



# The Sinto Scene

Vol. 20, No. 23-2

March / April 2023

## Sinto's 2023 Events Calendar

March 17 St. Patrick's  
Breakfast

April 21 Spring Tea

May 19 Sinto Fiesta

June 16 Western BBQ

July 21 Luau

Aug. 18 Member Picnic

Sept. 15 Wine &  
Charcuterie

Oct. 20 Spaghetti Feed  
& Garage Sale

Oct. 31 Halloween  
Party

Nov. 10 Veterans  
Luncheon

Nov. 17 Thanksgiving  
Lunch

509-327-2861

[www.sintocenter.org](http://www.sintocenter.org)

## Sinto Center Kitchen Renovation is Complete!

Thank you for your patience.



Over the last few months Sinto's Kitchen has been closed to repair water damage to the floor. The flooring needed to be stripped down to its base layer and dried for 10 days with industrial fans. The base layer was sanded down, treated, and covered with water resistant material and a treated subflooring was installed. The project lasted longer then expected but we are very pleased with the results.

The Center is now serving lunch Monday-Thursday 11:30-12:30 and Breakfast on Thursdays 9:00-10:30.

### Lunch Menu

- |  |   |
|--|---|
| <input type="checkbox"/> Sandwich - \$5      | <input type="checkbox"/> Cup Soup - \$2     |
| <input type="checkbox"/> Half Sandwich - \$3 | <input type="checkbox"/> Pie - \$2          |
| <input type="checkbox"/> Bowl Soup - \$3     | <input type="checkbox"/> Chef Special - \$5 |

### Breakfast on Thursdays 9:00-10:30

- ☐ 2 Pancakes or 2 Toast, plus Eggs & Hash browns - \$5
- ☐ Bacon slice / 2 Sausage links-\$1



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,  
Orange soda.

Bottled Water

Paper Towels

Age is an issue of mind over  
matter. If you don't mind, it  
doesn't matter.

- Mark Twain -

Aging is not "lost youth" but a new  
stage of opportunity and strength.

- Betty Friedan -

### **A note to members**

*By Rose Newcombe, Board President*

Dear Members,

We made it through January & February with a great start to the new year! The potato bar was a huge success. The 5 course dinner was wonderful, those who have given feed back were raving about the dinner. Please give Marilyn Olson and her volunteers a pat on the back for a job well done. In March we are having our Irish Breakfast and April is our Annual Spring Tea. The tickets are on Sale now, stop by the office and get yours today! The Spring tea is always the event you don't want to miss. If you would like to volunteer we would love to have you help.

I would like all members to know we are always available for assistance lets keep the year going on a high note. Make our events and trips memorable and Sinto the place you want to spend your time with friends. Come and enjoy what we offer and getting to know everyone. If you would like to purchase tickets for the quilt on display they are \$3 each or \$6 for 3. The winner will be drawn on March 20th, Good luck to all who purchased tickets. Have a great March and April stop by the office and introduce yourself so we can get to know each other!

Rose

## Sinto's Lifetime Members

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

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

## Sinto Member Birthdays

### March

Marsha Stoeser  
Theresa Topp

Georgia Barton  
Ilene Wahl  
Allen Wunderlich

### April

Donald Crisp  
Donna Jeanne Bushnell  
Darcy Cunningham

Linda Denman  
Paula Davis

Craig Detmer  
Carolyn Dixon

James Dillon  
Colleen Dunigan

Betty Englehart  
Linda Frandsen

Vicki Folk  
Cheryl Giesa

Tom Higgins  
Edna Grems

Victoria Kind  
Evelyn Lunsford

Roselyn Kissinger  
Erma McKoy

Chuck Laughary  
Patrice McLean

Lea Lee  
Dean Mitchell

Judy Manfred  
Marcia Olson

Collette Maus  
Richard Ripley

Donna Meidl  
Alan Roberts

Iris Pehan  
Susan Scarbury

Charmaine Peterson  
Joyce Thompson

Kathy Reeves  
Donna Treffry

Rowena Sargent  
Dawn Vick

Harold Skinner  
Kathy Wooley

### **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.

### **Condolences To the Family & Friends of:**

Herb Bradshaw

## 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.*

*Pot of Gold 50/50 Raffle & Gift Card Giveaway!*



### *Sinto's 11th Annual Spring Tea*

*April 21, 2023, 1:00 PM*

*\$20 Member / \$25 Non-Member*

Don't miss this elegant annual event. There will be a wonderful gift basket door prize. The High Tea will of course feature delicious teas, Scone, finger sandwiches, and more!

