2020 Is Awesome Looking Ahead

- Monday March 9 10 am ~ Garage Sale Volunteer/ Planning Meeting
- Tuesday, March 17 ~ March Madness Luncheon
- Saturday, April 25 ~ Mary Van Couvering Celebration of Life ~ Manito Park/ Duncan Gardens. Time: Go to Hennesseyfuneralhomes.com
- Sunday April 26 ~ Kiwanis Pancake Breakfast, $8 (children under 6 free)
- Wednesday, May 13 ~ Book It! A geologist’s survival story of the Mt. St Helens’ eruption
- Saturday, May 28-29-30 GARAGE SALE
- Saturday June 27 ~ FIDO FETE Spokane’s 5th Annual Dog Festival
- Saturday October 3 ~ Health & Wellness Fair
- Wednesday October 14 ~ Get Your Game On
- November 5 ~ Veteran’s Dinner
- December ~ Santa Breakfast

We’ll let you know soon about more exciting Book It! and Marmot Curiosity Café events later this year.

Double Celebration - Double the Fun
March Madness & St. Patrick’s Day

Tuesday March 17 / Doors Open 11:30 / Program & Lunch 12 ~ 1
$10 members, $13 non-members

March Madness, the NCAA basketball tournament, begins just as we gather for our monthly luncheon. Our local team, the Gonzaga Bulldogs, will be there again. Gonzaga has been to every NCAA Tournament since 1999. This culminated in 2016–17, when the Bulldogs went to their first Final Four in school history, advancing all the way to the national championship game. They are a BIG deal! Let’s celebrate and root for Gonzaga (or your other favorite team).

March 17 is also officially St. Patrick’s Day. So, we will:

- Enjoy traditional fare of corned beef and cabbage with boiled potatoes and carrots, soda bread, and Key Lime pie made “from scratch” by volunteer members.
- Be entertained with Irish flute music by the Holiday Flute Trio.
- 50/50 raffle tickets will be eligible for additional prizes during lunch.

Be sure to wear green and or a basketball jersey.

Thanks to Luncheon Sponsors Berry Fowler & Larry Miller Lexus Dealer

Berry will teach a class “Joy Filled Life Coaching” Thursday March 19th from 10:00 ~ 11:00 in the Schultz Room. See page 4

Garage Sale Volunteers Meet & Plan!  Monday March 9/ 10 am

It is time to get together and plan the 2020 Garage Sale scheduled for May 28, 29 and 30. Setup begins on May 26. Members only sale on Thursday May 28.

Please come and meet Robin Walter who has generously volunteered to chair the committee and sale this year. She looks forward to meeting you and will be happy to know she can depend on you as she takes over the running of the sale.

There will be munchies and coffee and tea. All are welcome. Get involved this year.

The Best Kept Secret on South Hill
Center’s Library Grows

Thank you SPL

Right off the lobby, in the lounge, the Center has a free lending library that works on the honor system. Take a book to read, return it, and/or bring books you no longer need. No cards, no due dates, no fines.

Now, the Spokane Public Library is helping our collection grow by providing books that will increase the diversity of books and materials for our members. Readers, be sure to stop by and check out the new selections.

May Garage Sale Storage Update—Still Looking for a Storage Container

We are seeking a donation of a storage container that can hold garage sale stuff till the big day. As soon as we have a container, we will be able to accept your awesome items — the more the better.

Our Mission

To enhance the physical and mental well-being of those we serve by providing recreational, educational and volunteer opportunities.
A Note from Lisa

To welcome March 2020 I bring you a poem about new beginnings. Spring is like that.

Then my note this month continues with a little bit of this and that.

March is a month for celebrating national recognition days—some a little silly like March 1 which is National Dadgum That’s Good Day or March 9 National Get Over It Day. It is entertaining to check out the fun days to celebrate each month. On a more serious note, March 8 is International Women’s Day where we remember the women who made personal and professional sacrifices to get voting rights. It has also grown to a day of appreciation and respect for all the social, economic and social accomplishments women have achieved. The colors are recognized as green, white and violet/purple for optimism, purity and dignity. March 20 is International Day of Happiness. Now that is worth celebrating!

Good news! It is official, we signed the contract for our long-awaited Multicultural grant so we can make much needed capital improvements at the Center. Once we receive the grant funds, we will form a facilities committee to prioritize where the funding is to be allocated.

Also, we applied for the Innovia Giving Tuesday 2019 competition, and we were randomly selected by the Innovia Foundation to receive $1000.

We are grateful for our community partners and we still need your support at our events and fundraisers to continue to cover our operational costs which increase each year and to provide the activities, classes and programs that you want to see and participate in.

Don’t forget to volunteer, there is always something to do at the Center and on our wonderful trips.

