Looking Forward
Kitchen still on vacation, no luncheon in August

Health & Safety Seminars
August 8—Healthy Brain
August 22—Fruits & Veggies

Wednesday, August 16
Bird Museum in Sandpoint

Thursday August 17
MEN’S DAY OUT
Knight EZ Dock Mfg.

Tuesday August 22
Your Voice Counts!
Member Planning Meeting

Wednesday August 30
Senior Summer Jamboree
Medical Lake (see page 12)

Monday September 4
Comstock Labor Day
Symphony Concert

Tuesday September 19
Luncheon Diner Days at the Rockin’ Ray Café

Saturday October 7
Health & Resource Fair

October Garage Sale
It’s not too early to start cleaning and sorting/

You’d better be good!
Santa says he’ll be back for breakfast and photos in December.

Your Voice Counts!
The Strategic Planning Committee has been putting their heads together this summer to figure out ways to help the Center grow and prosper — now and in the future. Now they need your HELP, your IDEAS, and your VISION for the Center’s future.

All members are cordially invited to a special meeting on Tuesday August 22 from 1-3 p.m. to talk about planning for the future and to share ideas and concerns for the Center’s next phase with the Planning Committee. If you can’t be there, a survey will be available both online and in the lobby for members to fill out.

We can’t do it without you!

Symphony at Comstock Park
Enjoy valet service to your pre-reserved spot at this annual Labor Day tradition, on Monday September 4. The trip includes transportation, cooler and plastic ware. Just bring your picnic and a chair. Van departs at 5:30 p.m. and returns at about 8:30 p.m. Cost $8 mem/$13 non-mem.

Free Health & Safety Seminars Continue
Two free seminars remain in the series on health and safety presented by Mike Prophet of Humana. These sessions are educational only and will not be used to sell Humana products.

- Healthy Brain Tues. August 8 - 10 am
- Color Yourself Healthy (all about fruits & vegetables) Tues. August 22 - 10 am

Let’s do it! Enjoy a day at the lake with sun or shade with picnic lunch, entertainment, lawn games, Bingo & (maybe even some kayaking) at the Senior Summer Jamboree August 30th at Medical Lake. Sign up today!

Our Mission
To enhance the physical and mental well-being of those we serve by providing recreational, educational and volunteer opportunities.
Southside Community Center

BOARD OF DIRECTORS
Ron Rector, President
Mary Van Couvering, Vice President
Chair: Strategic Planning
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Chair: Membership Committee
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Gary Turner, Executive Director
Email: director@southsidecenter.com
(509) 535-0803, ext. 103
Betty Rogers, Office Manager
Email: office@southsidecenter.com
(509) 535-0803, ext. 100
Gail Luong,
Rental & Programs Manager
Email: programs@southsidecenter.com
(509) 535-0803, ext. 102
Judy Cadreau, Kitchen Manager
(Volunteer)
Custodians
Danny Villalpando, Supervisor;
David Zuchkovski, Steve Skog

Southside Membership
Yearly membership is $50 and $75 for couples living in the same household.
A limited number of scholarships are available for those needing help to afford membership.
Call Gary or Betty at 535-0803.

Welcome New Members
Lois Connery * Alan Foe & Kay Sansone * Fay Korreler * Jean LaBauve
Marie McMahon * Sidoney Barth * David & Marlene McClure
Carolyn Reed * Cody Christiansen

New Member Orientation Tuesday, September 19 at 11 am before the luncheon.
Luncheon is hosted for new members.

Thanks For Your Generosity and Help
♦ Twila Anderson for Tissue Box covers
♦ Jessie Quincy and Diana Hart for office supplies
♦ Kathy Wooley for travel step stool
♦ Care Bears for money toward postage stamps
♦ Gerry Flynn for kitchen soup ladles
♦ Rockwood South Hill for the beautiful coffee urn

Like to Travel for Free?
Healthy? Social? Good Driver?
Become a Center driver/escort and travel for free! Escorts must act as tour host and also drive. Good driving record and first aid training a must. Contact Gary to find out how. No CDL required.

Remember the promise that there would be no ants at the indoor July picnic luncheon? Actually, there were some on the table. Did you see them? They didn’t eat much!

