



On The Move

A Monthly Publication of the Southside Community Center

Vol. XXXIV No. 4

A Place to Connect

April 2024

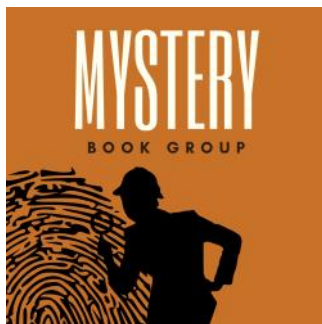
GAME ZONE!

Come Play with Friends / Old & New

Drop in any Wednesday or Friday from 12:30-3 pm

to play any game of your choice —backgammon, cribbage, Scrabble, checkers, whatever is on the tables or bring your own game.

Begins Wednesday April 3 12:30 pm.



Mystery Book Club Returns

3rd Wednesday each month
10am – noon

The first meeting April 17 will be dedicated to organizing and

deciding how we want to run the meetings.

- ◆ We will meet new mystery book readers and catch up with previous members!
 - ◆ We will “book talk” the mysteries we have read since Covid shut us down.
 - ◆ We will pick books to read for May, June and July 17
- Questions? Call Lynn Terry ~ 509 499-8700

Community Garden Spaces Available

We are actively recruiting new gardeners for the 2024 summer season. The 4x8 boxes in the fenced area off our parking lot by the City water tower are only \$25 for the season. Contact Dennis Anderson or Donna Jaramillo.

Storage Available For Garage Sale Items

The Center’s mega garage sale will be September 5-7.

Don’t let those donatable items clutter your house. Bring your donations now and they will be stored safely and ‘dryly’ in the parking lot Dry Box. Call about help with large items.

April Luncheon Celebrates Volunteers



Tuesday April 16 / 11:30 am-1 pm

Cost: Free / Donations to cover food costs appreciated

RSVP by April 10 ~ Call 509-535-0803 or signup at the desk.

The Board of Directors and Center staff will serve volunteers and guests.

- ◆ Tuscan chicken (chicken breast, spinach, sun-dried tomatoes, creamy sauce), Caesar salad, bread & cake

Thanks to our sponsor:

The Gallery at Spokane Assisted & Senior Living



Friday April 19

8 am–1 pm

spring cleanup

Winter has taken its toll but spring

has sprung and we are beautifying the Center grounds for spring and summer. Come help us on April 19 with spring cleaning of the outside grounds and flower beds. Bring your gloves, rakes and tools. We will have bags, coffee and snacks and some tools. There will be a May planting day to be announced later. Let us know if you can help or just come. Call 509-535-0803.

OUR MISSION To enhance the physical and mental well-being of those we serve by providing recreational, educational and volunteer opportunities.





Southside Community Center

3151 East 27th Avenue Spokane, WA 99223 ~ 509-535-0803 / www.spokanesouthside.org ~ Hours: M—F 8:30 a.m. to 4:30 p.m.

MEMBERSHIP

Yearly membership is \$50 (individual) or \$75 for couples living in the same household. **A limited number of scholarships are available for those needing assistance with a year's membership.** Call 509-535-0803.

EXECUTIVE DIRECTOR

Josh Kracht, Executive Director director@southsidecenter.com

Jan Suhr, Assistant Executive Director
assistantdirector@southsidecenter.com

BOARD OF DIRECTORS

Jennifer Sheroski, President ~ Cheryl Galbreath, Vice-president
Ron Rector, Treasurer ~ Gloria Evans, Secretary ~ Jackie Sievers
~ Ted Buescher ~ Nancy Anderson ~ Michael Cochrane ~
Phyllis Williams ~ Dan Garcia

STAFF (509) 535-0803

Events / events@southsidecenter.com

Linda Leitch, travel @southsidecenter.com

Melissa Eliason, office @southsidecenter.com

Barbara Haynes, Membership Coordinator

Newsletter Claudia Craven clcspo@msn.com

CUSTODIANS / Tabu Simmons, Bill Beyer, Billy Thompson

IS YOUR YEARLY MEMBERSHIP UP-TO-DATE?

If your yearly membership fees are not up to date, you will not be able to receive newsletters, take part in select Center activities for free, or get discounts on travel. To check your status, call Barb at 509-535-0803.

