

NEWS NOTES & QUOTES

January/February 2017

A Kennewick Senior Center Publication

**What an amazing
lunch with Yoke's** pgs. 6&7



***NEW* Veteran's Information** pg. 14

We would "love" to have you! pg. 2

Are you a 2017
Valued
Supporter?

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We would “love” to have you!
*Check out our variety of activities
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Twitter



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facebook®

Facebook.com/KennewickRecreation

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Contact Us - Customer service and business hours are 8:00am-4:00pm Monday through Friday at 500 S. Auburn in Kennewick. We are open during lunch
 Email: seniorcenter@ci.kennewick.wa.us
 Phone: (509) 585-4303

Website: <http://www.go2kennewick.com/seniorcenter>

News, Notes & Quotes - News, Notes & Quotes is a publication of the Kennewick Senior Center. Materials contained should not be considered as specific medical, legal or other advice as individual circumstances are different. For specific advice contact a physician, attorney or other professional.

Donations Policy - Due to the lack of storage at the Kennewick Senior Center, K.S.C. can only accept medical equipment (wheelchairs, walkers, etc.) and books published in 2014 or newer and 2016 & 2017 magazines.

Copy Machine Policy - K.S.C. staff and volunteers are increasingly being asked to make copies from copyrighted material out of pattern books, text books, etc. K.S.C. will make copies ONLY if the individual requesting it can provide written authorization from the publisher that copies can be made. Black & white photocopies are 10¢ per sheet.

Advertising - To offset the cost of the newsletter the Kennewick Senior Center is accepting paid advertisements. K.S.C. does not endorse advertisers listed in this newsletter. For information on advertising contact Sara Allington at sara.allington@ci.kennewick.wa.us or (509) 585-4345.

Refund Policy - Thank you for your support and enrollment. In the unlikely event your class or program is cancelled you will receive a full refund by check, mailed within 7-10 business days (credit card transactions will be issued back to that same credit card account). At any time a participant requests a refund, or a refund from your “recreation credit on account,” you will be subject to a \$6 administrative fee. The \$6 administrative fee will not be imposed if you request to be transferred to another class or activity or request the registration fee to be transferred to your “recreation credit on account” (to be used for any Kennewick Recreation program or class within the calendar year). Once the activity has started or after the established deadline, all refund and transfer options will be forfeited.

Trip Refund Policy - The Kennewick Parks and Recreation Trips and Tours program requires prior coordination with various outside agencies that have rigid deadline dates and contractual factors, for example, admission tickets, chartered transportation, restaurant rented space, preordering food, etc. The trip refund policy was established and is enforced to meet these expectations and to ensure the trip is safe, fun and a positive experience for all. Trip refunds will not be issued after the established trip deadline date noted on trip flyers unless the seat can be filled from the Kennewick Parks and Recreation waiting list. There is no guarantee there will be a waiting list or that your seat can be filled. Approved refunds are subject to a \$6 administrative fee. In the event the trip is cancelled by Kennewick Parks and Recreation a full refund will be issued according to the initial method of payment. In case of unforeseen trip factors, Kennewick Parks and Recreation will do their due diligence with contracted agencies to determine what percentage of the trip fee can be refunded.

**Thursday, February 9
1:00pm - 3:00pm**

500 S. Auburn St - Kennewick, WA 99336

Kennewick Senior Center Presents



\$5 in advance / \$8 at the door
Limited to the first 150 registered

Bring a friend, a loved one, bring EVERYONE! Spend an afternoon playing bingo, eating dessert and winning prizes. Win gift cards from places such as Target, Barnes & Noble, Walmart, restaurants & more. Register online at kennewickrecreation.com or by phone at 509.585.4303.



\$500

Worth of gift card prizes to win

Fred Meyer ♥ Target ♥ Walmart ♥ Barnes & Noble ♥ Kohl's
♥ Bed, Bath & Beyond ♥ Gas Cards ♥ & more!

The Kennewick Senior Center is seeking a sponsor for this event.
Great marketing oppourtunity for your business!
Call 509.585.4303 for more details.