**Must RSVP by April 19th, 509-327-2861.**



# Sinto Center Events



Lets Celebrate

## Sinto Fiesta

Friday, MAY 19th, 1PM

GAMES PRIZES FOOD



**\$15 Member / \$20 Non-Member**

### Event Policies:

1. Payment required at the time of RSVP. Sinto can accept debit or credit cards over the phone, or cash, check, and Sinto Cards at office window.
2. Refunds will be given with cancellation 24 hours in advance. No refund will be given for a no show.
3. Sinto only Reserves tables for event volunteers, Community Partners, and other Centers. Unless event description states otherwise.
4. Sinto Senior Activity Center no longer provides take out event options. Sorry for any inconvenience.
5. Events are organized and worked by Volunteers. Please be kind.



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...

Rosalyn Kissinger

Susan Armstrong

Nancy Huck

Andrea Crisp

Patty Fisher

Linda Denman

Marilyn Olson

Judy Marrow

Kathy Wooley

Peggy Donovan

Jacque Derby

Judy Knutson

Hillary Schaefer

JoEllen Bartol

Pat Epler

Diane Smith

Mary Bartol

Heidi Peters

Darlene Humphrey

Cheryl Giesa

Daniel Werner

Bobby Smith

DJ Nelson

Carol & Mic

Sylvia Beach

Ed Schiffner

Tom Higgins

Elanor Schiffner

Bobby Smith

Sandy Ballou

Judy Balzer

Ginger Otto

John Balzer

Louise Gessner

Susan Dankovich

Lee Ann Titus

Donation lists are available at the office window. They are constantly updated to let you know the donation needs of the Sinto Senior Activity Center.

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

In addition we thank all those who gave cash donations the past few months. 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

## A Matter of Balance

Sinto's own Mary Bartol has trained to become an instructor and is offering this proven class to the Sinto Senior Activity Center! A Matter of Balance is an award-winning class designed for those who have fallen or who have a fear of falling. The class will help participants view falls as controllable and make lifestyle changes to reduce falls. It will also increase their strength and balance. The goal is to make Participants feel more confident when it comes to preventing falls and their consequences.

### A Matter of Balance

When: Fridays from 10:00 AM to 12:00 Noon, March 10th - May 12.

Where: Sinto Senior Activity Class Room. 1124 West Sinto Ave,  
Spokane WA, 99201.

Class has limited space, please contact 509-327-2861 to sign-up.

### Methow Valley

Washington *Medium*

**1 Nights 2 Days, June 9-10, 9:00 AM Departure**

Sinto heads to the towns of Winthrop and Republic on this overnight tour. We'll join in the activities at Prospectors' Day & enjoy and overnight stay at the K Diamond K horse ranch!

This Tour is for those interested in shopping and participating in local festivals.

Member Price:

\$206 DBL/\$312 Single

### Philipsburg, MT

Montana *Medium*

**1 Nights 2 Days, July 13-14, 9:00 AM Departure**

Sinto is heading to Montana! This is the perfect tour for those looking to explore. We'll head to Gem Mountain and look for Sapphires, explore Granite Ghost Town and the Granite County Museum. Curb any sweet tooth you have with a visit to the The sweet Palace in Philipsburg. We'll also be visiting Winninghoff Park!

Member Price:

\$280 DBL/\$300 Single

### Mount St. Helens

Washington *Medium*

**2 Nights 3 Days, August 10-12, 9:00 AM Departure**

Sinto is exploring the Gifford Pinchot National Forest area on this summer overnight tour! Trip includes Mount St. Helens drive, drive around Johnston Ridge Observatory, Carson Hot Springs Resort, Maryhill State Park along on the Columbia River.

Member Price:

\$450 DBL/\$580 Single

# Travel with Sinto Senior *Activity* Center

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



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

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

## Thursday Fine Dining!

Every Month Sinto will head to Dinner at one of Spokane's well known Restaurants!

Join us on April 27 for a Dinner trip to Clinkandagger.

Please RSVP no later than one week prior to the activity so we can secure the proper reservations.

An advertisement for Spokane City Credit Union. It features a green rocket ship with "DEPOSIT RATES" written on its side, launching upwards. The background is a dark, starry space. Text includes "NCUA MEMBER LENDER" in a small box, "LOOKING FOR AN 'OUT OF THIS WORLD' DEPOSIT RATE?", "BECOME A MEMBER TODAY!", the Spokane City Credit Union logo, and contact information: "1930 N. Monroe (509) 325-4444 www.sccu.net".



# Making Memories at Sinto Senior *Activity* Center

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



Wednesday, May 17th **LaCrosse**

If your interested in exploring the towns that surround Spokane this trip is for you. Lets visit the city of LaCrosse on this full day tour.

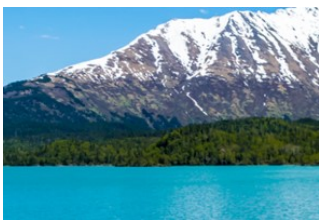
Cost: \$50 member / \$55 non-member Departure: 10:00 AM Return: 4:00 PM

Wednesday, May 24th **Satay Bistro**

At Satay Bistro, great food and service is just the beginning. We bring culinary confidence and enjoyment to life's celebrations. Our American fusion menu expresses our passion for food and exceptional service delivered with spirit and flair. Each team member's goal is to move beyond the ordinary. Our menu is locally sourced from "farm to menu."