NEWSLETTER DELIVERY ISSUES?

People have told us that they have had trouble receiving the newsletter online. If your dues are current and you have this problem, call 509-535-0803 or email

monthlynewsletter@southsidecenter.com.

All are welcome at the monthly Board of Director meetings on the 4th Wednesday at 4 pm.

Next meeting March 27.

<https://www.facebook.com/theSouthsideCenter>

Greetings From the Board President

Dear Fellow Members,

Spring has sprung! I hope you have enjoyed the beautiful weather and are as excited as I am to see our Community Center grow and blossom! In fact, opportunities are arising and we are planning new events. To get these events off and running we need individuals who can volunteer and join the committees to help with their planning and execution. Specifically, Ted is looking for help with the Cancer Care Foundation silent auction. I am looking for help with a fun new summer party that will involve the whole family! It will include a bar-b-que and loads of activities for all ages ~ inside the Center and outside all the way to the park. You will want to bring your extended family, friends and coworkers on July 13. Thank you for stepping up to help with these events.

A quick note! You can also help Josh facilitate his mission of organization and delegation by talking to him or me about any concerns or complaints instead of with staff members. This helps us get to the bottom of things. Unfortunately, the staff is now carrying out tasks that have been delegated to them by Josh and other tasks requested by members who approach them with questions and concerns. Sadly, many of those things fall through the cracks and get forgotten. Please talk to Josh or me. This is a necessary chain of command that helps us effectively run the Center!

We want to address your concerns and questions and we are more likely to produce results when we know what you are thinking. Please feel free to stop in at the next board meeting on April 24 at 4 pm. To reach out drop either of us an email

director@southside.org / jenshero01@gmail.com

Happy Easter

Jen Sheroski, Board President

A moment of silence for the t-shirt that's moved from the closet to the dresser drawer of shirts I only wear to bed.

SOUTHSIDE COMMUNITY CENTER POLICIES (A non-profit 501 (c)(3) corporation)

Travel Liability Notice: Southside Community Center assumes no responsibility for and shall not be liable for any refund, personal injury, property damage or other loss, accident, delay, inconvenience or irregularity which may be caused by: (1) any defaults, wrongful or negligent acts or omissions of the Southside Center; (2) any defect in or failure of any vehicle, craft, equipment or instrumentality owned, operated or otherwise used or provided by the Southside Center; and (3) any wrongful or negligent acts or omissions on the part of any other party not under the Southside Center's control.

Non Discrimination Policy: It is the policy of the Southside Community Center to ensure equal employment opportunity and participation of members and guests without discrimination or harassment on the basis of race, color, religion, sex, sexual orientation, gender identity or expression, age, disability, marital status, citizenship, genetic information, or any other characteristic protected by law.

Endorsement Disclaimer: Southside Community Center does not endorse any speaker, service or product represented in any class, advertisement or function in our facility.



New Members

- Marvell Bartholomew * Loreta Buller
- Barbara Brassard * Rosalin Garcia
- Michael & Patricia McCarty * Barbara & Garry Kehr
- Nancy Stenske * Cherie Johnson * Sue Harris
- Darlene Gable * Marvin Tulberg * Gerald Rosen
- Colleen Brogan * Kimberlee Wagner



About a year ago Southside Community Center committed as a partner with The Cancer Care Northwest Foundation to host a charity event to raise

funds for the Foundation. Called *The Night of a Thousand Lights* the event would include dinner, live music, and a silent auction. It was originally scheduled for October 2023 but a strong committee of Southside members could not be formed at that time, so we plan to reschedule for October 2024.

Southside and the Cancer Care Northwest Foundation are asking for your help! We need an enthusiastic committee to support this event. Things that will need to be done include soliciting silent auction items, planning the evening, marketing, and more. Please help us with this worthy cause. Contact me for more information on how you can help and when we will meet. THANKS!

Ted Buescher, Chairman ted.buescher@gmail.com



A special thanks to custodian, Billy Thompson for the make-over of our lectern. It looks great!

Thanks to everyone for the coffee, water, soda, Classy Corner treasures, and other miscellaneous items. We appreciate it all.