Kennewick Senior Center Closures

The Kennewick Senior Center will be closed on the following holidays and event. All programs and classes including Meals on Wheels and evening classes have been cancelled.

| | |
|----------------------|--|
| Monday, December 26 | Merry Christams to you and your family |
| Monday, January 2 | New Year 2017 |
| Monday, January 16 | Martin Luther King, Jr. |
| Thursday, February 9 | Closed for all programming except Valentine's event, doors open at noon, event begins at 1 pm, registration required |
| Monday, February 20 | President's Day |

HISTORY

As a new year is upon us, Ruth Barr Fearn, a common face at the Kennewick Senior Center, reflected on a special Christmas she had as a child.

Ruth was riding in the car with her mom and some other children to Meadow Brook School in Molalla, Oregon. Ruth reflected that the school had one room for eight different grade levels. You could say it was a little different than the schools of today! She recalled using one bucket of water and one dipper for all the kids. "We never got sick, though!" she exclaimed with a smile. While in the car, Ruth heard the declaration of war on the radio. She vividly remembers how her mother pulled the car over and cried at the thought of her two young brothers dying. Ruth's uncles, age 19 and 20, both active duty, were deployed in 1940. Ruth's uncles made it home safely, and just in time for Christmas.

**YOUR AD
COULD BE
HERE**

CALL US
509.585.4345

Tell us what you think...

The Kennewick Parks and Recreation Department is seeking Kennewick residents to be a part of a volunteer team effort to engage the community by identifying service gaps and facility improvements needed to move the senior center into the 21st Century. Your feedback matters! Volunteers are required to be 18 or older, and must clear an Authority for Release of Information form (police background check). For more information contact the Kennewick Parks and Recreation Department at 585-4303.

The Tri-City Wood Carvers Association Gives Back to the Community



This year, the club carved and hand crafted over 125 ornaments to give to the Meals on Wheels program to be distributed along with Christmas meals. The Kennewick Meals on Wheels serves between 110-125 meals every week. Those participants usually don't receive gifts during the holidays and the club felt that everyone should have something. The club also signed over 400 Christmas cards to go out to area long term care facilities. The members really enjoy carving and are hoping the gifts and cards will bring a little joy and the Christmas spirit to everyone. The Tri-City Wood Carvers Association will host the 23rd annual Artistry in Wood Show at the Tri-Tech Skills Center in Kennewick. These members and many more meet at the Kennewick Senior Center for woodcarving two days a week; Wednesdays at 1:00pm and Fridays at 9:00am.

**We want your comments,
suggestions, thoughts, and opinions!**

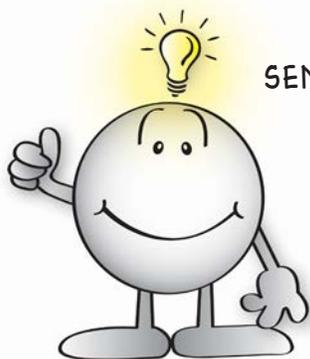
send to

SENIORCENTER@CI.KENNEWICK.WA.US

or

**ATTN: SUGGESTION BOX
500 S. AUBURN**

KENNEWICK, WA 99336



Why Winter is the best

- Hot chocolate 
- Hot tea 
- Hot drinks in general
- Big sweaters 
- SNOW 
- Snuggling in front of a fire 
- Knitted hats 
- Holidays

Yoke's FRESH MARKET

*Thank you Kennewick
Yoke's Fresh Market for
blessing us with a special
holiday luncheon!*



Legacy High School Christmas Carolers



**Santa likes
massages, too**

**"Kindness is like snow -
It beautifies everything it covers."**

**"Winter is the time for comfort, good food, for
warmth, for the touch of a friendly hand and a
talk beside the fire - it is a time for home."**

"Tis the season for giving"



Time for pie



**Service with
a smile**



Senior Center Staff

THANKS

Menu

Tossed Salad, Hot Turkey,
Fresh Stuffing, Cranberry Orange Relish,
Sweet Potatoes, Green Bean Salad,
Bread Rolls, and Pumpkin Pie

150 people enjoyed a wonderful lunch and Christmas songs sung by Legacy High School students. Plus, Santa stopped by to see who has been naughty or nice!