Lisa Rosier, Executive Director

SOUTHSIDE COMMUNITY CENTER POLICIES

Travel Liability Notice — Southside Senior & Community Center ("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: The Southside Community Center does not endorse any speaker, service or product that is represented in any class, advertisement or function in our facility.
THANKS For Your Generosity & Volunteering

- Terry Skeesick, her husband, Terri Crandall, and her son for the purchase, delivery and set up of a metal cabinet to hold our “hotel pans” and keep them clean and secure
- The volunteers represented the Center at the Dumpling Festival; Carol Gabel, Terry Skeesick, Terri Crandall, Judy Sauer, Cindy Johnson, Nancy Creed, Alice Sidlow, Rebecca Morey & Diana Hart (bartender)
- Joyce Smith for vase given away at luncheon
- Ruff Review for water
- Robert Adams for keyboard
- Carol Gabel for commercial clothes steamer
- Bobbi Ahouse, Cindy Johnson, Rosalie Hembroff, Lani Batters, Linda Webster & Phyllis Williams for candy
- Bobbie Ahouse, Bernadine Sanders for tea
- Mary Kay Brown for coffee filters
- Wally Kowal for coffee
- Bernadine Sanders for copy paper
- Donna Carl for Kleenex & paper plates
- Elizabeth Christy & Joann Baldwin for copy paper
- Cleo Brennan for Duck Tape
- Joyce Sedler for yarn & crafts
- Mary Walker for paper products

Support the Center Through The Donna J. Johnson Endowment Fund
Support the Center’s financial security and future by donating to the Donna J. Johnson Endowment Fund. Managed by the Innovia Foundation. Your gift can be restricted for a specific program or activity. Call Lisa 535-0803 for information.

“You can judge a man’s true character by the way he treats his fellow animals.”
Paul McCartney

Welcome New Members
Niranjan Adhikari * Joyce Blazek * Linda Bowen * Harry & Elizabeth Boyd * Trish Cheyne * Mary Dyer * Gayle and Kathleen Kellman
Sharon Murphy * Dwight Palmer * Judith Rawls * Fritz Rosekrans & Mary Lively * David Vogel * Connie Walker
Wendy Whitaker * Melodie Youngs
Next New Member Orientation
Tuesday, March 17 at 11 am before the March Madness luncheon.
Luncheon is hosted for new members.

Southside News

Haywire & Officer Stone Say Thanks for the Bullet Proof Vest

Remember Haywire, the police K-9 who stole our hearts at last year’s Fido Fete. After the festival we started a campaign to successfully raise money to buy him a bullet proof vest.

Officer David Stone reports that Haywire is doing well. He is ready for the better weather so he can spend more time playing with his friend Trigger (seen in photo). Haywire turns 2 years old on April 12th so he is pretty excited about that.

Haywire has been busy these past months. Haywire had 204 deployments since the beginning of June 2019. Out of those 204 deployments, Haywire had 50 captures. That is 50 suspects that were taken into custody peacefully because of Haywire's effort.

Haywire will be receiving the test ballistic vest next week in order to get it sized right for him. Once it is sized right the real ballistic vest will be made and shipped off to us for use on the streets. We can’t thank you all enough for your support.

David says, “Thank you and we look forward to our K9 demo day with you all in the spring.” So does Haywire.

Wish List

- Large artificial trees and light to decorate the ballroom
- Stanley Box Cutter
- Duct tape & gaffing tape
- Regular Coffee (we have plenty of decaf), Diet & regular sodas, seltzers & front desk candies
- Sponsors for van upkeep
- Volunteer drivers for day trips
- # 20 Copy paper
- Tissues, napkins, paper plates,
- Keyboards needed for a new music class.
- Lighted arches to decorate for Center events and rentals
“Technology Help for Seniors”
Monday March 9 & 23 4 pm ~ 5 pm
Garrett will provide free help with any of your electronics and answer your “techie” questions..

“Joy Filled Life Coaching”
Thursday March 19th from 10 ~ 11 am
In this free workshop, Berry Fowler, a sponsor of our March lunch, will let you know how to become a Certified Life Coach.

“A Matter of Balance” - 8 sessions in April
A Matter of Balance is designed to reduce the fear of falling and increase activity levels among older adults. Participants learn to set realistic goals to increase activity, change their environment to reduce fall risk factors, and practice simple exercises to increase strength and balance. Aging & Long Term Care of Eastern Washington is offering A Matter of Balance: Managing Concerns About Falls at the Southside Community Center. The eight session class series on Mondays & Wednesdays begins Monday April 6 and concludes Wednesday April 29. Each session begins at 9:30 am and ends at 11 am. There is no cost. A workbook is provided and refreshments are included.

To register for this class, and if you have questions, call A Matter of Balance at 458-2509 ext. 217.

Please register by March 30.

Classy Corner Needs “Stuff”
As you gather and save items for the garage sale, remember that Classy Corner, our boutique thrift store right off the lobby, is always looking for donations of high quality items ~ from décor, jewelry, books, toys, household items, to clothing.

We will let you know soon when we can accommodate garage sale donations.

Sassy Lassies Red Hats
Monday March 16 / 1-3 pm
The Sassy Lassies Red Hats cordially invite you to join them on the third Monday of each month from 1-3 pm for socializing, coffee and treats.