Luncheon Committee

Tuesday / April 2 / Noon

Travel Committee

Tuesday / April 9 / 11:30 -12:30



Please join us with your ideas.



Thanks to **The Gallery** sponsor of the April 16 luncheon.


A New & Luxurious Retirement Community
 Assisted & Senior Living ~ Independent Living ~
 Assisted Living ~ Memory Care

5401 S Regal Spokane, WA 509-506-5006


Bingo "Hot Shot" Winner

Monday Night Bingo on March 18 had a "Hot Shot" Winner. The Southside member, Deb who won received \$621. She turned the cash around and donated a refrigerated beverage container to be used by the Bingo Hall and available for other events. Thanks, Deb!

Non-bingo players are saying, "What is a Hot Shot? Here's how it works. A Hot Shot number is drawn each week before the bingo games start, so it changes every week. When a player chooses to buy the number each week for \$5, \$2 goes to the Center and \$3 goes into the Hot Shot pot. If the player wins a bingo with the Hot Shot number, they win the pot. If no one wins the money in the pot it rolls over to next week. Until March the pot had been won since November.



Join us for an unforgettable evening of excitement,
 and the thrill of the win at Bingo
Monday Nights
 5-9 PM
 Food and Drinks



3151 E. 27th Ave
 509-535-0803

WISH LIST

- * Cash donations for candy at the front desk.
- * Classy Corner Treasures
- * Creamer for coffee
- * Copy paper—11 x 17 for newsletter & 8 1/2 x 11
- * Coffee, water, soda, candy

I never feel more "gangsta" than when I'm at a grocery store and I pull out a reusable tote bag with another grocery store's logo on it.



COFFEE AND CONVERSATION



Every Friday 10-12 am in the Lounge

No games, just good coffee and great convo! Couples welcome, and new faces embraced with open arms. See you there for a perfect blend of fun and friendship!

Class / Moving with Grace and Ease

Every Friday / 11 am – 12 Noon

\$7 for members \$9 for nonmembers

Learn to move your body to increase ease, grace and comfort. Also, gain more understanding of how to create space in your body, decompress pressure in your joints.



Every Monday & Wednesday 12:30–3 pm

Come make new friends and have a great time. If you can work a remote control and move your arm, you can Wii bowl.

Kudos to bowlers with high series, high game and personal best game scores!

- March 4 / High games: Patty Housam-268,246,258; High Series: Patty 772.
March 6 / High Series: Patty 642; High games: Patty 236, Marjie Cauvel 224.
March 11 / High games: Patty-236, Wes-257, Harlan Tate 257; High series-Harlan 701.
March 13 / High games: Dan Gould-300 / High Series: Betty Rubert-716, Mic Cochran-777.
March 18 / High games: Ruby-279, Mic-266 & 280
March 24 / High Series: Betty Jean-722; High game: Betty Jean 238

TIME TO DANCE—CLASSES!

LINE DANCE—9 weeks starts Wednesday April 3

Cost: \$35 Member / \$45 non members for 9 weeks Drop in \$5 members/ \$7 nonmembers

- Beginning Line Dance / Wednesday 4:30-5:20 pm
Line Dance II / Wednesday 5:30- 6:15 pm

SWING DANCE—9 weeks starting Tuesday April 2

Cost: \$35 Member / \$45 nonmembers

For information call Cathy Dark 541-231-9318

Weekly Tai Chi Fusion with Altari

Wednesday, 10-11:30 am / \$7 member \$8 non-members

A weekly class combines acupressure massage, Qi Gong and Tai Chi Chuan—all proven to relieve muscle pain, increase balance, improve memory and help arthritic stiffness.

Texas Hold'em / Monday & Friday 1-4 pm

You are cordially invited to join this ongoing group to enjoy the poker game and the socialization.



The Mystery Book Club is Back

Every Third Wednesday / 10 am—Noon

The first meeting to choose books is April 17.

Call Lynn Terry 509 499-8700 for information.

Southside Book Club!



2nd Tuesday / 10:30-Noon / Free

Lively discussions in the cozy lounge by the fireplace.

- April 9 ~ The Whispering Season by Ivan Doig / Long time Montana author tells a tale of homesteading in 1901 (secrets and plot twists).
May 14 ~ Lessons in Chemistry by Bonnie Garmus / A funny, disturbingly poignant novel set in the 50s and 60s.
John 509-599-6453 / guspencerjs@gmail.com.