NAUGHTY OR NICE DECISIONS, DECISIONS



Snapshots of
your Yoke's
cooks



Hi Santa Claus!

KINDNESS

is the language which the
deaf can hear and the blind can see.
-MARK TWAIN





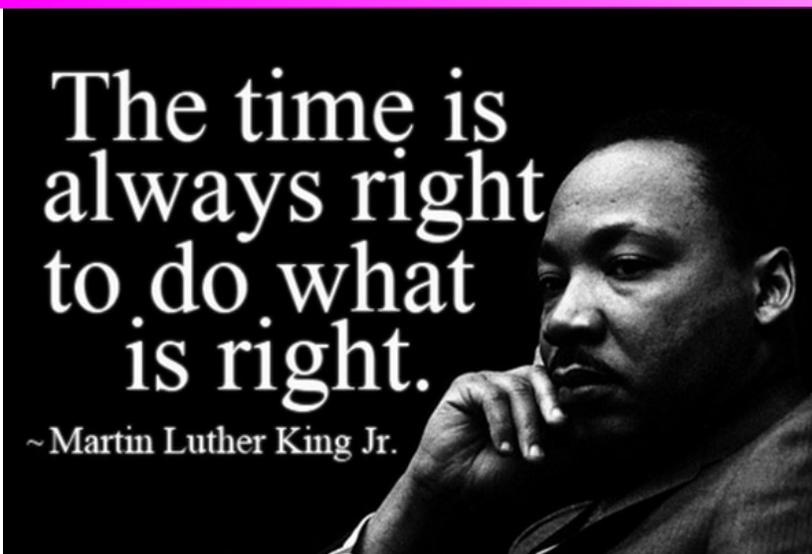
KENNEWICK SENIOR CENTER

2017 Valued Supporter

The Kennewick Senior Center strives to be an active voice for adults 50+ offering a variety of social enrichment programming, health and wellness classes and lifelong learning opportunities. All Valued Supporter proceeds help support programming and services offered at the Kennewick Senior Center. Plus, KSC's bi-monthly newsletter, *News, Notes and Quotes* mailed to your home, January-December 2017 and receive a \$5 discount on each trip registration throughout 2017. Only \$8 per person. What a bargain! A great gift for family and friends.

Only \$8

- BIMONTHLY NEWSLETTER MAILED DIRECTLY TO YOUR HOME
- DAILY LUNCHES PROVIDED BY MEALS ON WHEELS
- STOP BY FOR A CUP OF COFFEE AND GOOD COMPANY
- ALL THE FRIENDS & FUN YOU CAN HANDLE
- \$5 DISCOUNT ON EACH TRIP
- YEAR ROUND TRIPS



**THIS COULD BE YOUR FINAL ISSUE!!
SIGN UP FOR 2017
VALUED SUPPORTER TODAY!**

2017 Valued Supporter

Proceeds from your Valued Support go directly back into programming at the Kennewick Senior Center. As a bonus for your contribution, you'll receive our newsletter mailed directly to your home and \$5 discount (per trip) on year-round trips. Stop by and enjoy a free cup of coffee on us!

| | |
|-----------------------------|----------|
| Valid through December 2017 | \$8 p.p. |
|-----------------------------|----------|

Location: Kennewick Senior Center; 500 S. Auburn

HOW TO REGISTER ONLINE

Visit: kennewickrecreation.com

- Register Now (Blue button on right side of page)
- Create an account or log in with your email and password
- Activities (Search Box)
- Search directly with a keyword or scroll through our programs
- Find the class you want - "Add to my cart"
- Login or create an account
- Select Participant
- Next
- Next
- Proceed to Shopping Cart
- Proceed to Check-Out
(at this point, edit, remove, add another participant)
- Sit back and have a cookie-
Ok this step is optional but highly recommended!



