



The Sinto Scene

Vol. 20, No. 23-3

May / June 2023

Sinto's 2023 Events

Calendar

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

Dec. 15 Christmas
Brunch

509-327-2861

www.sintocenter.org

What's Cooking!

Are you interested in learning to cook for one? You're in luck, "One Dish Cooking," is a free recipe book on the internet, that has many recipes we can try at Sinto Senior Center.

If you are interested we are having an introductory class on Tuesday, May 23rd, at 1:00 PM where you will learn more about this interactive class. Please call the Office at 509-327-2861 to sign up. Cost will depend on what we decide to cook the week before. This class is interactive, we will be hands on, cooking and cleaning up together!

Sample meals:

Chicken Piccata & Peach Dutch Baby for One!



Scrabble & Lunch

Tuesdays 10:00 to 12:00

Cost: \$6.00 Includes 1/2
Sandwich & Cup of
Soup!



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:

Regular & Decaf. Coffee

Powdered Coffee Creamer

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

Bottled Water

Paper Towels

Garage Sale Donations!

Sinto Center is now accepting drop
off donations for our summer

garage sales! Looking for records!

If you have items that need to be
picked up please contact the office
509-327-2861 to schedule a time.

A note to members

By Rose Newcombe, Board President

Dear Members,

Happy Spring to everyone! Hopefully the weather will start to warm up. We have several great events coming to you. The Sinto Fiesta on May 19th, there will be lot's of fun and great food and the Western BBQ on June 16th. Tickets for both events our on sale now. Sinto Events are a great opportunity to meet new members and enjoy a good meal. You never know you might meet your next best friend!

We want to thank every one for joining us for the St. Patrick's day breakfast.

Please let us know how you liked the events we've had so far. We'd love to hear any suggestions you might have for future events or activities. Also feel free to stop by the office and introduce yourself so I can get to know the members.

Our Events and Tour committees have been working hard and I hope you enjoy what we have coming up. Come have a cup of Coffee and get to know other members!

Thank you for being a member and I hope you enjoy the next few months.

Rose

Sinto's Lifetime Members

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

Sandy Ballou	Anne Linden
John Balzer	Aimee Maurer
Judy Balzer	Josh Maurer
Sylvia Beach	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 Breto	Cameron Melton
Alice Burton	Alice Michael
Bob Burton	Karl Moore
Marie Chanter	Ronald Nesbitt
Anna Charbonneau	Rose Newcombe
John Collins	Joan Newcombe
Roberta Decker	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	
Lea Lee	

Sinto Member Birthdays

May

JoEllen Bartol
Larry Bogan
Allan Bonney
Sharon Burkart
Jareldine Cross
Larry Doyle
Ruby Everett
Ronald Jarrett
Sue King
Jan Kuns
Sarah McMorris
Cathy McMorris Rodgers
Ronald Nesbitt
Ruby Niemeryer
Dixie Nordness
Marilyn Norgard
Rose Powell
Donna Scripture
JoAnn Stewart
Jennifer Trevino
Judy Yost

June

Mike Bowcutt
Janet Branting
Kathy Dellwo
June Dockerty
Patty Fisher
Phyllis Hawthorne
Mary Julagay
Tom Knutson
Connie Lanzinger
Kim Mallory
Marion Marston
Dawyne Maxey
Karl Moore
Brian Rodgers
Marilyn Sturdevant
Judy White
Kette Wright

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:

Darlene Humphrey

Condolences To the Family & Friends of:

Mary Ann Trip

Sinto Center Events



Sinto Fiesta

Friday, MAY 19th, 1PM

GAMES PRIZES FOOD

\$15 Member / \$20 Non-Member

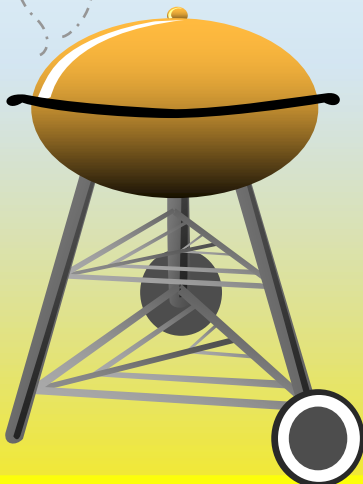


Sinto Summer Barbecue

Picnic Food, Live Music, &
50/50 Raffle

June 16th, 2023 @ 12:30 pm

\$10 Members / \$15 Non-Member



Sinto Center Events

YOU'RE INVITED TO A

LUAU

PULLED PORK, HULI HULI CHICKEN, MACARONI SALAD
RICE WITH FRIED SPAM, ROLLS, GRILLED PINEAPPLE

ON FRIDAY JULY 21st AT 12PM

\$15 MEMBERS, \$20 NON-MEMBERS



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.

Pies Made to Order



Sandy Ballou has once again volunteered to bake made to order pies for the Sinto Senior Center.

Sandy can make Fruit or Berry Pies with at least 48 hour advanced order. Pies are \$25. Please order through the Center office 509-327-3861.

Donations

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

Rosalyn Kissenger	John Maus
Susan Armstrong	Collette Maus
Judy Marro	Jerry Michael
Patty Fisher	Alice Michael
Peggy Donovan	Lea Lee
Mike Bowcut	Kathy Wolley
Judy Knutson	Megan
Tom Knutson	Sandy Ballou
JoEllen Bartol	Darlene Humphrey
Diane Sauare	Ginger Otto
Heidi Peters	Judy Balzer
Cheryl Giesa	Rose Newcombe
Bobby Smith	Kevin Reeves
Eleanor Schiffner	Pat Epler
Ed Schiffener	Mary Bartol
Louise Gessner	Cheryl Olson
Doug Wills	Marilyn Olson

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 Remembers: Mary Ann Tripp

Mary Ann Tripp Started her Dance Teaching Career in 1954 in her home studio. In 1985 she began teaching for Spokane Community College in their IEL program. Her Classes were held in 7 different locations.

After having taught her school of dance and giving beautiful yearly recitals for 36 years she started her studio to concentrate on her senior program. This included joining project joy with her performing groups the Happy Feet Cloggers.

During the years the 7 locations became 1, The Sinto Senior Activity Center and in March of 2020 COVID ended the classes. This brought to a close 35 years of a wonderful, fun, loving career which allowed her to bond with her dance buddies and the Centers great staff, volunteers and fellow members! In addition to dance Mary Ann had a great lover of poetry, both reading and writing it.

A Word Artist Mary Ann Tripp

A word artist is what I long to be,

Who with just a stroke of words

Could Paint the beauty of a tree.

My Canvas a scrap of paper

My brush would be a pen.

And with inspirations' color

I'd paint imaginations' glen.

And to that beauteous haven

I'd ask you to come with me

Leaving care behind

Sweet peace you would find

In my word artistry.

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:

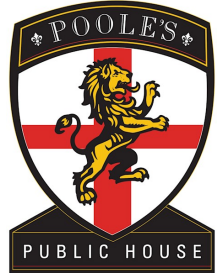
\$450 DBL/\$580 Single

Travel with Sinto Senior *Activity* Center

Sunday, May 7th **Poole's Public House North - Breakfast**

Poole's Public House is a restaurant on the corner of Hastings & Ruby Roads in North Spokane. They hope it'll feel like home when you meet friends and family to eat & drink! They offer a full menu, not just typical pub food, and serve breakfast on the weekends!

Cost: \$10 member / \$15 non-member Departure: 8:00 AM



Wednesday, May 10th **Downriver Grill & Spokane River Drive**

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

Sunday, May 21st **South Hill Grill - Breakfast**

South Hill Grill is quaint, laid-back bar and eatery with a seasonal patio & American staples for breakfast, lunch & dinner. It has long been a staple with residents on Spokane's South Hill. Lets explore their new location.

Cost: \$10 member / \$15 non-member Departure: 8:00 AM

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

Thursday Fine Dining!

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

Join us on May 24th for Satay Bistro!

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

NCUA
LENDER

LOOKING FOR AN
"OUT OF THIS WORLD"
DEPOSIT RATE?