Games & Crafts

FREE for members, unless otherwise stated.

Non-members \$5, payable at the front desk.

- BACKGAMMON / Tuesday 1-2 pm
BINGO / Sunday 12:45 -3 pm / \$10 - must be a member
BRIDGE / Welcome Bridge - Mon & Wed / 1-4 pm Party Bridge - Thursday / 12:15-4 pm
CANASTA - Tuesday / 9:30 am-12 pm
HAND-AND-FOOT CANASTA - Wed / 10 am-1 pm
MAHJONGG - Tues & Thurs / 12-3 pm
MEXICAN TRAIN - Wed / 11 am-1 pm
PINOCHLE - Friday / 1-3 pm
TEXAS HOLD'EM POKER - Mon & Fri / 1-4 pm (payment required)
KNIFTY KNITTERS - Tuesday / 1-3 pm

Health & Exercise

AEROBICS with Toni - Tues & Thurs

8:30-9:30 or 9:40-10:49 am (Sign up through ACT 2)

TAI CHI with Altari - Wed / 10-11:30 am

(\$6 members, \$7 non-members)

QIGONG - Dr. Brian Flake - Mon / 2:30-3:30 pm

(Sign up through ACT 2)

GENTLE EXERCISE - Phyllis Bromley

Tues & Thurs / 2-3 pm (Sign up through ACT 2)

ZUMBA - Tues & Thurs / 6:15 -7:15 pm

(\$7 per class or 5 for \$30 or 10 for \$50)

DIET SUPPORT GROUP - Wed 10 am

KARATE - Tues & Thurs / Youth 4-5 pm/Adult 5:15-6:15

LONGEVITY FIT - Wed 9-10 am; Fri 10-11 am

ZUMBA with Sarah

Tuesday & Thursdays / 6:15-7:15 pm

Single class: \$7 * 5 class pass: \$30 * Ten class pass: \$50 *

Get in shape in this fun cardio class. ALL ages and fitness levels welcome! No prior Zumba or dance skills required!

Southside On the Move



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Luncheon Committee Noon	3 <i>Weekly</i> GAME ZONE Begins 1-3 pm	4	5 Life Line Screening 8:30 am-5:30 pm GAME ZONE Begins 1-3 pm	6
7 Bingo 12:45-3 pm	8 Bingo Hall 5-8 pm	9 BOOK CLUB 10:30am Travel Committee 11:30 –12:30	10	11 TRAVEL Le Peep Lunch & CdA Tour 11 am	12 Foot Care	13 Free Concert Project Joy Spring Showcase 1 pm
14 Bingo 12:45-3 pm	15 Bingo Hall 5-8 pm	16 Volunteer Appreciation LUNCHEON 11:30–1 pm	17 Mystery Book Club Returns 10 am TRAVEL Lunch Around the World 11 am	18	19 GROUNDS CLEANUP 8 pm—1 pm	20
21 Bingo 12:45-3 pm	22 EARTH DAY! Bingo Hall 5-8 pm	23	24 Board of Directors Meeting 4 pm All Welcome!	25 TRAVEL Dinner at Anthony's 4:30	26 Foot Care	27
28 Bingo 12:45-3 pm	29 Bingo Hall 5-8 pm	30	<p>Earth Day is an annual celebration that honors the achievements of the environmental movement and raises awareness of the need to protect Earth's natural resources for future generations. Earth Day is celebrated on April 22 in the United States.</p>			