Martial Arts

Sifu Shaun DesJardins of Tri-Cities Wu Ying Tao and the Professional Arts Association brings you Wu Ying Tao Karate. Founded in 1968 by Bruce C. Terrill as a "Free Style American Karate". Wu Ying Tao is a new experience for the Tri-Cities and covers ground fighting (self defense), open-handed, and weapon use in a safe environment where contact is not a requirement. Students can progress through belt rankings and optional tournament play will be discussed. Senior Instructor Shaun DesJardins has spent 25 of his 30+ years of Martial Arts training studying Wu Ying Tao Karate.

| | | | |
|-------|-------|-----------------|-----------|
| Tu/Th | 7-8pm | January 3 - 31 | \$41/\$44 |
| Th/Th | 7-8pm | February 2 - 28 | \$41/\$44 |

Location: Southridge Sports Complex; 2901 Southridge Blvd.



Computer Tutor

The Computer Tutor will help you gain confidence with your computing skills with one-on-one undivided attention during this 2-hour class. Students can learn about computer basics, components, troubleshooting, security & privacy, hardware & software, files, folders, short cuts, recycle bin, (sorry, no Facebook or social media). Class is taught utilizing a computer in the computer lab at the Senior Center.

| | | | |
|---|-------------|------------------------|-----------|
| T | January 10 | 9am-11am | \$40/\$60 |
| | | 12:30 - 2:30pm | \$40/\$60 |
| T | January 24 | 9am-11am | \$40/\$60 |
| | | 12:30 - 2:30pm | \$40/\$60 |
| T | February 7 | 9am-11am | \$40/\$60 |
| | | No Afternoon Class 2/7 | |
| T | February 21 | 9am-11am | \$40/\$60 |
| | | 12:30 - 2:30pm | \$40/\$60 |
| T | March 7 | 9am-11am | \$40/\$60 |
| | | 12:30 - 2:30pm | \$40/\$60 |
| T | March 21 | 9am-11am | \$40/\$60 |
| | | 12:30 - 2:30pm | \$40/\$60 |



Bingo Boulevard

6222 W. John Day Ave., Kennewick, WA 99336

783-2416 1-800-890-6485

www.bingoblvd.com

\$1000 WILL GO!

SATURDAY EVENING

\$5.00 BUY-IN (6 On - 5)

DOUBLE PAY PACKS

12:30 & 6:30 SESSIONS

Pull-Tabs and SnackBar

MONDAY & THURSDAY 10:30 & 12:30

FRI. - SAT. - SUN. 10:30, 12:30, 6:30, 9:30

"CAUTION: Participation in gambling activity may result in pathological gambling behavior causing emotional and financial harm."

For help, call 1-800-547-6133

Winter Fencing

Want to learn a new and exciting sport? Then try Fencing! Master the skills of recreational fencing by focusing on basic footwork, defenses, attacks, balance and conditioning. Foils, masks, jacket and gloves will be provided but an equipment fee of \$30 will need to be paid to the instructor at the first class. First hour of class is instruction, second hour is open lab.

| | | | |
|----|-------|--------------------|-----------|
| Tu | 7-9pm | Jan. 24 - March 25 | \$16/\$24 |
|----|-------|--------------------|-----------|

Location: Kennewick Activity Center Gym; 304 W 6th Ave

Adult Golf Lessons

"FORE! Not another mulligan!" Does this happen to you often? Sign up for this class and let the pros help you with your grip, stance, balance and posture to set you up with a successful foundation. Each golfer will learn at his/her own pace. Learn the fundamentals needed to help you become a better golfer.

| | | | |
|----|--------|--------------|-----------|
| Sa | 9-10am | April 8 - 29 | \$76/\$79 |
|----|--------|--------------|-----------|

