



The Sinto Scene

Vol. 19, No. 22-6

November / December 2022

Sinto's 2022/2023 Events Calendar

Nov. 8 Membership
Meeting

Nov. 11 Veterans Day
Lunch

Nov. 18 Thanksgiving
Dinner

Dec. 9 Christmas
Brunch

Jan. 20 Baked Potato
Bar

Feb. 17 Five Course
Meal

March 17 St. Patrick's
Luncheon

509-327-2861

www.sintocenter.org

Join us for our Winter Events!



FREE LUNCH FOR VETERANS

SINTO CENTER DINING ROOM

FRIDAY, NOVEMBER 11TH, 11:00-1:00

MORE ON PAGE 4

THANKSGIVING DINNER

FRIDAY, NOVEMBER
18TH, 1:00 PM

MORE ON PAGE 4



CHRISTMAS BRUNCH

FRIDAY, DECEMBER 9TH,
11:00 AM

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Joshua Maurer
604 W. Dean
Spokane , WA 99201
509-838-9111

Maurer Law provides legal representation for personal injury claims, employment discrimination cases, and criminal dui cases. We help our clients navigate the complexities of their unique legal situation.

A note to members

By Josh Kracht, Sinto Director

Dear Members,

As most of you know Board President Wayne McMorris passed away in September. He cared very deeply about Sinto Senior Activity Center and always pursued ideas and opportunities that would keep us successful. His presence has been missed. Your current Board of Managers is still committed to continuing the success we've had over the past years. They are always working hard to keep us moving forward and successful.

We have some great events coming up to close out 2022. We will be serving free lunch to Veterans on November 11th. 11:00 - 1:00pm in our dining room. Please join us throughout the day! Our Thanksgiving Lunch will be on November 18th at 1:00pm. Thanksgiving Lunch will feature some of your favorite holiday dishes. Christmas Brunch will be December 9th at 11:00am. We'll have several great dishes for you to choose from!

We are moving forward with our Kitchen Floor Renovation project. The floor was damaged due to a leaking ice machine. We accepted a bid from Georgia's Carpet and Flooring Outlet and the project should be completed by the second week of November.

I want to thank all of our event chairs and Volunteers for their hard work this year. Also all our members who participated in Events and Activities, you are what makes us successful. Thank you!

I look forward to seeing you around Sinto,
Josh Kracht

Sinto Donation Requests:

AA Batteries

AAA Batteries

Coffee

Diet Pepsi

Cherry Pepsi

Squirt

7 Up

Sugar

Announcements:

Members, Please join us for Sinto's
Annual Membership Meeting

November 8th at 12:00 . Meet your
Board of Managers and share your
Ideas for Sinto's Future.

Sinto's Lifetime Members

Lifetime Membership is \$300 for the primary members and \$150 for each addition!

Sandy Ballou	Aimee Maurer
John Balzer	Josh Maurer
Judy Balzer	Colette Maus
Jim Beasley	John Maus
Mary Beauregard	Erma McKoy
Larry Bogan	Cathy McMorris-Rodgers
Donna Bondahl	Jeff McMorris
Barbara Ann Bonner	Sarah McMorris
Mike Bowcutt	Wayne McMorris
Dwayne Brecto	Cameron Melton
Alice Burton	Alice Michael
Bob Burton	Karl Moore
Marie Chanter	Rose Newcombe
Anna Charbonneau	Joan Newcombe
John Collins	Carol Nottier
Jason DeFilippis	Fred Nottier
Karen Denning	Yvonne Nottier
Craig Detmer	Marilyn Olson
June Docherty	Caroyln Olson
Richard Everett	Kathy Osweiler
Ruby Everett	Ginger Otto
Linda Frandsen	Heidi Peters
Mary Gaffigan	Kathy Reeves
Louise Gessner	Kevin Reeves
Edna Grems	Colleen Robertson
Jon Hall	Brian Rodgers
Vicki S. Hansen	Terri Savitz
Bonnie Harland	Hillary Schaefer
Phyllis Hawthorne	Pat Skaer
LuAnn Heer-Weisgerber	Patricia Shastany
Carylann Herman	Bobby Smith
Martha Hess	Lee Ann Titus
Judy Hightower	Harriet Van Wyck
Ron Hoffman	Roger Wells
Karol Hoffman	Floyd West
Nancy Huck	Barbara Wood
Darlene Humphrey	Allen Wunderlich
Richard Huntley	Betty Quayle
Sue King	
Roselyn Kissinger	
Lea Lee	
Anne Linden	