Weekly/Daily Recurring Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Most are FREE for members. Non-members must pay a \$5 activity fee every day at the front desk. Register for ACT 2 classes through Spokane Community College. ***** Bingo: 12:45-3 pm / \$10 Must be a member</p>	<p>Stitchers & Chatters 9 am-1pm Wii Bowling: 12:30-3 pm Texas Hold'em Poker 1-4 pm Welcome Bridge: 1-4 pm Qi-Gong: 2:30-3:30 pm (ACT 2)</p>	<p>Aerobics with Toni 8:30 & 9:40 ACT 2 Canasta: 9:30-12 Mahjongg: 12-3 pm Knifty Knitters: 1-3 pm Backgammon 1-3 pm Gentle Exercise: 2-3 pm (ACT 2) Zumba: 6:15-7:15 7:30-8:30</p>	<p>Tai Chi: 10:00-11:30 Diet & Health: 10-12 Hand-and-Foot: 10 am-1 pm Mexican Train: 11-1 pm GAME ZONE 12:30-3 pm Wii Bowling: 12:30-3 pm Welcome Bridge: 1-4 pm</p>	<p>Aerobics with Toni 8:30 & 9:40 ACT 2 Mahjongg 12-3 pm Party Bridge 12:15-4 pm Gentle Exercise 2-3 pm (ACT 2) Zumba 6:15-7:15 pm</p>	<p>Longevity: 9-10 am Coffee With Friends 10-12 am GAME ZONE 12:30-3 pm Pinochle / 1-3 pm Texas Hold'Em Poker 1-4 pm Chair Yoga: 4:15-5:15 pm</p>

Members participate in most activities free. Non-members pay \$5 per day. If you are not a member and come in for games, activities, etc., stop by the front desk to register and pay each time you come in.



ANTHONY'S AT SPOKANE FALLS

Thursday April 25, 2024

Bus leaves at 4:30pm

Cost is \$8.00

**Anthony's 3 course dinner for
\$33**

Sign up before April 22nd, 2024

Le Peep Cafe/ Higgins Point Drive

Thursday April 11, 2024

Bus leaves @ 9AM

Cost is \$15.00

**Enjoy a nice Breakfast /Brunch
Then enjoy a nice scenic drive to
Higgins Point in CDA**



3151 E 27th Ave
509-535-0803

Grand Coulee Trip

Richard Sola

Dry Falls State Park

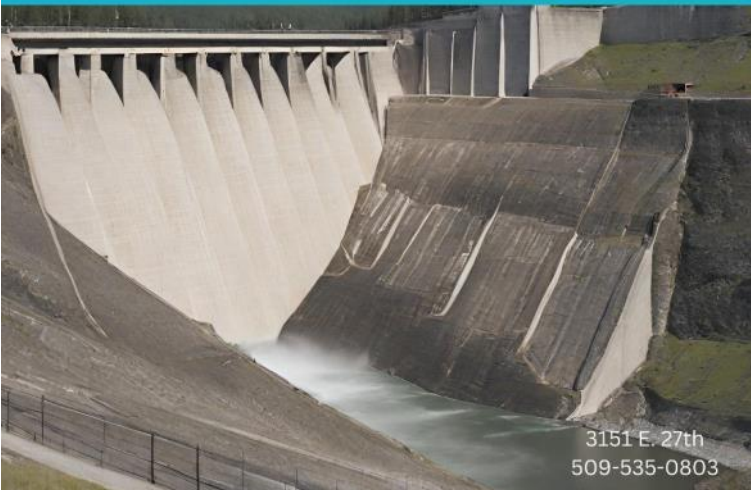
Thursday June 20, 2024

Bus leaves @ 8:30 Am Return around 6:00 PM

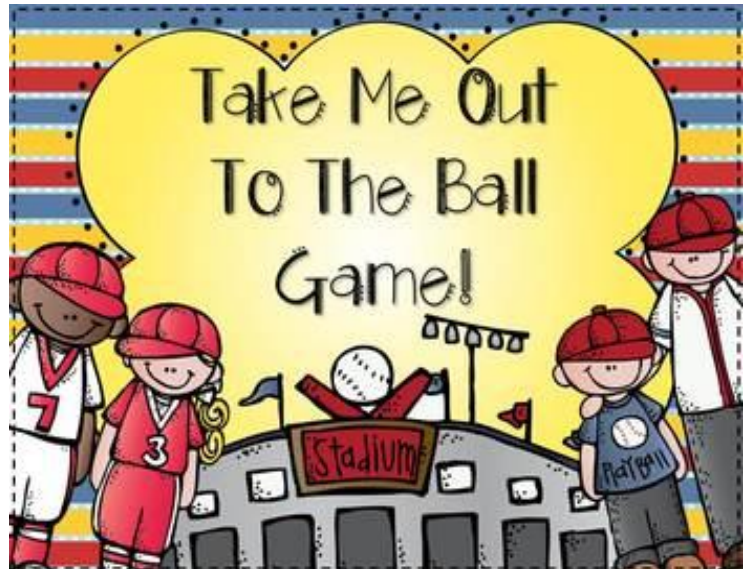
Cost is \$100.00

Bring a sack Lunch

Lots of walking



3151 E. 27th
509-535-0803



Spokane Indians Grandparents Day

Sunday May 19 / 12:30 pm / \$45-members-\$50 non-members

Enjoy the game in box seats in the shade with a great view of the game. Food and non-alcoholic drinks included.

