



The Sinto Scene

Vol. 20, No. 23-1

January / February 2023

Sinto's 2023 Events Calendar

Jan. 20 Baked Potato
Bar

Feb. 10 Five Course
Meal

March 17 St. Patrick's
Breakfast

April 21 Spring Tea

May 19 Sinto Fiesta

June 16 Western BBQ

Aug. 18 Member Picnic

Sept. 15 Wine &
Charcuterie

Oct. 20 Spaghetti Feed
& Rummage Sale

Nov. 10 Veterans
Luncheon

Nov. 17 Thanksgiving

Welcome to another great year of Activity!



Doralicia - Event chair, John - Gift basket winner, & Joanne - Best dressed, at the Sinto Center Fiesta.



North West Hula performed at our Member Picnic! N.W. Hula meets to practice Mondays in our Ballroom.



Participants from Sinto Center's first Wii Bowling tournament & pizza party. Our Winners were Theresa, Judy and Erma.

509-327-2861

www.sintocenter.org

Join us for our 2023 Activities!



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.

Sinto Donation Requests:

AA Batteries

Regular & Decaf. Coffee

Powdered Coffee Creamer

Pepsi, Diet Pepsi, Coke, Diet
Coke, Sprit, 7up, Root Beer

Bottled Water

Paper Coffee Cups

Paper Towels

Napkins

Plastic Utensils

De-Icer

Q: Why aren't Koalas actual bears?

A: They don't meet the
Koalafications!

A note to members

By Rose Newcombe, Board President

Dear Members,

I would like to introduce myself, I'm Rose Newcombe the new board president of the Sinto Senior Center. I'm also the chair of Bingo as well as a volunteer in the Office. I'm also excited to introduce your 2023 Executive Board members: Vice President Sandy Ballou, who helps in the Kitchen and is involved in Sinto card games, Secretary Louise Gessner, active in Wednesday games and Events, and Treasurer Marilyn Olson, who does a great job of understanding our finances and is a chair for many of our monthly events. All board members are available for any questions you might have.

We are looking forward to the up coming events planned for 2023. We have some new events and trips for 2023 as well as new restaurants for everyone to experience. Check out what we have available for 2023. We are open to new suggestion for trips and Tours.

Make sure to sign up for our Baked Potato Bar on January 20th for only \$10. Get your Ticket today!

Lets make 2023 an exceptional year here at Sinto Center.

I look forward to seeing everyone!

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

January

John Balzer
Barbara Ann Bonner
Louise Bronsch
Viola Christoph
Carol Clark
Eleanor Delatte
Pauline Eggleston
Raylene Floyd
Louise Gessner
Judy Hightower
Jack Ishitani
Barbara Iverson
Diane Lehamann
Anne Linden
Jeff McMorris
Cariol Nottier
Marilyn Olson
Sarah Parshall
Hoseph Rishwain
Gerald Sullivan
Kurt Thorson
Mary Ann Tripp
Dick Baker

February

Vernon Arneson
Cleora Atwood
Judy Barton
Charlotte Bruhjell
George Chinn
Bonnie Gillam
Merle Iverson
Becky Johnson
Karen Kearneyh
Chuck Laughary
Edie Linane
Donna Luce
Linda Moody
Rose Newcombe
Patty o'Brien
Anne Marie Overbay
Rick Schied
Linda Schmidt
Steven South
Dolph Swanson
Mark Syzemoree
Floyd West
Jenilee Whitney

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:

Barbara Smalls

Sinto Center Events



Baked Potato Bar!

Friday, January 20th, 12:30 PM

\$10 Members / \$12 Non-member

**Must RSVP at Office or 509-327-2861,
Payment required at time of RSVP**

Fixings will include Sour Cream, Cheese, Butter, Bacon bits, Onions & Chili. We will also be having a Dollar Bid Auction and 50/50 Raffle! How does a dollar bid auction work? Bring your dollar bills to bid on mystery items.



Sinto's Center presents a Four Course Meal. There is no better way to celebrate than a fine meal with friends. Dinner includes Soup, Salad, Entrée, & Dessert.

Friday, February 10, @ 5:00 PM.

Must RSVP - Tickets: \$20 Member / \$25 Non-member

Pictures from 2021 4 Course Meal

Sinto Center Events



St. Patrick Day Irish Breakfast



March 17th

Traditional Irish Breakfast 9:00 – 11:00 AM

\$10 Member / \$15 Non-Member

Celebrate this holiday with the Sinto Senior Center. Grab your Shamrocks and put on your Green.



Would you like to be creative and make your own flower arrangement? Come and join like minded individuals at Sinto's workshop. This is an unguided work shop where you can be as creative as you feel.