Sinto Member Birthdays

November Birthdays

Donna Bondahl
Pat Bradley
Herb Bradshaw
Marie Chanter
Roberta Decker
Jacque Derby
Mark Edwards
Norma Fish
Sharon Gustafson
Kay Howard
Marilyn Isaac
Ron Johnson
Judy Knutson
Suzi Kytönen
Martin Lunsford
Joe McKinnon
Yvonne Nottier
Dennis Overbay
Pat Ringquist
Colleen Robertson
Terri Savitz
Pat Skaer
Louise South
Georgette Summers

December Birthdays

Jim Beasley
Dwayne Brecto
Robert Burton
John Collins
Virginia Cook
Charleen DellaPenta
Martha Draper
Mary Ferguson
Judith Gaab
Rick Greenough
Bonnie Harland
Dixie Herro
Martha Hess
Shirley Lambert
Daniel Libby
Ann Lungo
Pamela Mackey
Doralicia McCoy
Fred Nottier
Kevin Reeves
Susan Roberts
Jackie Salisbury
Eleanor Schiffner
Lee Ann Titus
Barbara Weise

Please keep our friends in your prayers

Our Sinto Center is a community that care's about it's members. Some have had recent illness and some have had a loss.

Get well soon:

Hillary Schaefer

Condolences To the Family & Friends of:

Wayne McMorris

November Events



VETERANS DAY LUNCHEON

FRIDAY, NOVEMBER 11TH

SINTO DINING ROOM

Free for our veterans

**STOP BY ANY TIME BETWEEN 11:00—1:00
FOR A MEAL. SINTO CENTER VETERANS
EAT FREE, ALL OTHER GUEST \$5.00.**



THANKSGIVING DINNER

FRIDAY, NOVEMBER 18TH, 1:00 PM

\$12 IN ADVANCE RSVP REQUIRED

Join the Sinto Senior Activity Center for our
Thanksgiving Meal. Turkey and select
sides!

The year has turned its circle,
The seasons come and go.
The harvest is all gathered in
And chilly north winds blow.
Orchards have shared their
treasures,

The fields, their yellow grain,
So open wide the doorway
Thanksgiving comes again!



December Events

Christmas Brunch At Sinto

FRIDAY, DECEMBER 9TH @ 11:00AM

Tickets: \$15 Please RSVP 509-327-2861

Come celebrate the Christmas season with your friends at Sinto. We're having a wonderful menu and special holiday music to get you in the spirit of Christmas!



BRING A CHILDREN'S GIFT TO SINTO AND GET A CHANCE TO WIN A SINTO CENTER GIFT CARD FOR SPECIAL EVENTS, ACTIVITIES, OR TRAVEL. WE WILL DRAW MULTIPLE WINNERS!

NEW, UNWRAPPED GIFTS PLEASE.

THE DRAWING WILL TAKE PLACE DECEMBER 9TH AT SINTO'S CHRISTMAS BRUNCH. THE WINNERS WILL BE NOTIFIED IF NOT PRESENT.

Donations

Thanks to the following people for donating needed items to Sinto! In no particular order...

Dixie Herro	Jacque Derby	Marie Chanter
Roberta Decker	Hillary Schaefer	Betty Quayle
Viola Christoph	Marilyn Olson	Kay Howard
Patricia Hewitt	Mary Gaffigan	
Nancy Huck	Jeff McMorris	
Rosalyn Kissinger	Kathy McMorris-Rogers	We are always accepting donations for our garage sales.
Patty Fisher	Joyce Thompson	
Betty Englehart	Earleen Moore	We have Donation lists at the office window that our updated to let you know the donation needs of the Center.
Sandy Ballou	Jack Silzel	
Heidi Peters	Viola Christoph	
Erwin Bronsch	Ginger Otto	
Louise Bronsch	Martha Hess	
The Spokane County Republican Committee	Pat Epler	
Doralicia McCoy	Mary Bartol	
Rose Newcombe	Bobby Smith	
Joan Newcombe	Mary Rishwain	
	Darlene Humphrey	

***Thanks for
all your
support!***

In addition we thank all those who gave cash donations the past few months, especially those given in memory to Wayne McMorris. We also wish to thank our Volunteers who provided time and support to our special events!

“Giving is not just about making a donation.

It is about making a difference.”