- **BOX SEATS** ~ and open-air hospitality area.
- Ticket, transportation & parking included

**Call/signup at the front desk.
Sign up early. Limited to 10.**



Concert! *Happy* **Fireworks!**

FOURTH OF JULY

RIVERFRONT PARK

 Bus leaves at 4:30 pm Cost is \$10.00

 If you want you can bring lawn chairs, blankets. There will be food vendors there.

 Sign up by July 1st, 2024

 3151 E 27th Ave
 509-535-0803



Join us every month to enjoy world cuisines—Italy, India, Thailand, Vietnam, Russia, France, Ethiopia, Mexico, China, Germany, native American, & more.

India House on Regal / Wed April 17 / 11 am — 1 pm
 Cost: \$10 for bus; lunch on your own.

Francaise / Tues May 7 / 11 am — 1 pm
 Transport your tastebuds to France in the Spokane Perry District
 Cost: \$10 for bus; lunch on your own.

Fresh Soul / Tues June 11 / 11 am

Reserve your space at the front desk.



Evening Light Lavender Festival

July Date TBD

- * Organic lavender farm on Wildrose Prairie
- * Tour/photograph blooming lavender fields
- * Vendors
- * Crafts
- * Dining
- * Live music
- * & much more!

3151 E. 27TH AVE
 509 535 0803



Summer Travel ~ 2024

May

⇒ Sunday May 19—Spokane Indians Baseball—private skybox

June

- ⇒ Grand Coulee with Richard Sola June 20
- ⇒ Sandpoint Daytrip with gondola ride, lunch and shopping
- ⇒ Walla Walla Overnight—wineries, museums, music, shopping

July

- ⇒ Thursday July 4th—Riverfront Park / concert, festivities & fireworks
- ⇒ Wednesday July 13 / Organic Lilac Farm Festival

August

- ⇒ Friday August 16—Spokane Indians Baseball /regular seating.
- ⇒ Priest Lake Daytrip Adventure with Denise

September

- ⇒ Lewiston Overnight—jet boat ride on the Snake River

\$\$\$\$ CENTER DAY TRAVEL \$\$\$\$

Money Upfront Please!

Out of respect for all who want a space on an outing, full payment is required at the time you sign up. **No exceptions**, unless approved by the Travel Manager. If a you would not like to pay when signing up, you can be added to the wait list. If the trip is full this does not reserve your spot. Seven days before the trip people on the wait list will be called and if there is an opening given an opportunity to pay.



Rockwood
SOUTH HILL

Independent Living
 Assisted Living
 Skilled Nursing
 Memory Care

2903 E. 25th Ave. • 509-536-6850
rockwoodretirement.org



SOUTHSIDE COMMUNITY CENTER

BACKGAMMON

Every Tuesday from 1-3 pm

Any question please call
Ron Makinson @509-322-7898

3151 E. 27th Ave Spokane, WA
509-535-0803

PROJECT JOY

Spring Showcase!

SATURDAY, APRIL 13, 2024, 1 PM
SOUTHSIDE COMMUNITY CENTER
3151 EAST 27TH AVE., SPOKANE, WA

- Free admission to our community concert
- Presented by Project Joy Senior Volunteer Entertainers
- Includes a variety of instrumental and vocal musicians and dancers: Grandpas Sound, Cantilena, Laura Athearn, Senior Serenaders, Dynamic Duo, Kirk Schmick, Nancl and Suzanne, and the Spring Chick Cloggers.
- Call (509) 535-0584 for more information.

