



The Sinto Scene

Vol. 20, No. 23-4

July / August 2023

Sinto's 2023 Events Calendar

July 21 Luau

Aug. 18 Member

Carnival Picnic

Sept. 22 Wine &
Charcuterie

Oct. 20 Spaghetti
Feed & Garage Sale

Oct. 31 Halloween
Party

Nov. 10 Veterans
Luncheon

Nov. 17 Thanksgiv-
ing Lunch

Dec. 15 Christmas
Brunch

Summer Events:



LUAU, July 21st 12:00

CARNIVAL

August 18th, 12:00, Food, Games, Fun!



Scrabble & Lunch

Tuesdays 10:00 to 12:00

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

509-327-2861

www.sintocenter.org



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:

Coffee Creamer
Pepsi, Diet Pepsi,
Coke, Diet Coke,
Bottled Water
Paper Towels
Napkins
AA Batteries
Garage Sale Items

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,

Looks like summer is here with warmer weather! The Sinto Fiesta was so much fun. There was great food, we played Mexican bingo, and had a basket give away, congratulations to the winner Theresa Topp, who had the closet guess on the number of hot tamales in the jar. Theresa also won a ticket to next years Fiesta!

Our kickoff to Summer BBQ was in June. Brats and Hotdogs were served picnic style. The center was visited by a Banjo player, Jerry White. Hillary also had drawings for Coffee Cards.

Next up is our July Luau and August Member Carnival. There will be food and carnival style games for prizes and baskets for silent auction. We are raising money to help pay for the cost of repairs on our rental house.

We have some great day trips coming up if your interested in traveling with the Center. Take a look and sign up with the office. If your interested in games we also offer Wii Bowling and Bingo! If your looking for conversation and to meet new people stop by Fridays Coffee Klatch.

We hope to see you around Sinto!

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	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
Bonda Habets	Kevin Reeves
Jon Hall	Colleen Robertson
Vicki S. Hansen	Brian Rodgers
Bonnie Harland	Terri Savitz
Phyllis Hawthorne	Hillary Schaefer
LuAnn Heer-Weisgerberger	Pat Skaer
Carylann Herman	Patricia Shastany
Martha Hess	Bobby Smith
Judy Hightower	Lee Ann Titus
Ron Hoffman	Harriet Van Wyck
Karol Hoffman	Roger Wells
Nancy Huck	Floyd West
Darlene Humphrey	Barbara Wood
Richard Huntley	Allen Wunderlich
Sue King	
Roselyn Kissinger	

Sinto Member Birthdays

July

Sandy Ballou
Mary Beauregard
Ronald Carolus
Anna Charbonnea
Ralph Coston
Andrea Crisp
Carolyn Crosen
Dick Dawe
Karen Denning
Mary Gaffigan
Carylann Herman
Carol Hoffman
John Maus
Larry Neil
Cheryl Neil
Marcia Plewman
Jan Preston
Carissa Sampey
Berta Smith
Joanne Van Buskirk
JB Wright
Sharon Young

August

Sylvia Beach
Sharon Diacogiannis
Merry Dick
Richard Everett
Vicki Hansen
Ollie Hendrickson
Ron Hoffman
Nancy Huck
Kathleen Osweiler
Ginger Otto
Heidi Peters
Betty Quayle
DeAnn Schied
Mary Thompson
Wendy Whitaker
Polly White
Ray White
Ernest 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.

Condolences To the Family & Friends of:

Patty O'Brian

Sinto Center Events

YOU'RE INVITED TO A

LUAU

PULLED PORK, HULI HULI CHICKEN, MACARONI SALAD
RICE, ROLLS, GRILLED PINEAPPLE

ON FRIDAY JULY 21st AT 12PM

\$15 MEMBERS, \$20 NON-MEMBERS



Member Carnival Picnic

Free for Members
\$5 for all others

FOOD • GAMES • FUN

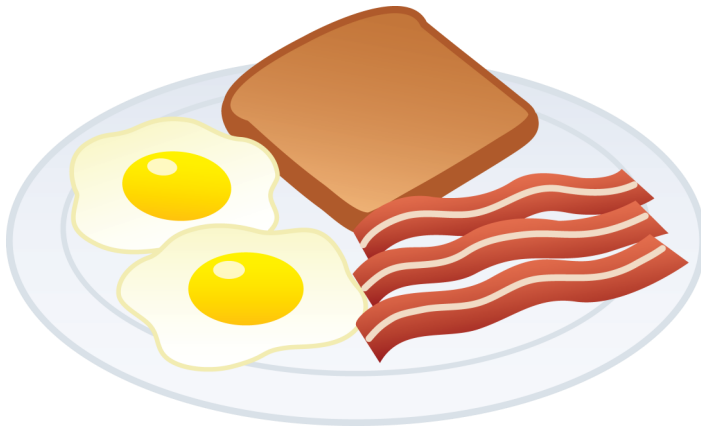
18TH
AUGUST

12PM

BURGERS
HOT DOGS

Sinto Center Events

Sinto Center Monthly Breakfast.



