

Spokane Valley Senior Center

The Spokane Valley Senior Center is a joint operation between the City of Spokane Valley and the Spokane Valley Senior Citizens Association. The Center is located at CenterPlace, 2426 N. Discovery Place, just east of the YMCA. The Senior Center offers a year-round variety of activities including social, recreational, educational, and nutritional programs to meet the interests of seniors 50 years of age and older.

Mission Statement: The purpose of the association is to promote fellowship, health, recreation, social and education activities for person fifty years of age and older, regardless of race, color, creed, religion, sex, national origin or ancestry.

Activities at a Glance

Newcomers 50 years of age and older are always welcome at any activity call 509-926-1937 for more information.

Groups Meeting at the Senior Center:

Hospice of Spokane Bereavement Group-Thursdays 1:30-2:30pm in the Wellness Center Room 227. For further information, call 509-456-0438.



Greenhouse

October through April open Monday and Thursday 9am-Noon

September: Open for plants to come in for transplanting, last month of making stepping stones and concrete leaves.

October: Geranium and other plant cuttings, and start geranium seed;

November: Continue to take cuttings and plant;

December: Decorate greenhouse for the holidays and plant seeds.

Dance

Line Dancing

Come and learn! No partner needed. Classes are ongoing. Hard soled shoes are recommended.

For more information call Bonnie at 509-926-5876.

Wed. 10:30am - 12:30pm

Thu. 9am - 10am

3rd Thu. 1pm - 2pm

Location: Upstairs Fireside Lounge

Ballroom Dance Lessons with Sonja

Mon. 2 - 4pm

Location: Upstairs Fireside Lounge
No registration required, join in any time, and good exercise. Call Sonja at 509-993-4303.

Afternoon Theme Dances

Dance! Dance! Dance! The Senior Center Association has added new theme dances for Fall and Winter. Don't miss out on all the fun! Refreshments served. Live bands each week.

Day: Wed.

Time: 1:15pm – 3:15pm

Fee: \$4

Themes:

September 7th Come to the Fair
Western Dance

September 28th Sadie Hawkins

October 26th Halloween Costume Dance.
Best costume award

November 9th Veteran's Honor Day

December 21st Christmas Dance

January 4th Snowball Dance

February 15th Valentine Dance

March 14th St.Pat's Celebration
Green Dance

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ONGOING CARDS AND GAMES

Games and cards are open to the public ages 50 and older unless otherwise stated.

Billiards

Mon. – Fri. 8am – 4pm
Location: Billiard Room

Texas Hold 'Em

Beginners Friday 1-3pm

For those who would like to learn the rules and play for practice. For more info. call 509-926-1937.

Location: Upstairs Fireside Lounge or Room 155 when available

Bingo

Tue. 1pm - 3pm

Fee: \$.50 a card

Location: Upstairs Fireside Lounge



Cribbage

Tue. 10am - Noon

Location: Senior Center Library

Bunco

2nd & 4th Thu. 1:30 - 3pm

Location: Senior Center Library

Bridge

Tue. & Wed. 10am - 3pm

Location: Upstairs Card Room

Bridge Tournament the 2nd and 4th Thursday of each month. Register by calling 509-926-8881.

Pinochle Dbl. Deck

Mon. & Fri. 9:30am - 4pm

Location: Upstairs Card Room

Pinochle Single Deck

Wed. Noon - 3pm

Location: Craft Room

Mahjongg

Fri. 12:30 - 4pm

Location: Senior Center Library

Dominos

Fri. 1:30 - 4pm

Location: Upstairs Fireside Lounge

Scrabble

Wed. 12:30 - 3:30pm

No fee, just fun!

Location: Room 155

EXERCISE

Senior Fitness

Classes offered by the Community Colleges of Spokane.

Day: Mon., Wed. & Fri.

Date: Sept 19-Nov 18

Fee: \$44.00

Time: 8am - 9am and 9:15am - 10:15am

Location: Upstairs Fireside Lounge

Call 509-279-6030 to register or online at www.iel.spokane.edu/ContinuingEd.

Pickleball

Mon, Tue, Wed, Th

Time: 12:30-2:30pm

Fee: \$2 per day

Location: HUB Sports Center – 19619 E Cataldo Ave. 99016

All equipment is provided for you. For more information call 509-928-2157.

Senior Badminton

For more information call

Janis at 509-255-9509.