Monday, February 13th, 2023. 10:00 AM

Cost: \$45.00 we need a minimum of 12 people to cover materials. Materials will be provided but please bring your own vase or container.

January 31 is the last day to sign up.



Quilt Raffle, "In the Blues" 72 x 72 inch quilt for the Sinto center Quilting group. Tickets \$3.00 for 1 or \$6.00 for 3.

Quilting and Crafting group meets on Mondays from 9:00 am to 3:00 PM. Open to knitters, cross-stitching, crochet, painters, card makers, and those who love to color. Donated fabric is available, all other supplies must be brought in.

We would love to have you join us! \$2.00 Activity Fee

Donations

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

Andrea Crisp	Rosalyn Kissinger
Kathy Wooley	Susan Dankovich
Patty Fisher	Susan Armstrong
Jacque Derby	Judy Marrow
Hillary Schaefer	Peggy Donavan
Pat Epler	Mike Bowcutt
Mary Bartol	Mark Edwards
Darlene Humphrey	Cheryl Neil
DJ Nelson	Mary Julagay
Sylvia Beach	Judy Knutson
Sully Sullivan	Rose Newcombe
Tom Higgins	Doralicia McCoy
Kathy Higgins	Daniel Werner
Josh Kracht	Kay Howard
Bobby Smith	Marilyn Olson
Judy Balzer	Dawn Vick
John Balzer	Sharon Diacogiannis

A Special Thank you to all the members who donated to our Toys 4 Tots campaign. We collected 127 toys to donate!

Our gift card winners were: Cheryl Neil, Mark Edwards, Mary Julagay, Judy Balzer, and Judy Knutson!

We have Donation lists at the office window that are updated to let you know the donation needs of the Center.

***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

Fred Meyer Community Rewards Program

This program makes fundraising easy by donating to Sinto based on the shopping you do every day!

1. Stop by a Fred Meyer and get a Shopper's Card.
2. Create a digital account. : A digital account is needed to participate in Fred Meyer Community Reward. To create a digital account go to fredmeyer.com and sign in as a new user.
3. Link your card organization to Sinto
4. Save Sinto as your charity Organization
5. Sinto Earns: Any transactions moving forward using the Shoppers Card will be applied to the program, at no cost to you. Fred Meyer donates annually to participating organizations based on your percentage of spending!

Amazon Smile:

Get Sinto a .5% donation when you make purchases online!

1. Start at: smile.amazon.com
2. Log into your account
3. Select: **Sinto Senior Activity Center** as your charity.
4. Remember to go to smile.amazon.com to make sure your charity receives the donation!

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

All tours submitted by the Sinto Senior Activity Center Travel Committee.

Tour Breakfast January 30th, 9:00 AM. \$7.00 - Come secure your spot on our upcoming tours, check out Sinto's line up of Overnight trips for 2023! Sinto Gift Card Giveaway!



Wednesday, January 11th **Gerardo's Mexican Restaurant**

Gerardo's brings the real-deal Mexican food of Abelardo's to north Spokane! Each dish is one you would find in Mexico. Everything is made fresh from scratch!

Cost: \$10 member / \$15 non-member. Departure: 11:30 AM

Wednesday, January 25th **Red Lion Pub & Jundt Art Museum**

Red Lion Pub and Barbecue has a great look and serves up treasured dishes!

The Jundt Art Museum is located on the Gonzaga University Campus and features works by old and modern masters!

Cost: \$10 member / \$15 non-member. Departure: 11:30 AM

Wednesday, February 8th **Shawn O'Donnell's**

Shawn O'Donnell's American Grill and Irish Pub has classic Pub food as well as American Favorites!

Cost: \$10 member / \$15 non-member. Departure: 11:00 AM



Wednesday, February 22nd **Maxwell House & Northwest Museum**

Sinto will take in the exhibits at the Northwest Museum of Art and Culture and eat at local favorite Maxwell House!

Cost: \$20 member / \$25 non-member. Departure: 12:00 PM



Wednesday, March 8th **Thai Bamboo**

Since 2001 Thai Bamboo has offered the best Thai and Asian food dining experience. Come look closer and see why Thai Bamboo is the Spokane and North Idaho area's #1 rated Thai & Asian restaurant.

Cost: \$10 member / \$15 non-member. Departure: 11:00 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 & Activity are Free and a Driver Guest may join at no Travel Cost.



Making Memories at Sinto Senior *Activity* Center

Wednesday, March 22nd **Osprey & Bing Crosby Museum**

Osprey Restaurant & Bar features New American cuisine and craft cocktails. Pair our delicious blend of traditional and bold flavors with regional wines while enjoying a pristine view of the Spokane River. View over 200 Crosby items at the Crosby House, childhood home of Spokane native Bing Crosby.