Come Meet the TEAL LADIES
Thursday March 5 / 10 am-Noon
The Teal Ladies are community-minded women who give their time and energy to Center events and projects throughout the Spokane community. They are active in drives for back-to-school supplies, Food Bank and others. You are cordially invited to join them on the first Thursday of each month.

MOVING FOR FUN & FITNESS
Qigong Classes
Mondays 3:15 - 4:15 pm / $5 member / $7 non-member
A slow-moving, gentle, relaxing exercise designed for all ages that can be done sitting or standing. For information, call Dr. Brian Flake 838-2616.

KARATE CLASSES FOR ADULTS & YOUTH / Mon, Wed, Thurs
$70 for 6-week session
Youth classes from 4:30 to 5:30 pm, Mon. and Wed.; adult classes from 5:45 to 6:45 pm, Mon. and Thurs. Class is suitable for beginners. Call instructor, Mary Roe at 480-338-9131 for information.

WEDNESDAY TAI CHI WITH ALTARI
Wednesday: 9 - 10 am / $6 mem / $7 non-mem
An ancient style of exercise well-known to help arthritis, balance and relaxation. Altari has thirty years teaching Asian Healing arts.

CHAIR & FOOT MASSAGE WITH ALTARI — NEW HOURS
Every Wednesday 10:45 am—1 pm. Late session; from 3:30-4:30 pm. $16—15 minutes/$26—30 minutes/

Wii Bowling
Join the Fun!
Wednesday & Friday / 1 ~ 3 pm
Members bowl free; non-members $2 an hour
According to the National Institute of Health, Wii bowling is good for your physical, mental and social health. Well, that’s nice, but better still, Wii Bowling is plain old-fashioned fun!

New bowlers are invited to join the weekly fun and camaraderie, learn to Wii bowl, eat a few munchies and visit with new and old friends. No experience needed. If you can hold a remote control and move your arm, you can Wii bowl.

SPECIAL NOTE! Please arrive 10 or 15 minutes before start time to allow enough stations to be set up.

Tuesday Friendship Potlucks
TUESDAY March 31 / Noon ~ 1:30 pm
A relaxing and special day once a month to gather, socialize, and share good food. Bring a dish to share, tell some stories, and have fun. All are welcome!
Activities & Events

Community Garden Plans
The Southside Community Center community garden is in the planning and fund raising stages. WSU landscape architectural students are working on a design and plans are being made for construction fund raising. The garden will be located behind the 10 foot cyclone fence just west of the Center with 30-40 4x8 foot raised beds available at a cost of $25 for the season. Opening is anticipated for 2021.

If you are interested in being on the planning committee which meets about once a month, call Dennis Anderson at 280-6854 or email dennis_anderson@mac.com.

Book It! With Karen Treiger
A sell out crowd of over 200 filled the ballroom on January 29 to hear Karen Treiger discuss her book “The Soul is Here for Its own Joy: A Holocaust Story.” If you missed her, she is returning to Spokane in May to present at Aunties Bookstore. More details later. More info karentreiger.com.

Mystery Book Club
Monday March 2 / 10-11:30 am
If you love mystery books, join us at the Mystery Book Club. Regular monthly meetings, usually the first Monday of each month.
March: The Coroner's Lunch - Colin Cotterill
April: Death in Brittany - Jean-Luc Bannalec
Happy reading! Questions? Call Lynn 509 499-8700

“Mom felt held in warmth, peace and comfort and she wasn’t afraid because of that. She had a beautiful ending and that was because of Hospice of Spokane.”
– Janice Hughes and Becky Nappi

Hospice of Spokane
Our community’s only nonprofit hospice, serving patients and their families since 1977.
509.456.0438 hospiceofspokane.org
Creative Strings Seeks New Players

Creative Strings meets once a week and plays a variety of music on mostly string instruments (and a few others, including flute) for fun and joy. They are looking for new members. They meet and practice from 1 ~ 3 pm every Wednesday.

If you’d like to dust off your instrument and brush up your skills, please join them. If interested please contact Susan Roberts Schultz at 805-990-0999. Susan also teaches and classes are available on Wednesdays from 10 ~ noon.

Marmot CURIOSITY CAFÉ

In 2020, we are hosting the Marmot Curiosity Café (formerly known as Science Café). In collaboration with EWU professors, the Café features local experts on interesting topics, often science related. Attendees will enjoy a short, informative talk and take part in a Q&A with the speaker while enjoying a light supper and adult beverage. Stay tuned for upcoming events.

Games & More

Members play FREE. Non-members $2 per hour.

BINGO Sunday 1-3 p.m. (Come by 12:45)

CARD GAMES

- Canasta ~ Tuesdays 10 a.m. ~ Noon
- Welcome Bridge ~ Monday & Wed. 12:30~4 p.m.
- Party Bridge ~ Thursdays Noon~ 4 pm
- Mahjongg ~ Tuesday & Thursday 12 ~ 3 p.m.
- Mexican Train ~ Wednesday at 10 a.m. ~ Noon
- Pinochle ~ Friday at 1 p.m. ~ 3 p.m.
- Texas Hold’em ~ Monday & Friday 1 ~ 4 p.m.
- Wii Bowling ~ Wednesday & Friday 1 ~ 3 p.m.