First Friday of every month
Starting on AUGUST 4th.

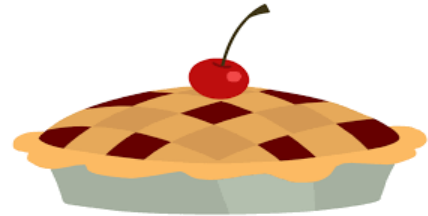
Breakfast will be served
Buffet style between 9:00 &
10:00 AM. \$7.00

Sample Meal: Waffles, Bacon, Eggs, Fruit, Coffee and Juice.

We hope to see you at the table!

What's the fastest ride at the carnival?
It's the carousel, it has the most horse power!
People ask me why I'm always at the carnival.
That's a fair question.

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 509-327-2861.

NCUA
MEMBER LENDER

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

DEPOSIT RATES

BECOME A MEMBER TODAY!

**SPOKANE CITY
CREDIT UNION**

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

Donations

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

Doug Willis	Jacque Derby
Roberta Decker	Marilyn Olson
Jerry Michaels	Sharon D
Roselyn Kissenger	Mary Bartol
Donna	Pat Epler
Mary Julagay	Sandy Ballou
Heidi Peters	Bobby Smith
Floyd	Ginger Otto
Nancy Huck	Dave Houghton
Eleanor Schiffner	Linda Houghton
Mike Bowcutt	Jenni Hays
JB Wright	Candace Clark
Kette Wright	Darlene Humphrey
Hillary Schaefer	Andrea Crisp

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.”

Respect is an essential building block of any business or relationship that is made up of people of all ages and backgrounds. 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 or move from table to table etc, Aging is difficult to accept by the best of us and being treated kindly is the best way to help us get through this life.

Sinto Center Rentals



Special Events ~ Rental Information Sheet (509) 327-2861

Sinto Senior Activity Center

1124 W. Sinto Ave. Spokane, WA 99201

www.sintocenter.org

joshk@sintocenter.org

RENTAL RATES

(Hourly rates apply the entire time your group occupies the facility, including set-up)

<u>Room</u>	<u>Hourly Rate</u>	<u>Capacities</u>
Ballroom & Dining Room	\$ 75	168 maximum / 120 at tables
Dining Room <u>Only</u>	\$ 35	50 maximum capacity
Classroom	\$ 25	35 maximum capacity

Kitchen Access* \$ 50

Equipment

Included with Ballroom rental:

Sound System – Ballroom
Projector Screen - Ballroom
Podium - Ballroom
TV/DVD - Dining room
TV/DVD - Classroom
Tables & Chairs – All Rooms

In Dining Room: commercial coffee station **(customer provides coffee, supplies & cups)**

In Kitchen: all appliances & cookware **(customer provides all food items & expendable supplies)**

DAMAGE & KEY DEPOSIT

A refundable Damage and Key Deposit of \$200 is required at time of Ballroom, Dining Room, or Kitchen Reservation.

**If additional custodial service is required by Sinto after the scheduled event, the customer will be charged \$25 per hour as needed (\$25 minimum charge).

ADDITIONAL NOTES:

Setting up and Taking Down tables and chairs is the responsibility of the customer, unless other arrangements are made within the contract.

Garbage must be bagged and taken to the rear dumpster. Refer to the "Rental Cleaning Responsibilities and Checklist" for complete customer cleaning responsibilities. **Do not throw trash into neighbor's personal bins.**

Damage deposit will be returned within 30 days after your Event.

Rental must be paid in full, two weeks prior to Event Date.

Travel with Sinto Senior *Activity* Center

Sunday, July 9th **Satellite Diner & lounge Breakfast**

Serving up satisfying meals at affordable prices. You can grab classic favorites to creative cuisine all served with a wink and a smile.

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

Wednesday, July 12th **LasPresa Mexican Restaurant**

Real authentic Mexican food, closest to SoCal Mexican food. Let's find out why locals love to eat at this family operated Mexican Restaurant.

Cost: \$14 member / \$19 non-member Departure: 11:00 AM

Wednesday, July 19th **Pullman Dairy Foundry Kitchen & LaCrosse WA**

LaCrosse is a community with a rich agricultural legacy nestled in the Palouse. The Foundry Kitchen in Pullman Washington is a casual cozy spot featuring elevated American fare & craft cocktails.

Cost: \$58 member / \$63 non-member Departure: 9:00 AM

Sunday, July 23rd **Green Bluff Cherries**

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 Cherries!

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

Wednesday, July 26th **Shooters Bar & Grill**

Located in the Black Rock Marina on beautiful Coeur d'Alene Lake. This is one summer trip you wont want to miss! Shooters serves soups, salads, burgers, and entrees like pork shank, meatloaf, and sea bass!