Sinto Center

Sinto Center Board of Manager Election

Voting for the 2023 Sinto Board of Managers nominations will take place during the first full week of December. December 5th - 9th. Information on those candidates selected by the Election Committee will be posted around the Sinto Center and information flyers will be available at the Office. You can vote during the hours of 9:00 am—3:00 pm Monday through Thursday and 9:00 am—11:00 am on Friday. Please also join us for the annual membership meeting on November 8th at 12:00. Share your Ideas about the future of the Sinto Senior Activity Center.

Yokes Fresh Market Community Card

Earn up to 5% of your purchases for Sinto when shopping at Yokes Fresh Market when you swipe your escrip card when checking out!

1. Stop by any Yoke's Fresh Market and pick up a card and register in-store.
2. Pick up a Community Card Registration form at the Sinto Office, fill it out and turn it in to any Yoke's Fresh Market to get your card.
3. Sinto's Group ID 91-0685298
4. Use your card every time you shop & earn up to .05% of your purchase amount for Sinto!

Travel with Sinto Senior *Activity* Center

Thursday, November 10th **Fujiyama Hibachi Steak House**

Featuring several delicious entrees to choose from, whether you want fish, chicken, or steak Fujiyama has something for you. Your entrees are prepared in front of you on the Hibachi grill.

Cost: \$12 Departure: 4:30 PM

Wednesday, November 16th **MAX at Mirabeau**

Spokane Valley's Award Winning Restaurant.

We'll choose selections from the Lunch Menu: Sandwiches, Burgers, MAX salads, & more.

Cost: \$12 Departure: 11:30 AM

Monday, November 21st **Eagle Watching Cruise Coeur d'Alene Lake**

Join us on this 2 hour cruise around Lake Coeur d'Alene. During the cruise you'll have an opportunity to watch the eagles soar around the lake. There's also an informative video and commentary on the sights from the Captain and Crew!

Cost: \$37 Departure: 11:00 AM

Wednesday, November 30th **Skyway Café at Felts Field**

Felts Field's history traces back nearly 100 years with its beginning as a landing field in a park area next to the Spokane river. We'll take a breakfast tour to their café the Skyway Café which offers breakfast and lunch options.

Cost: \$10 Departure: 8:30 AM

Sinto Seeking Tour Drivers

Drivers must be 21 years or older and have a clean driving record. If you are interested in Driving Tours for the Sinto Center please call 509-327-2861. Drivers Meal is Free and a Driver Guest may join at no Travel Cost.



Making Memories at Sinto Senior *Activity* Center

Monday, December 5th **Mango Tree**

Chef Rakesh has created traditional dishes the way they're meant to be cooked: with a variety of herbs and spices made in-house while staying true to India. Come with your spice-loving friends, and join us for a culturally significant feast!

Cost: \$10 Departure: 11:00 AM

Saturday, December 10th **Traditions of Christmas**

Enjoy your favorite Christmas classics brought to life with song and dance. Featuring a cast of 35 with more than 300 costumes, this is an epic show!

Cost: \$52 Departure: 1:30 PM

Tuesday, December 13th **Orlando's Buffett**

Orlando's Restaurant at Spokane Community College is a student-run restaurant and training ground for the culinary students in the Pacific Northwest. This is the schools famous final buffet.

Cost: \$TBD Departure: TBD

Wednesday, December 14th **Kuni's Thai Cuisine**

While Chiang Mai, Thailand may be 7,300 miles away from Spokane, you won't believe it when experiencing a meal at Kuni's Thai Cuisine.

Cost: \$12 Departure: 11:00 AM

Respect is an essential building block for any business or relationship. Please be aware that all persons whom attend this senior center may or may not have a disability.

Some of our seniors have hearing loss, eyesight may be failing, some must use either a cane, walker or wheelchair. Please be considerate of these individuals they deserve to be treated with respect and dignity as does every other person.

Most people want or need to remain active in their community and participate in their favorite activities. We should make everyone feel welcome, by allowing them the extra time needed to play the right card and move from table to table. Aging is difficult to accept by the best of us and being treated kindly is the best way to help us get through this live.

Anonymous Sinto Member.