IT’S THE LAW! ONLY MEMBERS ALLOWED

Washington State Regulation About Games with Betting

According to the Washington State Gambling Commission, only members can play card games or other games involving betting. (Includes bridge, pinochle, poker and other games.) Ask at the front desk about how to become a member.

CLUBS & CRAFTS

Southside Book Club

Usually on the last Thursday of the month from 10:30 am–noon.

- March 26 - Just Mercy - Bryan Stevenson
- April 30 - My Soul Is Filled with Joy: A Holocaust Story - Karen Treiger
- May 28 - Little Women - Louisa May Alcott

Knifty Knitters

Every Tuesday / 1-3 p.m.

Quilters

Second & Fourth Wednesday / 1-3 p.m.

Red Hats

3rd Monday of the month / 1-3 p.m.

Teal Ladies

Every First Thursday / 10 a.m. – Noon

Fido Fete Needs Your Help

The Fido Fete scheduled for Saturday June 27 seeks dog-loving folks to help plan and put on the 5th annual dog festival. This free event celebrates dogs & the people who love them with a day filled with vendors, demonstrations, adoptions and more.

Contact Claudia 509-701-5964 clcspo@msn.com for more info.
Protect Yourself from Social Security Scams

Scammers are pretending to be government employees. Scammers will try to scare and trick you into giving them your personal information and money. They may threaten you or your family and may demand immediate payment to avoid arrest or other legal action.

DON'T BE FooLED! If You Receive a Suspicious Call:

- Hang up!
- DO NOT give them money or personal information!
- Report the scam at OIG.SSA.GOV!

Social Security may call you in some situations but will never

- Threaten you
- Suspend your Social Security Number
- Demand immediate payment from you
- Require payment by cash, gift card, pre-paid debit card, or wire transfer
- Ask for gift card numbers over the phone or for you to wire or mail cash

What to look out for

- The call or email says there is a problem with your Social Security Number or account.
- Someone asking you to pay a fine or debt with retail gift cards, wire transfers, pre-paid debit cards, internet currency, or by mailing cash.
- Scammers pretend they’re from Social Security or another government agency. Caller ID or documents sent by email may look official but they are not.
- Callers threaten you with arrest or other legal action.

Protect yourself, friends, and family!

If you receive a questionable call, hang up and report it at oig.ssa.gov Don’t be embarrassed to report if you shared personal information or suffered a financial loss.

Learn more at oig.ssa.gov/scam

“[You can usually tell that a man is good if he has a dog who loves him.”

W. Bruce Cameron, “A Dog’s Journey”
## EVENTS & TRAVEL CALENDAR

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"March is the month God created to show people who don't drink what a hangover is like." — Garrison Keillor
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<th>Thursday</th>
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<th>Daily Activities</th>
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| **Teal Ladies**  
10 ~ Noon | 6      |          | **ACT 2 classes marked with a hash tag #.**  
**ACT 2 Always check the ACT 2 schedule.** |
| **Deadline**  
RSVP for March 17 Lunch |          |          | \_ |
| **Workshop:** Joy Filled Life Coaching 10 ~ 11 am |          |          | **MONDAY**  
Morning  
8:30 & 8:40 Aerobic Exercise/Strength Training #  
11:00 Senior Serenaders  
Afternoon  
12:30 Welcome Bridge  
1:00 Aerobic Exercise & Strength Training #  
1:00 Texas Hold' em  
3:15 Qi Gong  
4:30 Youth Karate  
5:45 Adult Karate |
| **Travel $49 Club:**  
Planetarium & Dinner  
5 ~ 9 pm |          |          | **TUESDAY**  
Morning  
8:30 & 8:40 Aerobic Exercise/Strength Training #  
10:00 Canasta  
Afternoon  
12:00 Mahjongg  
1:00 Knifty Knitters  
2:00 Chair Yoga #  
3:10 Gentle Exercise #  
4:45 Zumba #  
4:30 Pilates #  
6:00 Ballroom Dance  
7:00 Advanced Ballroom Dance |
| **Travel Mates Day Out**  
Spokane County WRC  
11:30 ~ 3:30 pm |          |          | **WEDNESDAY**  
Morning  
9:00 Tai Chi (back on Jan 29)  
10:00 Mexican Train  
10:30 Beginning Strings  
10:45 Chair & Foot Massage (back on Jan 29)  
11:00 Aerobic Exercise & Strength Training #  
Afternoon  
12:30 Welcome Bridge  
1:00 Creative Strings  
1:00 Wii Bowling  
4:30 Youth Karate |
| **Book Club:**  
10:30 am ~ noon |          |          | **THURSDAY**  
Morning  
8:30 & 9:40 Aerobic Exercise/Strength Training #  
10:50 Clogging  
Afternoon  
12:00 Mahjongg  
12:00 Party Bridge  
3:10 Gentle Exercise #  
4:45 Zumba #  
4:30 Pilates #  
5:45 Adult Karate |
| **Travel Appetizers & More**  
3:30 ~ 6 pm |          |          | **FRIDAY**  
Morning  
9:00 Aerobic Exercise & Strength Training #  
10:30 Balance with Feldenkrais#  
Afternoon  
1:00 Texas Hold' em  
1:00 Pinochle  
1:00 Wii Bowling |