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

Thursday, July 27th **Black Angus Fine Dining**

Mastering their craft since 1964, all their cuts are aged at least 21 days, seasoned to excellence, and flame-grilled and served up just the way you like it.

Cost: \$10 member / \$15 non-member Departure: 4:15 PM

Philipsburg, MT

Montana *Medium*

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

Mount St. Helens

Washington *Medium*

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

Making Memories at Sinto Senior *Activity* Center

Wednesday, August 9th **Two Seven & St. Johns Cathedral**

Two-Seven is pub food done right. This family friendly South Hill joint features burgers, spiced corn pasta and vegetarian options, with a rotating beers on tap! We'll also tour the beautiful St. John's Cathedral!

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

Sunday, August 13th **The Stupid Cow Breakfast**

The Stupid Cow Café is an outstanding little breakfast place with real home cooking and atmosphere. You won't want to miss this classic Sinto trip.

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

Saturday, August 19th **Fred & Carol Nottier & Colville WA**

Fred and Carol Nottier have invited the center to their property in Colville Washington. If you've been curious about their straw house in progress they would like you to come and see. Lunch will be provided by Carol Nottier.

Cost: \$40 member / \$45 non-member Departure: 9:00 AM

Wednesday, August 23rd **Palenque Mexican Restaurant & Spokane Valley Museum**

The affordably priced yet classy eatery serves up a traditional take on Mexican fare while also not skimping on creativity. The Spokane Valley Heritage Museum has cataloged more than 150 years of our area's history through artifacts, photos, maps, archives and more. Learn more about our Spokane history on this Sinto tour!

Cost: \$12 member / \$17 non-member Departure: 11:00 AM

Thursday, August 24th **Green Bluff Peaches & Apples**

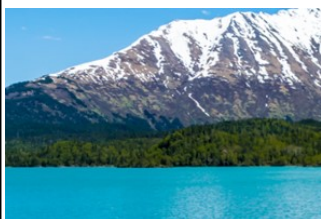
Cost: \$12 member / \$17 non-member Departure: 9:00 AM

Friday, August 25th **Bonefish Grill Fine Dining**

Cost: \$10 member / \$15 non-member Departure: 4:00 PM

Sunday, August 27th **Barlow's Restaurant Breakfast**

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



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. Cost: \$2,780



July 2023 TRAVEL & EVENTS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 4th of July Holiday Office Closed	4 4th of July Office Closed	5 <i>Birthday</i> <i>Lunch</i> 12:00 PM	6	7	8
9 <i>Satalite Diner</i> <i>Breakfast</i> 9:00 AM	10	11 Board Meeting 10:00 AM	12 LasPresa Mexican Restaurant 11:00 AM	13 Philipsburg Montana 9:00 AM	14 Philipsburg Montana Returns	15
16	17	18	19 Dairy Foundry Kitchen & LaCrosse WA 9:00 AM	20	21 <i>Sinto Luau</i> 12:00 PM	22
23 Green Bluff Cherries 9:00 AM	24	25	26 Shooters Bar & Grill 12:00 PM	27 Black Angus Fine Dining 4:15 PM	28 <i>Pinochle</i> <i>Tournament</i> 9:00 AM	29
30	<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>					

August 2023 TRAVEL & EVENTS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	31	1	2 <i>Birthday Lunch 12:00 PM</i>	3	4 <i>Sinto Center Breakfast 9:00 AM</i>	5
6	7	8 Board Meeting 10:00 AM	9 Two Seven & Saint Johns Cathedral 11:00 AM	10 Mt. Saint Helens 9:00 AM	11 Mt. Saint Helens	12 Mt. Saint Helens Returns
13 The Stupid Cow 9:00 AM	14	15	16	17	18 <i>Membership Carnival 12:00 PM Members Free</i>	19
20	21	22	23 Palenque Restaurant & Spokane Valley Museum 11:00 AM	24 <i>Green Bluff Peaches & Apples 9:00 AM</i>	25 <i>Pinochle Tournament Bonefish Grill 4:00 PM</i>	26
27 Barlow's Restaurant Breakfast 9:00 AM	28	29	30	31		

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	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		
	1:30 Al-Anon	6:00 Pinochle Double Deck	11:30 Lunch		
			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. **July 5th & August 2nd 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.

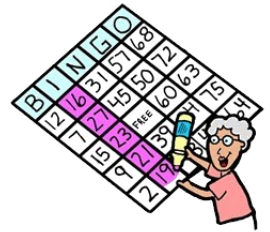
Come join the fun! Several Game types played. Weekly Potluck, bring a snack to share at

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:

Lon Vickery

Julie Price

**Aging seems to be
the only available
way to live a long and
happy life.**



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!