MuscleFF
SPOKANE PARKS & RECREATION

Health & Wellness

Free Admission

Resource Fair

Rescheduled
FRIDAY October 11
9am-1pm

Seeks Vendors and Sponsors

Health Services * Screenings

Resource Vendors * Flu shots

SOUTHSIDE COMMUNITY CENTER
3151 E 27th Avenue—Spokane / 509-535-0803

Contact Claudia 509-701-5964
clcspo@msn.com

PROJECT JOY

Senior Volunteer Entertainers

3151 E. 27th Ave. Spokane, WA 99223
(509)535-0584
Senior Cultural Services Association of Spokane WA

Project Joy is a non-profit organization composed of entertainers 50 years of age or older. They use their talents to provide entertainment for care centers, assisted living facilities, retirement communities, civic and fraternal organizations, schools and special events.

The Spokane parks and Recreation Department partially funds Project Joy with additional support provided from performance venues, grants, community development monies and personal donations. Project Joy operates out of, and the 50-voice choir practices weekly, at the Southside Community Center.

Performers are volunteers who want to share joy through music by using their particular talents. The bulk of the entertainment is during daylight hours on weekdays.

Remember when a whole family would share a phone like total barbarians.



New Class ~ CHAIR YOGA

No Getting on the Floor

4 weeks session / Friday April 12—May 3 @ 4-5:15 pm

Members \$28 / Nonmembers \$35

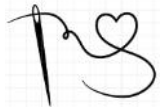
Cash or check made payable to Southside Community Center and brought to the first class.

To reserve your spot contact Danielle
509-608-93341

SouthSide Stitches & Chatters

Every Monday / 9 am—1 pm

At this weekly group you can chat with friends while you sew, knit, crochet, embroider, mend or do none of the those. Just be a chatter and watch. You can:



- * Work on your project
- * Share and & learn tips from others about sewing or other crafts
- * Get help with sewing related questions
- * We may even plan/create a fun group project



Find Your MINDFULNESS

EMBRACE LIFE'S JOURNEY WITH STRENGTH AND VITALITY. JOIN US AS WE DISCOVER THE GIFT OF MINDFULNESS.

\$275/PERSON

WHEN

8-Week Course
Wednesdays - 3/27/24 - 5/15/24

WHERE

Hosted at Southside Community Center

INSTRUCTED BY

Darlene Walsh-Martin,
PhD, WA State Licensed Psychologist

BOOK YOUR SPOT

509-319-6314
Call or Text to Inquire
Pre-Registration Required
This class is not open to the public.

Wednesday Mindfulness Meditation classes with Darlene Walsh-Martin begin March 27. Another eight week session will be available on Tuesdays from September 10 to October 29.

Call Conrad Computer Guru for Help

Prompt * Courteous * Affordable * Free pickup & delivery * anything from tune ups and clean ups to new computer setup, file transfers, trouble shooting, virus removal & more.

Conrad Baer 509-475-6703 /
aworldhealed@gmail.com

Kids' Music & Dance

Who: Preschoolers (Ages 3-5), Elementary Kids (Ages 5-11)

What: Having fun learning music basics, and about different types of music and dance. Taught by a WA State Certified teacher who has studied violin, ballet, swing dance, and more.

Where: Southside Community Center, 3151 E 27th Ave.

When:

- Elementary Kids: Spring Break M, T, Th, Fr, April 1-2, 4-5 (4 Days), 11:15 a.m. – 12:15 p.m.
- Preschoolers: Thursdays April 11 – May 16 (6 Weekly Classes) 10:30 a.m. – 11:30 a.m.

Why: To have fun learning and expending some energy.

How: Call Southside Community Center at (509) 535-0803 to register. Call 425-422-4293 with questions.

Attire: Cool, movement-friendly clothing and removable, activity-friendly shoes with socks. Bring ballet slippers too if available.

Cost:

- Preschoolers: \$60 for children of members, \$67 for non-members (6 classes)
- Elementary Kids: \$40 for children of members, \$45 for non-members (4 classes)



Phoenix Foot Care

Medically Essential Foot Care

Reduce nail length—Reduce nail thickness,
Reduce corns and calluses—Remove ingrown part of a nail—Moisturize legs and feet

Appointments at Southside Community Center
Fridays

April 12 & 26—\$50.00 (cash or check at time of service)

Call, text or email to schedule

509-655-2218 phoenixfootcare@yahoo.com
Paula Phoenix RN CHPN CFSC Owner



Spending TIME together



Hand and Foot Canasta



KHQ Tour



Mah Jong

Deb won
\$621
Bingo
Hot Shot!