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A Note From Gary
Summer has hit with a vengeance. With the nicer weather, comes more fun and interesting day trips offered at Southside. Please check out the short day and/or overnight trips on pages 8, 9 and 10.
One great example was last month’s trip to the Marlin Hutterian settlement below Odessa WA. I was excited to be one of the drivers taking 25 attendees to learn about the way our Hutterite neighbors live. As a young adult living in Soap Lake, I remember hearing about their encampment way back in the late 70’s. I still recall the rumors about them being a cult and weird, but in reality they are just simple living nice folks. I must say it was very interesting and not what I expected. After meeting with Mary our tour guide we were escorted into the dining hall and presented with a wonderful meal followed by a tour of many of their buildings and living quarters. Mary did a good job explaining how and why they live like they do. She answered all our questions and gave hugs to many of us as we said goodbye. It was a great time and everyone had a lot of fun. On the way home we stopped in Davenport for ice cream. Thanks to all who attended.
You too can join in the fun. If you have questions about certain trips, please give us a call here at the center and sign up. As temperatures hover around the century mark, I want to remind everyone to stay hydrated and cool. Happy summer to all!

Gary Turner, Executive Director

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3151 East 27th Avenue
Spokane, WA 99223
Telephone: 509-535-0803
Fax: 509-535-4336
www.southsidecc.org
Hours: M—F 8:30 a.m. to 4:30 p.m.
A 501(c)(3) non-profit corporation

August 2017
Wii Bowling

By Gary Turner, Director (AKA Wild & Crazy Wii Bowler)

Since you might be tired of hearing me brag about Wii bowling, I asked Phyllis and Mic to tell you why they enjoy the sport so much. Both Phyllis and Mic are members of SSCC’s “300” club—those who have achieved that ever elusive perfect game. They both also help new bowlers learn the sport and love the competition and challenge. Here’s what they said:

Mic C.
In my younger years (50’s & 60’s), I bowled using a 15# bowling ball. Today, I bowl using a 6 ½ ounce Wii remote and my scores have never been higher. I am a member of the SSCC Wii bowling “300” club with a perfect game. I love the time together with my friends as we laugh and enthusiastically cheer each other on. Wii bowling is a great sport and did I mention, it’s free. Come and join us each Wednesday and Friday!

Phyllis W.
Darn!! Gail didn’t bowl another perfect game but close! After two “300” games, a 299 and many games over 250, she has promised to bowl left handed, just to make it fair. Even at that, we’ll have to be on our best to beat her. Truth be told, all the Wii bowling enthusiasts are improving by leaps and bounds. Besides, it’s the best place to be on a hot Wednesday or Friday afternoon. The Center is air conditioned and the table is spread with snacks to keep us energized as we wheel the Wii remote around. Join us for laughter and fun. Come make new friends and get a little exercise too at Southside fastest growing activity.

See you on the lanes! And don’t forget the Wii bowling tournament coming up on September 29.

In Memoriam

Zelma Clark 1934 - 2017
Richard Sutherland 1934 - 2017
Steve Tomlinson 1954 – 2017
David & Nanette Powell 1933 – 2017

TIP How to Know

When Your Membership Needs to be Renewed
The month you need to renew your Center membership can be found near your mailing address on the last page of this newsletter. Be sure to renew during that month, so you don’t miss a single issue of the newsletter.

Thanks to Our Sponsors

♦ Regeneration Point
Sponsor of the September luncheon
♦ Elder Law Group
Sponsor of the July luncheon

HELP WANTED

Volunteer Kitchen Workers & Luncheon Servers
As soon as summer’s over and September arrives, there will be lots of events at the Center along with activity in our kitchen …………. and we will need lots of help. These volunteer positions are intermittent, usually monthly or occasionally more. When you do work it is for 4-6 hours. Tasks include chopping vegetables, perhaps some baking, and all the tasks involved in preparing a meal. There is cooking, stirring, keeping your work area clean and so on. It’s hard work but we have great fun doing it.

We have a great team – we just need more workers. If you’re interested in helping in the kitchen, call Judy Cadreau – (502) 599-6493 for more details.

NATIONAL SENIOR CITIZENS DAY

August 21 is National Senior Citizens Day. This annual observance was created by President Ronald Reagan on August 19, 1988 in Proclamation 5847 as a day to support, honor and show appreciation to our seniors and to recognize their achievements. Their valuable contributions to our communities create better places to live.

Estate Planning to protect you and your assets from Long-Term Care costs. It’s for everyone!