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To succeed in life, you need three things: a wishbone, a backbone and a funny bone. — Reba McEntire
Southside Center Travel

We are always looking for ways to expand our travel department. If you have any trip ideas, from the sublime to the ridiculous, please let the front desk know. factories, shows, restaurants, athletic events, almost anything is possible. We want to hear from you!

**Updated Cancellation & Payment Policy**

All trips must be paid for at the time of the booking. This helps us determine the commitment of travelers and the interest in the trips being planned. Cancellations will be refunded per our policy.

**Cancellation Policy**

Day trips in the Spokane area must have at least 3 travelers signed up and paid one week prior to the trip’s departure, or it will be canceled. Trips outside the Spokane Area must have at least 10 paid travelers one week prior to the trip’s departure, or it will be canceled. With the use of our new mini van cancellations will be limited. Depending on the cost of the trip, income to the Center must equal expense or the trip will cancel.

- if a trip is cancelled due to low participation, your money will be refunded.
- If you cancel less than 1 week prior to the trip, your payment cannot be refunded.

**Payment must be made when signing up to hold your spot.**

**Difficulty Rating System**

(*) Suitable for all ages and abilities. Must be ambulatory, able to board and disembark from the van.

(**) May encounter uneven ground, a few stairs and longer excursions.

(***) Need to enjoy a strenuous walk an hour at a time. Days may be long and tiring.

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**$49 Ker Club**

**Friday, March 13**

**SFCC Planetarium & Satellite Diner**

A planetarium is a theater built primarily for presenting educational shows about astronomy and the night sky. A dominant feature of SFCC planetarium is the large dome-shaped projection screen onto which scenes of stars, planets and other celestial objects can be made to appear and move realistically. The film Gravity Revealed and a overview of the solar system will be played after a night sky presentation by one of the planetarium presenters. Your choice of menu items included at the Satellite diner.

$49 member, $54 non-member. Includes ticket, dinner at the Satellite Diner, transportation and valet parking. Van leaves at 5 pm and returns about 9:00 pm.

**Tuesday, April 7**

**Pompeii, the Immortal City and Mt. St Helens @ the MAC**

This special program includes a tour of the Museum’s blockbuster exhibition "Pompeii: The Immortal City," Now the most advanced scientific research brings to light the extraordinary achievements of Pompeii and Roman society. Hear the roar of Mount Vesuvius and feel the earth move under your feet as the volcano erupts before your eyes. After, you’ll have time to peruse Mt. St Helens: Critical Memory. Let those memories of May 18, 1981 flood back! Experience personal accounts of the event and learn how Mount St. Helens has advanced our understanding of volcanoes more than any other eruption in history. A light lunch and painting program are included.

$49 member, $54 non-member. Includes ticket, tours of both exhibits, a light lunch at the Museum cafe, transportation and valet parking. Van leaves at 11:15 pm and returns about 3:00 pm.

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**Hennessey Funeral Home & Crematory**

*A Life Lived. A Life Loved.*

Care, Compassion & Quality in Everything We Do.

509-328-2600
2203 N. Division St.
HennesseyFuneralHomes.com
Southside Day Trips

Tuesday April 7
Trivia Night @ Backyard Public House *
The self proclaimed “5-Star Dive Bar” offers Trivia Night every Tuesday. Come with your A-game and show off your nerdy side. No host dinner during the competition.
Cost: $8 member/ $13 non-members includes transportation, valet parking. Van leaves at 7 pm and returns about 10:00 pm.

Saturday April 4 & Monday April 6
NCAA Final Four Watch Party *
If our boys keep it together the Zags just may make another trip to the BIGGEST DANCE. Let’s be prepared to dive in and support our very own #1 Team. Time and location TBD. Entry cost (if any) is not included.
Cost: $8 member/ $13 non-members includes transportation, valet parking. Van leaves at 4:00 and returns about 7:00 pm.

Thursday, April 9
Sunset Dinner @ Anthony’s *
Enjoy a fabulous 4-course meal while watching the dramatic surge of winter run-off over Spokane Falls. The 4-course dinner specials range from $24 to $28 depending on your choice of entrée. Appetizer, chowder or salad, entrée and dessert are all part of the experience.
$8 member, $13 non-member. Includes transportation and valet parking. Van leaves at 4 pm and returns about 6:30 pm.