November 2022 TRAVEL & EVENTS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Kitchen Closed	2 Kitchen Closed	3 Kitchen Closed	4 Kitchen Closed	5 No Bingo
6	7 Kitchen Closed	8 Board Meeting 10:00 am Membership Meeting 12:00	9 Kitchen Closed	10 Fujiyama Hibachi Steak House 4:30 pm	11 <i>Free Veterans Lunch Dining Room 11:00—1:00</i>	12 Bingo Potluck 12:00pm
13	14	15	16 Max at Mirabeau 11:30am	17	18 Thanksgiving Meal 1:00 PM	19
20	21 Coeur d'Alene Eagle Cruise 11:00 am	22	23	24 Thanksgiving Office Closed No Bingo	25 Office Closed	26 No Bingo
27	28	29	30 Skyway Café 8:30 am			
<div> <p><u>Lunch is Served Monday - Thursday 11:30 - 12:30 PM</u></p> <p>Menu Features Multiple Sandwiches & Soup of the Day</p> <p>Or Chefs Special Plate</p> <p>Order a la carte style, get exactly what you want!</p> </div>						

December 2022 TRAVEL & EVENTS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5 Mango Tree 11:00 am Board Member Election	6 Board Member Election	7 Nov./Dec. Birthday Lunch Board Member Election	8 Board Member Election	9 Christmas Brunch 11:00 Board Member Election	10 Bingo Potluck 12:00pm Traditions of Christmas 1:30 pm
11	12 Christmas Movie Monday 9:00 AM	13 Board Meeting 10:00 am Orlando's Buffett TBD	14 Kuni's Thai Cuisine 11:00 am	15	16	17
18	19 Christmas Movie Monday 9:00 AM	20	21	22	23 Office Closed	24 No Bingo
25 Christmas	26 Office Closed	27	28	29	30 Office Closed	31 No Bingo
1 <i>New</i> <i>Years</i> <i>Day!</i> <i>2023</i>	2	3	4	5	6	7

Weekly Activities: Current Reoccurring Activities

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
9:00 Quilting	9:00 Yoga	9:00 Moving to Heal (Act 2)	9:00 Yoga Breakfast	9:00 Coffee Klatch	1:00 Bingo
10:00 Scrabble / Farkle 1st & 3rd Monday	10:30 Spring Chicks	11:00 Beg. Spring Chicks	9:30 Wii Bowling		6:00 Pinochle Double Deck
12:00 Lunch	11:00 Hand & Foot	12:00 Lunch	11:00 Hand & Foot		
12:30 Pinochle Party	12:00 Lunch	1:00 Dominos Mexican Train	11:30 Wii Golf		
	1:00 Senior Dance	5:30 Spades	12:00 Lunch		
	1:30 Al-Anon	6:00 Pinochle Double Deck	1:00 Bingo		



“Happiness is a state of Activity!”

- Aristotle -



Yahtzee

**Every 3rd Wednesday
of the Month at**

1:00 PM

Sinto Birthday Lunch



Celebrate with Sinto on the 1st

Wednesday of each month at 12:00.

If it's your Birthday Month your meal is
Free. **Nov. & Dec. Lunch on Dec 7th.**

All others \$5 lunch!

**Must RSVP 24 hours in
advance.**

Double Deck Pinochle

Wednesday Double Deck Pinochle @ 6:00 PM

Saturday Double Deck Pinochle @ 6:00 PM

Sunday Double Deck Pinochle @ 6:00 PM

Please RSVP for Double Deck Pinochle

with Kay Howard 509-220-5536!

We'd love to have your opinions on play style.

We are willing to teach new players the game!

Pinochle Tournaments:

Final Friday Every Month

Cost is \$10 per-person

Sign UP Sheet in Ballroom

Weekly Activities!



Quilting Group

Meeting on Mondays,
starting at 9:00 AM. Work
on group projects or your own, class may work on
giveaways or Sinto Raffle items.

Monday's at 9:00 AM. Cost: \$2.00



***Wii* Bowling**

Every Thursday
9:30-11:00AM

\$2.00

Wii GOLF at 11:30

Call 509-327-2861



***Whirlaway* Square Dancers**

Dance at Sinto's Ballroom

Wednesdays

1:00 - 3:00 PM!

**Call ED 208-210-
8805 for more info!**



Hand & Foot Cards

Every Tuesday & Thursday

11:00 AM

Cost: \$2.00



Sinto Coffee & Coffee Klatch

The coffee is always on at Sinto. Stop by any day of
the week for a cup! Coffee Klatch hosted on Fridays
starting at 9:00 AM.

We look forward to seeing you!



Thursday & Saturday @ 1:00PM

Sinto Ballroom Activity Fee: \$2.00

\$1 per 3 on flimsy. \$2 per 6 on flimsy.

Come join the fun! Several Game types
played. Monthly Potluck, starting at Noon!