Jenifer Johnston 509.468.0551 Jennifer@ELGWA.com
Wii Bowling Tournament
Friday September 29 / 2-6 pm  All Ages  Cash Prizes
Wii bowling is for everyone - sitting or standing, anyone can play! Gather some friends, make a team and join the fun at the Center’s bowling tournament. You can learn how and practice for the tourney on Wednesday or Friday afternoon from 1:30-3 p.m. See the testimonials on page 3.

Groups from local communities and independent teams will compete on September 29 for cash prizes: $200 for first, $120 for second and $80 for third. Each team will have 4 members who will each bowl 2 games. Top six teams will move into the cash round.

Pick up entry forms at the Center Monday through Friday or call 509-535-0803. Space is limited so early registration is recommended.

Tai Chi with Altari
Learn an ancient style of exercise well known to help with arthritis, balance and relaxation.
Wednesdays: 9 - 10:30 am  $5 mem/$6 non-mem
Altari has over 40 years of practice and thirty years of teaching Asian Healing arts. This class teaches holistic tools that can improve balance and health. All levels welcome.

Chair & Foot Massage with Altari
Every Wednesday / 11:30 a.m. to 1 p.m.
$15 for 15 minutes — $25 for 30 minutes

FOR YOUR HEART
Free Blood Pressure Clinic
EVERY 1st, 3rd & 4th Tuesday
11 am—12:30 Thanks to Touchmark.

Spokane’s Aging and Disabilities Helpline
(509) 960-7281
Free, impartial solutions.
8am - 5pm Monday - Friday
222 W Mission Ave, Suite 120
Spokane, WA 99201
www.SpokaneHelpline.org

Keep Moving for Fun & Fitness
Toni’s Summer Fitness—July 10 through September 7
Monday, Tuesday & Thursday - 8:30 a.m. & 9:40 a.m.  $92
Strengthening with light weights, stretching, aerobics.

Southside Body Conditioning with Toni Kuder
Monday & Wednesday  11 a.m. / July 10-August 2 / $32
All-round strength and aerobic fitness. Includes stretching, aerobics, light weights, steps and fitness balls.

Ballroom Dance Classes with Melissa Finke
Tuesdays / 6 p.m.: Ballroom ~ 7 p.m.: Adv. Ballroom
Cost:  $35 single; $65 couple; for 4-week classes.
For information, call Melissa at 509-993-1204 or go to www.DanceClassSpokane.com.

Karate Classes for Adults & Youth
Wed. & Fri. Aug. 2—Sept. 8 / $70 for 6-week session
Next session, 5 weeks Sept. 13—Oct. 20 / $50
4:30-5:30, youth (ages 6-14) 5:45-6:45, adults (15 and older)
The adult and youth karate class continues with traditional Goju Ryu karate instruction. The class is open to beginners, those with previous experience, and practitioners of other styles. The instructor, Mary Roe, a 7th degree black belt, has national and international experience and has taught students of all ages. For more information, call Mary at 480-338-9131.

Qigong Classes
Mondays 3:15 - 4:15 pm & Thursdays  4:45 - 5:45 pm.
$5 member/$7 on-member
Qigong is a slow moving, gentle, relaxing exercise that promotes healing within the body. Designed for all ages it can be done either sitting or standing. For more information, call the instructor Dr. Brian Flake (509) 202-3791.

“Time and health are two precious assets that we don’t recognize and appreciate until they have been depleted.” Denis Waitley

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(509) 624-4107  Fax: (509) 327-1181
**Activities & Events**

**CLUBS & CRAFTS**

**Book Club**
What I have to say about this book can be found inside the book. *Albert Einstein*

Book Club is on vacation (sort of) in August. Those who WANT to come on Thursday August 31 are welcome, and we'll talk about anything ...even a book. Club will officially resume Thursday September 28 for a “free choice” book discussion of your summer reads. Everyone is welcome.

**Knifty Knitters**
Every Tuesday / 1-3 p.m.

**Knitwits**
Every Thursday / 12:30-2:30 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

**Brazilian Embroidery**
Every Friday / 1 - 3 p.m. $75 for 6 weeks
Next Session: August 11—September 15

**Care Bears:** Discontinued; will NOT meet in future.

**Tender Touch Foot Care**
2nd & 3rd Monday 9 – 11:45 a.m. August 14 & 21
Certified foot care specialist and licensed nurse offers sessions for people with diabetes, thick toe nails, calluses and corns.