Location: Columbia Park Golf Links, 2701 Col. Park Trail



Lite Done Right

Blast your cardio fitness to the next level! This class provides the variety your body needs to see results by combining fun cardio routines with specific muscle conditioning that will be tailored to the class's needs from week to week. Appropriate for all fitness levels-from beginner to advance, this class modifies every workout to high or low impact intensity with fun moves and clear breakdowns. Lite Done Rite is geared toward those who are looking to add variety and fun into their fitness routine. This is a great time to get energized with motivating music and dynamic resistance training exercises to rev up your metabolism. *NO CLASS 1/2, 1/16, 2/20

| | | | |
|-------|--------------|--------------------|-----------|
| M/W/F | 9:00-10:00am | Dec. 12 - Feb. 10 | \$36/\$54 |
| M/W/F | 9:00-10:00am | Feb. 13 - April 14 | \$36/\$54 |

Location: Kennewick Activity Center Gym; 304 W 6th Ave

Line Dancing

Get a good workout and have fun at the same time! The line dances are easy to learn; then go out dancing in a real club setting! Locations will be provided by the instructor. No partners needed.

| | | | |
|---|-------|-----------------|-----------|
| M | 6-7pm | January 9 - 30 | \$24/\$36 |
| M | 6-7pm | February 6 - 27 | \$18/\$27 |

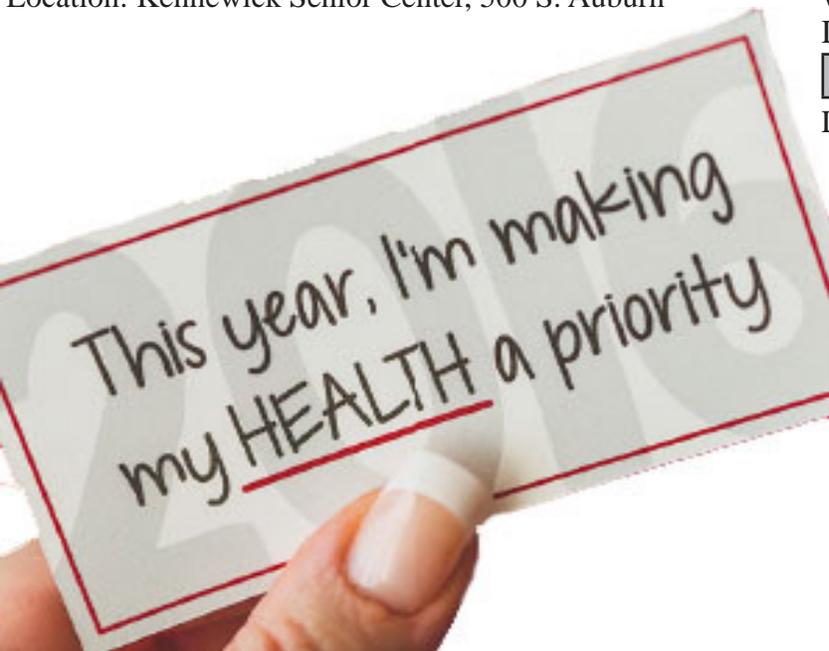
Location: Kennewick Senior Center, 500 S. Auburn

Beginning Jitterbug

Roll up the rug and swing to the "Big Bands" with the best of them. Easy steps and moves. All ages welcome.

| | | | |
|---|-------|-----------------|----------------------|
| M | 7-8pm | May 1 - 22 | Couples \$30/\$45 |
| M | 7-8pm | November 7 - 28 | Singles \$18/\$27 |

Location: Kennewick Senior Center, 500 S. Auburn



Drop-In Indoor Fitness/Walking

Take advantage of this great indoor, air conditioned and heated facility! The Southridge Sports Complex, 2901 Southridge Blvd., doors are open for walkers and runners who would like to get out of the hot-windy-cold Tri-City weather. All ages are welcome.

| | | | |
|-----|----------|------------|----------|
| M-F | 9am-noon | Year-round | \$1 p.p. |
|-----|----------|------------|----------|

Location: Southridge Sports Complex, 2901 Southridge Blvd.