Sunday, March 1st
Uniontown Sausage Feed & Dahmen Barn *
An all-you-can-eat affair. The menu includes home made sausage, sauerkraut, mashed potatoes, green beans, roll, applesauce, pie and beverages. There is also a beer garden and antique stores to browse.
Cost: $15 member/ $20 non-members includes transportation, valet parking. Van leaves at 10 am and returns about 6 pm.

Bon Appetit

Wednesday, March 18
Mystery Lunch *
Meet your friends for this no-host lunch on the town. Kathy Meyer finds new and interesting places to take you each month.
Cost: $8 members/$13 non-members. Includes transportation and valet parking. Van leaves at 11:30 and returns about 2 pm.

Sunday, March 15 (3rd Sunday)
Galloping Gourmet *
@ Steam Plant Grill
Join Florence and the gang for this Center Tradition. It fills fast so don’t hesitate to sign up!
Cost: $8 members/ $13 non-members includes transportation, valet parking. Van leaves at 3:30 and returns about 7:30 pm.

Thursday, March 26
Appetizers and More with Friends *
Join Bobbi and your Southside friends to enjoy a no-host happy hour at one of Spokane’s wonderful restaurants. Great food choices for everyone with a variety of spirits and non-alcoholic beverages.
Cost: $8 members/ $13 non-member. Van leaves at 3:30 and returns 6:00 pm.

Wednesday, March 4 & April 1
Ferguson’s Café and Soda Fountain *
Next to Mary Lou’s Milk Bottle in the Garland District, Ferguson’s has been keeping customers happy for decades. Good food, well cooked.
Cost: $8 mem/$13 non-mem. Van leaves at 9 and returns about 11. Breakfast not included.

Wednesday, April 1 ~ New Calico Kitchen on Monroe

PLAN AHEAD to join us at the Mt. St. Helens exhibit at the MAC on Tues April 7!
Mates Day Out
Thursday, March 19
Spokane County WRC *
Join water experts inside the Water Resource Center for a live-narrated video and discussion about the water reclamation process and the facility’s impact on river and drinking water quality. Then move outdoors for the exterior walking tour.
Cost: $8 mem/$13 nm includes transportation and valet parking. Van leaves at 11:30 am and returns at about 3:30 p.m. No-host meal on the way.

Thursday, April 16
Bird Museum of Aviation and Invention, Hayden Idaho *
The Bird Aviation Museum and Invention Center (formerly in Sagle Idaho) strives to educate visitors about the historic contributions of aviators and innovators who have helped create modern technology, and celebrate these individuals who have forever changed the way we live. “It only takes one person to change the world.”
Cost: $11 mem/$18 nm includes transportation and valet parking. Van leaves at 9:30 am and returns at about 2 p.m. No-host meal on the way home.

Tuesday, March 24
Orlando’s at SCC, Buffet Lunch *
The Culinary school’s restaurant at SCC features variety, while also providing a learning curriculum for the culinary students. The entrée descriptions challenge students to use various cooking methods, as well as choosing appropriate garnishes to complement each dish. This allows students to think like chefs and provide a variety of tastes, textures and flavors with each meal.
Cost: $28 members/$33 non-member. Van leaves at 11:00 am and returns by 2pm. Includes buffet, beverage, tip, tax, dessert, transportation and valet parking.

Saturday, March 21 *
Othello Sandhill Crane Festival **
Mainstays of the festival each year are guided tours to view the Festival’s namesake, the Sandhill crane, in the wild and tours highlighting the unique geology of eastern Washington. This year’s Festival will highlight presentations on a variety of Pacific and Inland Northwest wildlife, not only migratory and but also year-round residents. Photography, biotechnology, unmanned aerial systems (drones), and fire’s role in the ecosystem are also highlights of the 2020 Festival. Lunch will be available for purchase at the festival.
Driver/escort: TBD Cost $53 mem/$58 nm. Price includes event entrance, ticket and crane viewing tour. Van leaves at 8:30 am and returns at about 9 p.m. (quick no-host meal on the way home).

Tuesday, March 18
Northwest Passages Book Club – Eden Mine *
The Spokesman Review’s Northwest Passages Book Club can take you to any number of places...all without leaving Spokane. No need to read the book beforehand. Listen to the author’s ideas and feelings about the book then decide. Northwest Passages is about more than books. It is about community, conversation and building a better understanding of the world. On March 18 we will listen to S.M. Hulse, the award-winning author of Black River, talk about her book Eden Mine. The novel examines the aftershocks of an act of domestic terrorism rooted in a small Montana town on the brink of abandonment, as it tears apart a family, tests the faith of a pastor and the loyalty of a sister, and mines the deep rifts that come when the reach of the government clashes with individual freedom. No host dinner before the event.
Cost $18 mem/$23 nm price includes transportation, event entry and valet parking. Van leaves at 5 and returns at about 9.