Call 535-0803 to schedule an appointment.

**AARP Smart Driving Class / July Cancelled**
Resumes Tuesday August 29
$15 AARP Members / $20 non-members
Many insurance companies offer a discount on auto insurance for the completion of this class.
Sign up at the front desk or call 509-535-0803

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**Games & More**

**BINGO**
Sunday 1-3 p.m.

**CARD GAMES**

**Canasta** ~ Tuesdays 10 a.m. ~ Noon

**Welcome Bridge** ~ Monday and Wed. 1 ~ 4 p.m.

**Friends Bridge** ~ Every other Thursday 2:30 p.m.

**Party Bridge** ~ Thursday 12:15 ~ 4 p.m.

**Mahjongg** ~ Monday and Thursday 12 ~ 3 p.m.
Friday 9 a.m. ~ Noon

**Mexican Train** ~ Wednesday at 10 a.m. ~ Noon

**Pinochle** ~ Friday at 1 p.m. ~ 3 p.m.

**Texas Hold’em** ~ Mon. Wed. and Friday at 1 p.m.

**Ping Pong/Table Tennis**
Wednesday 6:30 ~ 9 p.m. / Sundays cancelled

**Wii Bowling** ~ Wednesday & Friday 1:30 ~ 3 p.m.

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**Touchmark on South Hill**
Full-service Retirement Community
2929 S Waterford Drive • Spokane, WA 99203
509-255-7167 • TouchmarkSpokane.com
### Every success is an admission ticket to a new set of decisions

<table>
<thead>
<tr>
<th>Sunday</th>
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<tbody>
<tr>
<td><img src="image.jpg" alt="Image" /></td>
<td>Blood Pressure Clinic 11 am ~ 12:30 pm</td>
<td>FREE SEMINAR 10 am Habits of Healthy People Healthy Brain</td>
<td>TRAVEL Mystery Lunch With Jo 11:30–1:30 pm</td>
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<td>6 BINGO 1:00 - 3:00 pm</td>
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<td>Quilting 1 ~ 3 pm</td>
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<td>Pedicare ~ 9 ~11:45 am</td>
<td>Blood Pressure Clinic 11 am ~ 12:30 pm</td>
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<td>13 BINGO 1:00 - 3:00 pm</td>
<td>TRAVEL Galloping Gourmet Floating Restaurant Cd’A 3:30 —7 pm</td>
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<td>TRAVEL Bird Museum of Aviation &amp; Industry Sandpoint 9:30-6 pm</td>
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<td>20 BINGO 1:00 - 3:00 pm</td>
<td>National Senior Citizen’s Day “Live your life and forget your age.” ― Norman Vincent Peale Pedicare ~ 9 ~11:45 am Red Hats 1-3 pm</td>
<td>22 FREE SEMINAR Fruits &amp; Vegetables 10 am Blood Pressure Clinic 11 am ~ 12:30 pm Your Voice Counts Planning Meeting 1-3 pm TRAVEL Appetizers 3-5 pm</td>
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<td>27 BINGO 1:00 - 3:00 pm</td>
<td>TRAVEL CdA Classic Boat Festival</td>
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<td>28</td>
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<td>Book Club On Vacation until Sept. 28</td>
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Every success is an admission ticket to a new set of decisions.
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<td>TRAVEL</td>
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<td>Kootenai County Farmers Market in Hayden, ID 9:30 am -1 pm</td>
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<td>Wii Bowling 1:30~3:00 pm</td>
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<td>PROGRAM Committee Pre-Planning Meeting 10 am</td>
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**Who expects small things to survive when even the largest get lost? People forget years and remember moments. -- Ann Beattie**

**Every success is an admission ticket to a new set of decisions -- Henry Kissinger**
Travel

Please Don’t Wait Till the Last Minute
We Need Your Help — Sign Up and Pay for Your Travel Adventures Early!

We do not want to disappoint members by cancelling advertised outings. However, if a trip doesn’t have a minimum number of people signed up and paid prior to the trip, we lose money, and the trip can’t go. This is not good. So here’s what you can do to help. If you plan to go on a trip:

◆ Sign up early and prepay with check, cash, or credit card. (Credit card charges must be $25 or more.)
◆ Contact the Center if you have any questions on a specific trip.
◆ Ask your friends and family to join you on a trip.
◆ Sponsor a trip for another member, gift cards are available.