BECOME A MEMBER TODAY!

**SPOKANE CITY
CREDIT UNION**

1930 N. Monroe
(509) 325-4444
www.sccu.net

Making Memories at Sinto Senior *Activity* Center

Sunday, June 11th **Lefevre St. Bakery**

Lefevre Street Bakery & Cafe in Medical Lake, WA, strives to make everyone, from every walk of life, background, and belief feel welcomed, cared for, and safe inside our walls. We invite you to try our amazing breakfast, lunch, coffees, and more.

Cost: \$12 member / \$17 non-member Departure: 8:00 AM



Wednesday, June 14th **Moon Time Cafe**

Moon Time Traditional Food and Ales is where in-the-know locals come for a relaxed English-style pub experience. Their menu varies during the different seasons but you will always find something to please your tastes!

Cost: \$20 member / \$25 non-member Departure: 11:00 AM

Friday, June 23rd **Green Bluff Strawberries**

Green Bluff is the original Spokane Farmer's Market!

Several farms offer U-Pick fruits and vegetables so you know their fresh! On this trip we'll be picking fresh strawberries!

Cost: \$10 member / \$15 non-member Departure: 9:00 AM

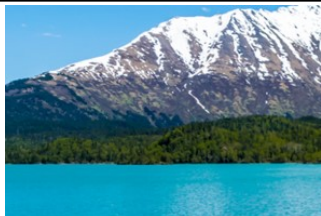
Sunday, June 25th **1898 BRUNCH**

It's Time to Become a Morning Person! Located at the highly acclaimed Kalispel Golf and Country Club in Spokane, WA. 1898 Public House combines over 120 years of country club history with an ever-evolving modern flair.

Cost: \$12 member / \$17 non-member Departure: 8:30 AM



Wednesday, June 28th **Selkirk Pizza & Tap house & Spokane Fish Hatchery**



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.

May 2023 TRAVEL & EVENTS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 Birthday Lunch 12:00	4	5	6
7 Poole's Public House 8:00 AM	8	9 Start of Tuesday Scrabble & Lunch 10:00 - 12:00	10 Downriver Grill & Spokane River Drive 11:00 AM	11	12	13 Facility Rental No Pinochle
14	15	16 Scrabble & Lunch	17	18	19 Sinto Fiesta 1:00 PM	20 Facility Rental No Pinochle
21 South Hill Grill 8:00 AM	22	23 Scrabble & Lunch. What's Cooking 1:00 PM	24 Satay Bistro 4:00 PM	25	26 Pinochle Tournament	27
28	29	30 Scrabble & Lunch	31			
	<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>					

June 2023 TRAVEL & EVENTS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6 Scrabble & Lunch	7 Birthday Lunch 12:00	8	9	10
11 LeFevre St. Bakery 8:00 AM	12	13 Scrabble & Lunch	14 Moon Time Café 11:00 AM	15	16 Sinto Center BBQ 12:30	17
18	19	20 Scrabble & Lunch	21	22	23 Green Bluff Strawberries 9:00 AM	24
25 1898 Brunch 8:30 AM	26	27 Scrabble & Lunch	28 Selkirk Pizza & Spokane Fish Hatchery 11:00 AM	29	30 Pinochle Tournament	1

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	6:00 Pinochle Double Deck
11:30 Lunch	10:00 Scrabble	11:00 Beg. Spring Chicks	9:30 Wii Bowling		
12:30 Pinochle Party Single Deck	10:30 Spring Chicks	11:30 Lunch	11:00 Hand & Foot		
	11:30 Lunch	1:00 Dominos Mexican Train	11:30 Wii Golf		
	1:00 What's Cooking	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. **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.

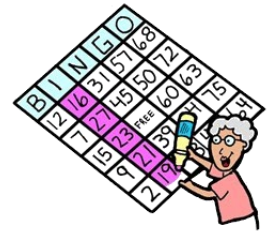
Come join the fun! Several Game types played. Weekly Potluck, bring a snack to share at

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:

Patsy Kinyon

Sue Artman

Paula Clark

Bonda Habets



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!