Monday, March 23
Northern Quest Casino
Time to get back to our old favorite NQ Casino. Sign up, bring your friends, it will be a blast!
Cost $8 mem/$13 nm price includes transportation, and valet parking. Van leaves at 10 am and returns at about 3 pm.
Thursday, May 7
Lunch at Orlando’s, SCC
Culinary Institute *

It’s so great we’re going again! If you have yet to experience this culinary delight, you’re missing out on one of Spokane’s best kept secrets. Each week the school offers a new cuisine, the schedule will be announced in April. Their menu features variety, while also providing a learning curriculum for the culinary students. The entrée descriptions challenge students to use various cooking methods, as well as choosing appropriate garnishes to complement each dish. This allows students to think like chefs and provide a variety of tastes, textures and flavors with each meal.

Cost: $8 members/$13 non-member. Includes transportation and valet parking. Van leaves at 11:am and returns about 1:30 p.m.

Saturday, May 9
The Book of Mormon *

We’re going to The Book of Mormon, the nine-time Tony Award®-winning Best Musical. This outrageous musical comedy follows the misadventures of a mismatched pair of missionaries, sent halfway across the world to spread the Good Word.

Now with standing room only productions in London, on Broadway, and across North America, The Book of Mormon has truly become an international sensation. The New York Times calls it "the best musical of this century." The Washington Post says, "It is the kind of evening that restores your faith in musicals." And Entertainment Weekly says, "Grade A: the funniest musical of all time." Jimmy Fallon of The Tonight Show calls it "Genius. Brilliant. Phenomenal." CONTAINS EXPLICIT LANGUAGE.

Cost: $109 members/$114 non-member. Includes transportation and valet parking. Van leaves at 1 pm and returns about 6:30 pm. No-host dinner after the show.

Will get tickets for Hamilton. Price/date TBD. Tickets go on sale in June.

Sunday, May 3
Sravasti Abbey, a Buddhist Ashram in Newport, WA

Have you every wondered what it would be like to live in a monastery? Sravasti Abbey is among the first of its kind—an American Buddhist monastic community where nuns and monks and lay students learn, practice, and live the Buddha’s teachings. While monastic training is the focus, lay guests are also welcome to experience community life, offer service, and experience the kindness of others. One Sunday a month, Sravasti Abbey opens their doors for Sharing the Dharma Day, an opportunity for newcomers and old friends to explore the Buddha's teachings and share in community fellowship. All are welcome!

Cost: $35 members/$40 non-member. Includes transportation, vegan lunch, donation and valet parking. Van leaves at 8:45 am and returns about 5 p.m.

“Old age is always fifteen years older than I am.”
Francis Bacon
**Glacial Lake Missoula & the Ice Age Floods with Richard Sola**

Let’s study, in depth, the fascinating geological history of our region on an overnight tour to western Montana. We will travel on a full-size coach. We’ll make a loop including Sandpoint, St. Ignatius and Missoula. We’ll learn in-depth about how our unique landscape was formed. Our expert guide will be Richard Sola, a native of Washington who teaches, writes and lectures about the history of Eastern Washington. He is also a study leader for Road Scholar programs in Washington, Oregon, Idaho and Montana. A full-size motor coach, lakeside lodging in Polson, a picnic and dinner will be included.

**$319 per person double occupancy, $445 single.**

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**June 9 ~ 15, 2020**

**Highlights of the Canyonlands**

Highlights of this Cosmos National Parks tour are your visits to the Grand Canyon, Bryce Canyon National Park, and Zion National Park. You’ll stay inside Grand Canyon National Park, in Bryce Canyon National Park, you’ll be amazed at the bright red, yellow, and pink pillars called "hoodoos." Enjoy the beauty and peace offered at Zion National Park—with its massive canyon walls ascending toward the blue sky. Take hikes or just take it all in.

**$1429 per person double occupancy as available***

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**October 24 ~ 31**

**California Coast Cruise**

Enjoy the mild autumn weather while cruising the Southern California coast.

**Day 1, Embarkation, San Diego on HAL’s Volendam:**

**Day 2, Catalina Island:** there is plenty to do along the flat and pretty waterfront of Avalon—visit souvenir shops, splurge at ice-cream parlors, browse galleries, or take a HAL walking tour of the historic Casino.

**Day 3, Santa Barbara:** Bougainvillea twining across red-tiled rooftops, birdsong mingling with the ocean breeze, islands and whale spouts on the horizon—Old World beauty that befits the city’s nickname, “The American Riviera.”

**Day 4, Monterey:** No matter what you’ve heard or seen in feature films, nothing can prepare you for the jaw-dropping beauty along Monterey’s fabled coast and village-like pedestrian thoroughfares.

**Day 5, San Francisco:** Famous for grand-dame Victorians, cable cars, a dynamic waterfront, and a soaring golden bridge, this city truly has it all.

**Day 6, At sea**

**Day 7, Ensenada, Mexico:** There are tons of fun things to do in Ensenada, when it comes to luxury, views, and all the wine there is something for everyone. Take a HAL excursion to the La Bufadora (geyser) or wine taste your way through town.