Potlucks: Nov. 12th @ 12:00 &

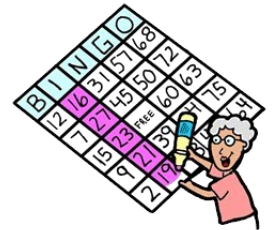
Dec. 10th @ 11:00

AM

Bring a dish to share!

Latest Big Winners: \$80

\$75 Blackout



Dancing at Sinto Center!



Dances will be held every Tuesday afternoon
from **1:00—3:00 PM**. The entry fee is **\$5** per
person. All are welcome, couples and singles
invited!

Thanksgiving Dace Nov. 22nd - Rusty Vikings

Christmas Dance Dec. 20th - Rusty Vikings

New Years Dance Dec. 27th - After Dark Band

Thank You Sponsors!

Spokane Parks & Recreation Dept.

Providing program funding since 1969

Hennessey Funeral Home

Partnering with us since 2015, Event Sponsor

Cheryl Olson Independent Insurance Agent

Partnering with us since 2017

Spokane City Credit Union

Partnering with us since 2017

Joshua Maurer, Maurer Law

Partnering with us since 2015

Looking for a Service or Product?

Please remember to support those businesses who support our center and it's programs!

If you're interested in Advertising in the Sinto Scene or in Sponsoring an Event at Sinto, Please contact Josh at 509-327-2861. We are always looking for Community Partners!

CREDIT CARD FEE ANNOUNCEMENT

Due to the cost incurred to run credit cards the Sinto Senior Activity Center will be adding a 10 cent transaction fee for credit card purchases starting September 1st, 2022. To avoid the credit card fee you can stop by the office and load a Sinto Gift Card. These cards will also serve as a membership card and have no additional fees for the Center to use.



Cheryl Olson, Independent Agent

509-475-9927

Medicare Enrollment and plans,
Medical & Dental Insurance,
Direct Care Medical, Financial
Protection

**Thank you Cheryl for sponsoring
our monthly Birthday Cake!**

Membership Application or Renewal

PRIMARY MEMBER

Name _____ Birthday ____ / ____ / ____

Address _____
(The Sinto Scene newsletter will be mailed to the address of the primary member)

Email _____ Phone () _____

Emergency Contact _____ Emergency Phone () _____

ADDITIONAL FAMILY MEMBER

Name _____ Birthday ____ / ____ / ____

Address _____

Email _____ Phone () _____

Emergency Contact _____ Emergency Phone () _____

FOR MORE FAMILY MEMBERS USE SEPARATE SHEET (INCLUDE ALL INFORMATION FOR EACH MEMBER)

Additional family must be related to primary as: spouse or domestic partner, parent, child or sibling.

Payment Enclosed:

Annual Rates: (12 Months)

\$30 Primary member

\$15 Each additional qualifying family member

Lifetime Rates: (Never Expires)

\$300 Primary member

\$150 Each additional qualifying family member

Annual Dues [# of Members ____] \$ ____

Lifetime Dues [# of Members ____] \$ ____

Additional Donation \$ ____

Total Payment \$ ____

(Please Submit with Your Payment to the Sinto Office)

Membership Dues

Dues are paid annually or with one lifetime payment. For the purposes of family member discounts, an additional family member is: a spouse or domestic partner, parent, child, or sibling of a full price primary member. Who resides in the same residence.

Members have a 30 day grace period for annual renewals before losing benefits.

Annual Rates: (12 Months)

\$30 For the primary member

\$15 For each additional qualifying family member

Lifetime Rates: (Never Expires) Lock-in your benefits forever with one payment

\$300 For the primary member

\$150 For each additional qualifying family member

WELCOME NEW

MEMBERS:

Susan Roberts

Alan Robers

Howard Hart

Kim Mallory

Carissa Sampey

Mark Edwards

Darcy Cunningham



Sinto Senior *Activity* Center
1124 W. Sinto Avenue
Spokane, WA 99201
(509) 327-2861

Non-Profit Organization
U.S. Postage Paid
Spokane, WA
Permit No. 694



Current Resident or

Our Mission

To improve the health of seniors by providing activities for the mind and body, social connection & great affordable nutrition!

Our Core Values

Be friendly, stay positive, create fun & strive for excellence!

Administrative Office Hours:

Mon-Thur 9:00am - 3:00pm

Friday 9:00am - 1:00pm

Phone #: (509) 327-2861

joshk@sintocenter.org



Sinto Senior Activity Center is a 501(c)(3) nonprofit approved & registered with the IRS since 1961; all contributions are tax deductible. We welcome your donations!