Gentle Yoga - Level 1

Experience pure relaxation combined with movements that increase flexibility, strength and balance. No experience necessary. Bring a mat, water and a towel. Held at Highland Grange building.*NO CLASS 4/4, 4/6

| | | | |
|-------|-------------|--------------------|-----------|
| Tu/Th | 6:30-7:15pm | Jan. 3 - Feb. 23 | \$54/\$81 |
| Tu/Th | 6:30-7:15pm | Feb. 28 - April 27 | \$54/\$81 |

Location: Highland Grange, 1500 S. Union St

Drop-In Pickleball

Pickleball is one of the fastest growing sports for all ages. It is played with 2-4 players on a badminton-sized court using wood or composite paddle-type raquets and a plastic wiffleball. Indoors is played with a quiet foam pickleball. Drop in and see what it's all about!

| | | | |
|-----|-------------|---------|----------|
| M-F | 9:00am-noon | ongoing | \$2 p.p. |
|-----|-------------|---------|----------|

Location: Southridge Sports Complex; 2901 Southridge Blvd.

Beginning Belly Dancing

A great comprehensive workout that is creative, fun, expressive and mysterious! Heath benefits include improved circulation, range of motion, balance, muscle tone, stamina, body awareness and energy. Each class in the session will build upon the information from the previous class and will include review. Must be registered by 4:30pm the day of the first class.

| | | | |
|---|-------------|-----------------|-----------|
| T | 6:30-7:30pm | January 3-31 | \$30/\$45 |
| T | 6:30-7:30pm | February 7 - 28 | \$24/\$36 |
| T | 6:30-7:30pm | March 7 - 28 | \$24/\$36 |

Location: Kennewick Senior Center, 500 S. Auburn

Oil Painting Class

Enjoy an un-intimidating environment while learning valuable tips and techniques from instructor Ede Johnson who has been teaching and inspiring students for over 35 years. Ede truly makes learning to paint seem easy! Students work on their own projects and bring their own supplies. Plenty of natural light and room to get creative. Fee is based on 8-week classes. * Jan. 9 - Feb. 27 session is discounted for 6-weeks instead of 8. Closed on Jan. 16 and Feb. 20

| | | | |
|---|---------------|--------------------|-----------|
| M | 12:30-3:30 pm | *Jan. 9 - Feb. 27 | \$25/\$38 |
| M | 12:30-3:30 pm | March 6 - April 24 | \$29/\$43 |
| T | 9am-noon | Jan. 10 - Feb. 28 | \$29/\$43 |
| T | 9am-noon | March 7 - April 25 | \$29/\$43 |

The Quilter's Touch

Handmade items are the best kind. Come see how fun quilting can be with this spirited group of quilters. In this session students will work on a quilt called Midnight Clear in this instructed 8-week session. You may choose to make your quilt in two colors or as scrappy as you like. Basic quilting supplies will be needed. Supplies and patterns will be discussed on the first day. Don't forget to bring a pen and paper for taking notes. Sewing machines are not required for this class. Fabric donations will be greatly appreciated. There is plenty of room to spread out and work comfortably. Bring your projects, supplies and your creativity.

| | | | |
|---|---------------|------------------|--------------------------------|
| T | 6:30 - 8:30pm | Jan. 10 - Mar 7* | \$12 or drop-in is \$4 per day |
|---|---------------|------------------|--------------------------------|



Sewing

A great opportunity to meet others who enjoy sewing. There is plenty of room to spread your material and patterns. Volunteer instructor on hand to assist. Bring your own supplies and projects.

| | | | |
|----|-------------|----------|-------------|
| Th | 6:00-9:00pm | on-going | \$1 per day |
|----|-------------|----------|-------------|

Casual Woodcarving

Maybe it's time to take up a new hobby. If you can peel potatoes, you can carve wood. It's also a great opportunity to exchange ideas with others that love woodcarving. Students provide their own wood, tools, and supplies. If you don't have them, there are some you can borrow. Class is on-going, join anytime! *Class is not endorsed by or affiliated with any woodcarving club or association.*

| | | | |
|---|-------------|----------|-----|
| W | 1:00-3:00pm | on-going | 75¢ |
| F | 9am-noon | on-going | \$1 |