New members at Tuesday lunch
getting raffle tickets from Jackie.
← Guess who won?



**Two Swing
Dance Classes**
9 Weeks Starts
Tuesday April 2

Southside Community Center
3151 E 27th Ave Spokane, WA

Cost Per Person: Members \$35 / \$45 Non members

- Learn to “cut a rug” at your next party, wedding or just at home
- Singles and couples welcome
- Great exercise and fun
- Swing party on week 9
- Taught by Cathy Dark

Beginning Swing ~ 6:30-7:20 pm

For true beginners. Learn basic foot work, partner connection and be on the dance floor with confidence.

Swing Dance II ~ 7:30-8:20 pm

For those who have taken Swing Dance or have other partner dance experience.

Please arrive 5 minutes early to register and pay.

**Line Dance
Classes**
9 Weeks Starts
Wednesday April 3



Series Price: Members \$35 / \$45 Non members
Drop in price: Members \$5, nonmembers \$7 per class

- No partner necessary
- Get active and have fun
- Comfortable closed toe leather sole shoes recommended.
- Bring a water bottle, you will get thirsty.
- Taught by Cathy Dark

Beginning Line Dance ~ 4:30-5:20 pm

If you have not danced before or it has been awhile this is the class for you.

Line Dance II ~ 5:30-6:15 pm

Some dance experience encouraged. New and popular dance and classics from the past will be taught.

**Please arrive five minutes early
to register and pay before the class starts.**

Southside Community Center
3151 E 27th Ave Spokane, WA

SNEAK PEEK 2024

May

⇒ Sunday May 19—Spokane Indians Baseball—private skybox

June

- ⇒ Grand Coulee with Richard Sola June 20
- ⇒ Sandpoint Daytrip with gondola ride, lunch and shopping
- ⇒ Walla Walla Overnight—wineries, museums, music, shopping

July

- ⇒ Thursday July 4th—concert, festivities & fireworks in Riverfront Park.
- ⇒ Wednesday July 13 / Organic Lilac Farm Festival
- ⇒ Family Fun Festival

August

- ⇒ Friday August 16—Spokane Indians Baseball /regular seating.
- ⇒ Priest Lake Daytrip Adventure with Denise

September

- ⇒ September 5-7 Annual Mega-Garage Sale
- ⇒ Lewiston Overnight—jet boat ride on the Snake River

October

- ⇒ Friday October 11 / *Health and Wellness Fair*
- ⇒ Cancer Care Northwest Foundation *Silent Auction*

November/December

- ⇒ Veteran's Dinner / Santa Breakfast



Do More For Your Cardiovascular Health
LIFE LINE SCREENING

Spokane Community Center / Friday April 5, 2024

Life Line Screening goes beyond regular checkups to provide a more thorough look at your health. Advanced ultrasound technology looks inside your arteries for signs of plaque buildup and for:

- Carotid Artery Disease
- Atrial Fibrillation (AFib)
- Abdominal Aortic Aneurysm (AAA)
- Peripheral Arterial Disease (PAD)

Special Package Pricing ~ 4 Screenings Only \$149

To register for your appointment and receive the special discount call 800-640-6307 or visit LLSA.SOCIAL/HC



Southside Community Center

3151 E. 27th Avenue / Spokane, WA 99223-4919

(509) 535-0803 www.southsidescc.org

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THANK YOU!

Your financial support or sponsorship of an event helps the Center deal with the rising costs of utilities, payroll, etc. and insure we can continue to provide the vital services you and our community rely on.

As a non-profit corporation, your donation may be tax deductible. EIN 91-1321-1269.

Simply fill out the form and mail or bring to the Center.

I would like to donate \$_____ (one time) or \$_____ monthly

How To Donate

_____ Check Payable to the Southside Community Center _____ Credit Card / call (509-535-0803)

Date _____

Name _____

Address _____

Phone # _____

Email _____

Signature _____

Questions? Contact us at director@southsidecenter.com



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