Cancellation Policy

◆ Day trips in the Spokane area must have at least 6 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.*

*If a trip has to be cancelled due to low participation, your money will be refunded.

Monday, August 28
Cd’A Classic Boat Festival

The ever popular festival is a chance for vintage boat owners to show and shine! Join the fun on the Resort boardwalk, for a beautiful day on the Lake.

Group leader/driver: TBD $8 member; $13 non-member. Includes: transportation and escort.
Lunch is no-host. Van departs at 10 a.m. and returns at about 3 p.m..

Wednesday, August 16
Bird Museum of Aviation and Invention

The Sandpoint museum and invention center exists to serve the local community and beyond by a world-class educational experience centered around the themes of aviation and innovation.

Group leader/driver: TBD $12 member, $17 non-member. Price includes transportation, guided tour and escort. Museum entry is free. Van leaves at 9:30 returns at about 6 pm. No host lunch at the museum.

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Call for a tour:
838-3200
Farmer’s Market
Kootenai County in Hayden—Saturday, August 19, 9:30 to 1 p.m. Cost: $12/$17. Van leaves at 10, returns at 2.

Appetizers & More with Friends
Tuesday August 22
If you like sausage, fried pickles or quesadillas, this place is for you. Of course, there are also drink specials. We are guaranteed a fun time with our Southside friends.
Cost: $8 members/$13 non-m. Van leaves at 3; returns about 5 pm

Tuesday September 26 / 3-5 p.m.
Join your Southside friends for delectable flatbread and tacos or some other delicacy that tickles your fancy. You might also enjoy a lemon drop or mojito if so inclined. See you then.
Cost: $8 members/$13 non-m.

Wednesday, August 9
Mystery Lunch with Jo!
Cost: $8/$13, includes transportation, valet parking.
Van leaves at 11:30 and returns about 1:30 p.m.

Thursday August 17
Men’s Day Out
Knight EZ Dock, Inc. is a distributor of the EZ Dock product line and other dock systems throughout the Pacific Northwest, Montana, Utah, Alaska, Hawaii, Northern California and Canada. In business since 2007, they are a locally owned and operated company headquartered in Deer Park. They manufacture dock ramps, custom docks and custom fabricated aluminum parts.
Driver: TBD Cost: $12 members/$17 non-m. Includes transportation, valet parking. Van leaves at 10 a.m. returns about 2 p.m.

 Cd’Alene Summer Theater
Sunday, August 20
MILLION DOLLAR QUARTET is the smash-hit musical inspired by the famed recording session that brought together rock ‘n’ roll icons Elvis Presley, Johnny Cash, Jerry Lee Lewis and Carl Perkins for the first and only time.
Discounted tickets for this show at 2 p.m. are available for $37.80. The regular prices are $49 and $42. Transportation will not be provided. Van will be in Oregon at the solar eclipse.

Farmer’s Market
• Kootenai County in Hayden—Saturday, August 19, 9:30 to 1 p.m.. Cost: $12/$17 Van leaves at 10, returns at 2.

Casinos!
• Cd’A Casino, Wednesday August 9, $1, 10–a.m. 5 p.m.
• No Northern Quest outing in August.

Travel Talks With Denise
On summer break :) Leave her a message if you’d like: 993-8439.

“You only live once, but if you do it right, once is enough.” ~Mae West
October 3 ~ 6 **
Ainsworth Hot Springs and Nelson BC

Enjoy a 3-night/4-day Canadian holiday full of relaxation and fun. We’ll stay in luxurious waterfront rooms at the Kootenay Lakeview Resort between the hot springs and the quaint city of Nelson. You’ll have ample time to soak as well as explore Nelson. The hot springs include warm mineral waters in a natural cave and full size swimming pool. Nelson has a vibrant, carefully restored downtown shopping area, and a busy social scene with live performances, arts and music.

Group leader/driver: TBD  $419 dbl/member; $652 s/member; $469 dbl/n-m; $702 s/n-m. Includes: 3-nights hotel, 3 breakfasts, one dinner, picnic lunch on the way, one hot spring admission and transportation, Van Leaves at 9 a.m. and returns at about 6 p.m.

September 28 ~ October 2 **
Fall Kite Fest, Lincoln City, OR

Spend four nights in the heart of the Oregon coast in an oceanfront room. Spend Saturday on the beach taking part in the Kite festival and the other two days touring the coast. Be as active or as relaxed as you’d like. It’s your time, enjoy it!