**Day 8, Disembark, San Diego**

**Starting at $949 per person/double occupancy interior**

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**June 2 ~ 3**

**A Center Favorite!**

**Hell's Canyon Overnight***

This exhilarating two-day, 200-mile round trip jet boat tour includes an overnight, deep in Hell’s Canyon, at Copper Creek Lodge. After the first night at a lovely riverside hotel in Clarkston we’ll board the jet boat for a thrilling day on the Snake River. We’ll arrive mid-afternoon at Copper Creek where your rustic cabin deck overlooks the river. You’ll spend the afternoon and evening “unplugged” to swim, fish, explore the back country on nature trails, or snooze in the shade of the Trees of Heaven. On this special trip we’ll ride the weekly mail boat which stops along the way at the homes of a handful of hearty locals. We’ll arrive back in Clarkston late Thursday afternoon then head back to Spokane.

**$699 per person double occupancy, $834 single.**
Since you are already there...

**Back-to-Back-to-Back tours by YOLO**
(Buy airfare and insurance one time only.)

**September 17 ~ 25, 2020**

**Irish Discovery**

It’s such a great trip we’re going for a third year in a row! See the 668-foot cliffs of Mohr, the Ring of Kerry, the awe-inspiring Giant’s Causeway, the amazingly green Dingle Peninsula.

You’ll visit Belfast, Derry, Killarney, Galway, Sligo and the always exciting city of Dublin. $1629 pp double occ. as available.

**September 26 ~ October 9, 2020**

**Mediterranean Flavors**

**14 Days, Madrid to Rome **

From Spain to France to Italy, this affordable tour along the Mediterranean Coast, features vibrant cities, historic sites, and stunning scenery. You’ll stay in Madrid, Valencia, Barcelona, Marseille, the Venice area, and Rome. You’ll also overnight in the French Riviera and the Cinque Terre area.

Your local guides will reveal the must-see sights on your sightseeing tours of Madrid, Valencia, Barcelona, and Rome. You’ll see Rome’s iconic landmarks, such as the Vatican and the Colosseum. You’ll be introduced to Venice with a boat ride to world-famous St. Mark's Square. In Assisi, visit the St. Francis Basilica, burial place of the saint and home to beautiful frescos by Giotto.

$2329 pp double occupancy as available.

**October 11 ~ 18, 2020**

**Gourmet Tuscany**

**7 days, Montecatini to Montecatini **

On this affordable Italian tour package, the town of Montecatini serves as your home base from which to venture out daily to explore the surrounding landscapes of breathtaking Tuscany. In addition to sampling the local gourmet Tuscan fare, you’ll also be treated to an Italian cooking lesson. You’ll prepare an authentic Italian dish inside a rustic Tuscan farmhouse where you and your travel companions will enjoy your culinary creations – complete with master-chef prizes. You’ll also learn the art of Italian dessert-making at your hotel. $1539 pp double occupancy as available.

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**September 1 ~ 13**

**Ultimate Alaska & the Yukon **

13-day, Anchorage Round Trip

Discover the unique beauty of Alaska and the Yukon Territory during this invigorating Globus vacation. In Alaska, ride the Alaska Railroad in Deluxe Dome Service to Denali National Park. Also, enjoy the magnificent scenery in Valdez, the "Switzerland of Alaska," during your cruise on Prince William Sound. Get a closer look at the Trans-Alaska Oil Pipeline and cruise aboard a stern-wheeler riverboat in Fairbanks.

On your 7-night Alaska cruise, cruise through the awe-inspiring Inside Passage watching for whales, soaring eagles, barking seals, and more. Witness huge slabs of ice break off and "calve" into the sea in Glacier Bay National Park, and visit Haines, Juneau, and Ketchikan. Just imagine the memories you’ll create on this spectacular vacation! $4259 as available.

A 7-day Inside Passage Holland America Cruise can be added.

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**Monday Travel Talks @ the Center**

**Mediterranean Flavors ~ March 8, 11 am**

**Gourmet Tuscany ~ March 15, 11 am**

**Alaska and the Yukon ~ March 22, 11 am**

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**March 31 ~ April 7, 2020**

**Romantic Rhine River Cruise * **

Travel in utmost luxury on this five star Avalon River Cruise. One of Europe’s most legendary rivers awaits you on this exciting journey along the Rhine River. $2881 as available*

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*All Globus Family of Brands

Tours include primary land tour, sightseeing, hotels and meals as specified in the itinerary, and the services of a professional tour director.

(All prices listed are per person double occupancy. Single supplement and roommate pairing can be arranged)

Call Denise Fanazick (993-8439) or Marnie McCoy (994-3551) for availability and round trip air.

*Discounts for Journeys members and early booking.
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A Testimonial

“It was wonderful to do business with SSCC and all your warmhearted staff. The efforts that you and your staff contributed to our parents’ 75th wedding anniversary celebration made a special afternoon even more magical. The entire family extends our sincerest thanks. Keep up the great work! Your center is a really wonderful community resource.” Janet M.