activities
cancelled
November 23rd, 24th & 25th
December 25th



Red Cross

Thursday
November 16th
1 pm - 2:30 pm

**EMERGENCY
PREPAREDNESS**

Harman Center
101 N 65th Ave

Free!

Hearing Screenings &
Hearing Aid Cleanings



*no
appointment
needed*

Oct. 12th 3:00pm - 4:00pm

Nov. 9th 3:00pm - 4:00pm

Dec. 14th 3:00pm - 4:00pm

**Connect
Hearing** 

Harman Center 101 N 65th Ave

Lunch &

Free! Learn

**Topic: Hearing
Loss**

Dec. 21st

12 pm - 1:30 pm

Light lunch will be
provided at the event

presented by:
**Connect
Hearing** 

Harman Center 101 N 65th Ave

**Alzheimer's
Association**

presents:

**KNOW the
10 SIGNS**

**Tuesday, Oct. 19th
1 pm - 3 pm**

*presented without charge
& open to the public*

RSVP

509.217.1894

Harman Center 101 N 65th Ave