Cost: \$10 member / \$15 non-member Departure: 11:00 AM

Wednesday, April 12th **Swinging Doors**

The Swinging Doors has been a part of Spokane for over 30 years. Our restaurant offers huge portions and a wonderful atmosphere second to none in the Spokane area.

Cost: \$10 member / \$15 non-member Departure: 11:00 AM



Wednesday, April 26th **Fresh Soul & Carl Maxey Senior Center**

Fresh Soul feeds the soul of Spokane through their neighborhood ministry bringing restoration and job opportunities to the youth in Spokane! Menu includes BBQ items, sandwiches, desserts, be sure to check out their monthly specials! The Carl Maxey Center (CMC) is a Black-led and Black-centered non-profit, 501c3 organization, based in the East Central neighborhood of Spokane, Washington.

Cost: \$10 member / \$15 non-member Departure: 12:00 PM



Wednesday, May 10th **Downriver Grill & Bowl and Pitcher Park**

Located in the cherished Audubon Park neighborhood, Downriver is a casual fine dining restaurant focusing on fresh, local and seasonal Modern American cuisine.

Cost: \$10 member / \$15 non-member Departure: 11:00 AM


Important Tour Policies:

1. Sinto Day Tours require a minimum of 8 passengers and Overnight Tours require a minimum of 10 passengers. If the minimum number of passengers is not met the tour will be cancelled 7 days prior for day tours and 30 days prior for Overnight tours.
2. Required payment or deposit is due when making your reservation. No reservation will be held without payment. Overnight tours must be paid in full 30 days prior to trip.
3. All passengers must fill out a waiver of liability and policies form before their first tour with Sinto Senior Activity Center. Forms can be requested from the office or at Tour Breakfasts.
4. All tour suggestions should be made to a Travel Committee member or through a filled out Tour suggestion slip, available near the office window.

January 2023 TRAVEL & EVENTS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Office Closed New Year Holiday	3	4 Birthday Lunch 12:00	5	6	7 Bingo Potluck 12:00
8	9	10	11 Gerardo's Mexican Restaurant 11:30 AM	12	13	14
15	16 Martin Luther King Jr. Day	17	18	19	20 Baked Potato Bar 12:30 PM	21
22	23	24	25 Red Lion Pub & Jundt Art Museum 11:30 AM	26	27 Pinochle Tournament 9:00 AM	28
29	30 Tour Breakfast 9:00 AM \$7.00	31				

February 2023 TRAVEL & EVENTS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Birthday Lunch 12:00	2	3	4
5	6	7	8 Shawn O'Donnels Irish Grill 11:00 AM	9	10 5 Course Dinner 5:00 PM	11 Bingo Potluck 12:00
12	13 Flower Arrangement Workshop 10:00 AM	14 Valentine's Day 	15	16	17	18
19	20	21	22 Maxwell House & MAC 12:00	23	24 Pinochle Tournament 9:00 AM	25
26	27	28				
<div style="border: 2px solid black; padding: 10px; text-align: center;"> <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>						

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 & Crafting	9:00 Yoga	9:00 Moving to Heal (Act 2)	9:00 Yoga Breakfast	9:00 Coffee Klatch	1:00 Bingo
11:30 Lunch	10:30 Spring Chicks	11:00 Beg. Spring Chicks	9:30 Wii Bowling		6:00 Pinochle Double Deck
12:30 Pinochle Party Single Deck	11:00 Hand & Foot	11:30 Lunch	11:00 Hand & Foot		
	11:30 Lunch	1:00 Dominos Mexican Train	11:30 Wii Golf		
	1:00 Senior Dance	6:00 Pinochle Double Deck	11:30 Lunch		
	1:30 Al-Anon		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. Jan. 4th & Feb. 1st 12:00

All others \$5 lunch!

**Must RSVP 24 hours in
advance.**

Double Deck Pinochle

Monday Single Deck Pinochle @ 12:30 PM
Wednesday Double Deck Pinochle @ 6:00 PM
Saturday Double Deck Pinochle @ 6:00 PM

Please RSVP for Double Deck Pinochle

with Linda 509-608-1888!

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!



Crafting 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. \$2.00

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: Jan. 7th @ 12:00 &

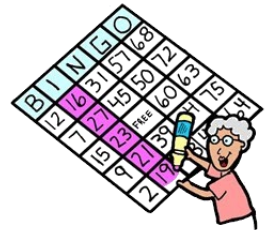
Feb. 11th @ 12:00

Bring a dish to share!

Latest Big Winners:

\$75 Blackout

\$76 Double Action



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!

Dance features live music, raffles, giveaways,
snacks, with lunch available for purchase.

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:

Howard Hart

Kim Mallory

Carissa Sampey

Mark Edwards

Darcy Cunningham

Sharon Burkart

Jennifer Trevino



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 - 11:00am

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!