Cost: \$20 member / \$25 non-member Departure: 4:00 PM



## We're cruising Alaska! 8/21-30/2024

9 Day Alaska Round-trip. Highlights include: Sitka, Glacier bay, Skagway, Juneau, Strait Point, Ketchikan, and Victoria BC.



\$50 to reserve your spot, Reserve by 3/27/23. Cost: \$2,780

Sinto has reserved several Balcony Cabins on the Norwegian Ship Sun. The Cruise Package includes cabin, all meals in the six dining rooms and 24 hour room service, entertainment, bars and lounges. Each room can choose between 2 packages:

Package A:

Unlimited open Bar, 2 nights of Specialty Dining, \$200 Shore Excursion credit.

250 minutes of WiFi,

Package B:

\$200 Shore Excursion Credit, 250 minutes of WiFi, \$100 OnBoard Credit.

## March 2023 TRAVEL & EVENTS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b> <i>Birthday Lunch 12:00 PM</i>	2	3	4
5	6	7	<b>8</b> <i>Thai Bamboo 11:00 Am</i>	9	10	11
<b>12</b> Spring Forward Daylight Savings	13	14	15	16	<b>17</b> <i>St. Patricks Day Breakfast 9:00 AM</i>	18
19	20	21	<b>22</b> <i>Osprey &amp; Bing Crosby House 11:00 AM</i>	23	24	25
26	27	28	29	30	31	
<div> <b><u>Lunch is Served Monday - Thursday 11:30 - 12:30 PM</u></b>            Menu Features Multiple Sandwiches &amp; Soup of the Day            Or Chefs Special Plate            Order a la carte style, get exactly what you want!         </div>						

# April 2023 TRAVEL & EVENTS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 Surprise Breakfast Tour 8:45 AM	3	4	5 <b>Birthday Lunch 12:00 PM</b>	6 B&B Theater Or Northern Quest Casino Time:TBD	7	8
9	10	11	12 <i>Swinging Doors 11:00 AM</i>	13	14	15
16 Surprise Breakfast Tour 8:45 AM	17	18	19	20	21 <b>Spring Tea 11:00 AM</b>	22
23	24	25	26 <i>Fresh Soul Carl Maxey Center 12:00 PM</i>	27 <i>Fine Dining Clinkerdagger 5:00 PM</i>	28	29
30						

## Weekly Activities: Current Reoccurring Activities

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
<b>9:00</b> Quilting & Crafting	<b>9:00</b> Yoga	<b>9:00</b> Moving to Heal (Act 2)	<b>9:00</b> Yoga Breakfast	<b>9:00</b> Coffee Klatch	<b>6:00</b> Pinochle Double Deck
<b>11:30</b> Lunch	<b>10:30</b> Spring Chicks	<b>11:00</b> Beg. Spring Chicks	<b>9:30</b> Wii Bowling		
<b>12:30</b> Pinochle Party Single Deck	<b>11:30</b> Lunch	<b>11:30</b> Lunch	<b>11:00</b> Hand & Foot		
	<b>1:30</b> Al-Anon	<b>1:00</b> Dominos Mexican Train	<b>11:30</b> Wii Golf		
		<b>6:00</b> Pinochle Double Deck	<b>11:30</b> Lunch		
			<b>1:00</b> 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. **March 1st & April 5th 12:00**

All others \$5 lunch!

**Must RSVP 24 hours in  
advance.**

### Double Deck Pinochle

Monday Single Deck Pinochle @ 12:00 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

**RSVP for Tournament Lunch**

## Weekly Activities!



### Crafting Group

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!

**Monday's at 9:00 AM.**

**Cost: \$2.00**



### **Wii Bowling**

Every Thursday  
9:30-11:00AM

### **Wii Golf**

11:30 - 1:00

Call 509-327-2861



**Thursdays @ 1:00PM**

**Sinto Ballroom Activity Fee: \$2.00**

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

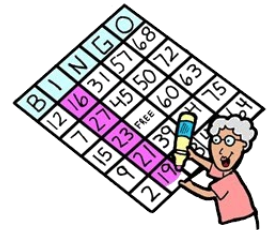
Come join the fun! Several Game types played. Weekly Potluck, bring a snack to share at

halftime!

**Latest Big Winners:**

*\$75 Blackout*

*\$76 Double Action*



### **Whirlaway Square Dancers**



Dance at  
Sinto Center  
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!**



## 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:

Talia Greenwood

Jerry Michaels

Vicki Sneed

Victoria Husbands

Carol McAdams

Lynda Garlick

Patrick Garlick

Helen Litwin

Dean Mitchell

Jacqueline Crane



# 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

## 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!