Table Tennis

Tue. 8-10am

1st Thu. of the month 10:30am - 2:30pm

3rd Thu. of the month 8am - 12:30pm

Location: Upstairs Fireside Lounge

For more information call Ernie at 509-924-9480. Everybody welcome to play.

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Tai Chi Short Form Basic

Mon.

Date: Sept 12-Nov 14

Time: 10:30-11:30am

Fee: \$75 (per 10 wk session)

Location: Upstairs Fireside Lounge
Classes taught by certified instructors, Cindy and Bob Petet. To register, please call 509-468-0587.

Tai Chi Sun Style Intermediate

Mon.

Date: Sept 12-Nov 14

Time: 11:30am - 12:30pm

Fee: \$75 (per 10 wk session)

Location: Upstairs Fireside Lounge
Classes taught by certified instructors, Cindy and Bob Petet. To register, please call 509-468-0587.

Tai Chi Intermediate Yang Style

(Basic prerequisite)

Mon.

Date: Sept 12 - Nov 14

Time: 12:30 - 1:30pm

Fee: \$75 (per 10 wk session)

Location: Upstairs Fireside Lounge
Classes taught by certified instructors, Cindy and Bob Petet. To register, please call 509-468-0587.

Tai Chi Sun Style Short Form Basic Evening Class

Tues.

Date: Sept 13 - Nov 15

Time: 6 - 7:30pm

Fee: \$75 (per 10 wk session)

Location: Upstairs Fireside Lounge
Classes taught by certified instructors, Cindy and Bob Petet. To register, please call 509-468-0587.

Nintendo Wii

Fri.

Time: 1-3pm **FREE**

Location: Senior Center Lobby
Lots of fun and good exercise.



ART

Ceramics

Tue.

Time: 1 - 6:30pm

Fee: \$20.00 per month per person

Location: Room 155

Bring your own green-ware and tools. New people are always welcome. Once a month there will be a special class offering. Call 509-435-2157 for more information.

Knitting

Mon.

Time:

1pm - 4pm

FREE

Location:

Senior Center Library
Bring your knitting and enjoy the social atmosphere



Basic Drawing

Day: Mon.

Date: Sept. 19 - Nov. 7

Time: 1pm - 4pm

Fee: \$72

Location: Room 155

To register, please call 509-279-6030 or register online at www.iel.spokane.edu/ContinuingEd.

Drawing Skills

Day: Tue.

Date: Sept. 13 - Nov. 1

Time: 9am - Noon

Fee: \$72

Location: Room 155

To register, please call 509-279-6030 or register online at www.iel.spokane.edu/ContinuingEd.

Multi-Media Painting

Day: Wed.

Date: Sept. 21 - Nov. 9

Time: 9am - Noon

Fee: \$72

Location: Room 155

To register, please call 509-279-6030 or register online at www.iel.spokane.edu/ContinuingEd.

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Watercolor Basics and More

Day: Thu.
Date: Sept 22 - Nov 10
Time: 1pm - 4pm
Fee: \$72
Location: Room 155
 To register please call 509-279-6030
 or register online at
www.iel.spokane.edu/ContinuingEd.



Watercolor Special Classes

Day: Fri.
Dates: Oct 7 and Oct 28
Time: 9am - 4pm
Fee: Oct. 7 \$24
 Oct. 28 \$38
Location: Room 155
 To register, please call 509-279-6030 or
 register online at
www.iel.spokane.edu/ContinuingEd.

Pine Needle Basket Class

Day: Tue.
Time: 1-4pm
Fee: \$22 for supplies
Location: Room 155
 Create a unique piece of art in this 3
 session class. Classes are ongoing.
 Call Pat for further information
 509-868-6043.

Red Hat Ladies

3rd Thursday of
 each month
 11:30am -
 1:30pm.
 For special event information and
 special activities call the Queen Mum,
 Janet at 509-534-9479



UPCOMING EVENTS

Holiday Style Show

Come to the Senior Center for an
 enjoyable noon luncheon with
 refreshments, fashion and fun that all
 goes to a good cause. The Cancer
 Discovery Shop is providing the
 clothing and the models for this
 entertaining event. All the clothes will
 be available for purchase and
 proceeds from the clothing sales will
 go to the Cancer Society. Space is
 limited; reservations are required. Call
 the Senior Center at 509-926-1937.

Day: Friday
Date: October 28
Time: 11:30 – 3:30pm
Fee: TBD
Location: CenterPlace Regional
 Event Center, Great Room