Group leader/driver: TBD  $679 dbl/member; $1050 s/member; $729 dbl/n-m; $1100 s/n-m. Van Leaves at 8 a.m. and returns at about 7 p.m.

Jet Lag

A new study suggests that brain cell patterns make eastbound travel especially turbulent. But you can help your brain leap into our new time zone. If you have a choice, book a flight that arrives in the early evening. As soon as you board the plane, switch your watch to the new time. After arriving, do your best to stay up until 10 p.m. local time. To help ensure a good night’s sleep, avoid heavy meals, intense exercise, alcohol and caffeine. Finally, go outside the next morning. Sunlight helps you adjust.

Saturday October 14
Pend Oreille River Train Ride

The Lions train ride is gone, but the Newport Rotary’s train ride from Newport to Dalkena has arrived (for one year, at least). You’ll travel along the Pend Oreille River, through fall foliage, surrounded by wildlife. If you missed out on the Lion’s ride here’s your chance. If you are a veteran of the former ride try something new! Hosted casual lunch after the ride. Includes train, lunch, transportation, valet parking and an escort.

Cost: $54 mem/$58non-mem. Includes entry ticket, lunch, transportation, valet parking and an escort. Van leaves at 9 a.m. returns about 4 p.m.

August 20 ~ 21 ** Solar Eclipse

On Aug. 21, 2017 American sky watchers will be treated to a rare and spectacular celestial show — the first total solar eclipse visible from the continental United States in nearly four decades. We’ll stay in Pendleton and make our way to the center of the eclipse early Monday morning. Includes welcome meal, breakfast, transportation and stops along the way.

Group leader/driver: Barb Haynes  $264 dbl/member; $369 s/member; $314 dbl/n-m; $367 s/n-m. Van Leaves at 9 a.m. and returns at 6 p.m.

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**January 10 ~ 17, 2018 ~ Mexican Riviera Cruise**
Don’t let winter 2018 get the best of you! On this luxurious 7-day Holland America cruise you’ll start in San Diego, experience Puerto Vallarta, Mazatlan and Cabo San Lucas then return to San Diego.

**May 12 ~ 18, 2018 ~ Portrait of Poland**
9-day tour from Warsaw to Warsaw
On this Poland tour, you’ll spend three nights in Warsaw, two nights each in Gdansk and Kraków, and one night in Poznan. Starting at $1299 as available* (see below)

**Fall 2017 & Winter 2018**

**Prague, Vienna & Budapest**
7 Days: Imperial escape ~ Your adventure begins in magical Budapest and you’ll also stay in two of Central Europe’s most popular cities: Vienna and Prague. Starting at $759 as available* (see below)

**Sold Out! February 2018, Hawaiian Islands**

**October 12 ~ 20**

**Irish Explorer**
9 days Dublin to Dublin
Breathtaking, lush landscapes combined with vibrant cities and historic attractions—all of this and more await you on this Irish Explorer tour, including Northern Ireland. $1379 ppdo as available* (see below)

**April 24 ~ May 5**

**Canals, Vineyards and Paris River Cruise**
10-day tour from Amsterdam to Paris
From Amsterdam to Paris you’ll cruise the famous Dutch canals before heading down the Rhine for amazing scenery, wine tours, castles and a bullet train to deliver you to gay Paris for your final days. (see below)
Starting at $2538 as available in an E Category stateroom*

*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.

Call Denise Fanazick (993-8439) for availability and round trip air.

*Discounts for Journeys members and early booking.
Senior Summer Jamboree!

Waterfront Park
Medical Lake
Wednesday, August 30th
11:00 a.m.- 3:00 p.m.

$22/members $26/non-members
(transportation from Southside, lunch and all activities)

Join seniors from Spokane and Pullman for a great outdoor gathering filled with food, fun, music, lawn games, and kayaking! The party takes place on the grounds of Waterfront Park in Medical Lake. BBQ Lunch will be served at 11:30 with musical entertainment by the “Jerry –At-Tricks” Band playing many of the old songs that you all will be sure to remember! There will be lawn games available like bean bag toss, croquet, badminton, horse shoes, and after lunch you can even take a short kayak ride out on the lake! It will be a lot of fun! So we hope you’ll join us for a great collaborative senior summer event this August 30th at the Senior Summer Jamboree!

Call Southside Center — 535-0803 to sign up!