Woodcarving Techniques

Each month teaches a new technique. Come every Friday to learn that month's skill. You could learn new, interesting styles and techniques such as wood burning, relief carving, chip carving, and more. Pay as you go. Call (509) 585-4303 for more information.

| | | | |
|---|----------|-----------|-----|
| F | 9am-noon | on-going* | \$1 |
|---|----------|-----------|-----|

Needle-Art is "Knot" Lost: Crochet/Knitting/Tatting

If you've been longing for a fun, inexpensive and portable hobby, this one is for you. If you are a newbie or already knowledgeable in 1 or all 3, come share conversation and your skills on projects with the group or just complete your designs while mingling with others who enjoy the same hobby. Newbies will be guided and instructed by volunteer teacher, Donna Gier on how to knit, crochet or tat a vast array of simple projects. Stop by during class and determine with the instructor which craft fits your aspirations and what inexpensive supplies are needed. Bring your own supplies. Bring a friend, all ages welcome. Occasional projects are available to work on. *NO CLASS 2/9

| | | | |
|----|--------------------|------------|-------------|
| Th | 12:30 pm - 2:30 pm | on-going * | \$2 per day |
|----|--------------------|------------|-------------|

That time of year... for hot cocoa and fuzzy socks



Clay Sculpting

Meet other enthusiastic sculptors, no experience necessary. Bring your own supplies and projects. Stop by and see what they are sculpting. Class is ongoing, join anytime! *CANCELLED 1/2, 1/16, 2/20

| | | | |
|---|-------------|-----------|-------------|
| M | 1:00-2:00pm | on-going* | \$1 per day |
|---|-------------|-----------|-------------|

America's Choice in Homecare

Visiting Angels

SENIOR HOMECARE BY ANGELS



Do you know a senior needing help at home? (509) 582-7800

There's an Angel for that!

Chinese Mah-Jongg

Learn to play Chinese Mah-Jongg while actually playing the game. It's much easier than the Modern American version. All levels are welcome to play. Volunteer instructor Lynn Wong will be available to assist if you've never played before or need a few helpful tips.

| | | | |
|---|-------------|----------|-------------|
| W | 1:00-4:00pm | on-going | \$1 per day |
|---|-------------|----------|-------------|

2nd Sunday Bridge

Join this large group of happy Bridge players on the second Sunday of the month. Reservations needed, call 586-3349.

| | | | |
|----|-------------|-------------|-----|
| Su | 2:00-6:00pm | January 8 | \$1 |
| Su | 2:00-6:00pm | February 12 | \$1 |

Party Bridge

Bridge is a great game to remain mentally active and to have FUN. The group meets each Tuesday and Thursday, stop by anytime. All experience levels welcome. *CANCELLED 2/9

| | | | |
|------|--------------|----------|-------------|
| T/Th | 12:30-4:00pm | on-going | 50¢ per day |
|------|--------------|----------|-------------|

Pinochle

Come score points by trick-taking and forming melds in the card game derived from the french game of bezique. The group meets three evenings a week, join anytime! *CANCELLED 1/2, 1/16, 2/20

| | | | |
|-------|-------------|----------|-------------|
| M/W/F | 7:00-9:30pm | on-going | 50¢ per day |
|-------|-------------|----------|-------------|

Pinochle Sundays

You choose if you want to play single deck or double deck. The group meets every Sunday. Please bring a snack to share with others. Additional fees may apply for prizes and coffee.

| | | | |
|----|-------------|-----------|-------------|
| Su | 6:00-9:00pm | on-going* | \$1 per day |
|----|-------------|-----------|-------------|

Dominos

Whether you're an experienced Dominos player, or just learning, you'll enjoy your time with this friendly group that meets each Tuesday and Friday. You choose how often you want to attend.

| | | | |
|-----|--------------|-----------|-------------|
| T/F | 12:30-2:00pm | on-going* | 50¢ per day |
|-----|--------------|-----------|-------------|

Friday Bunco

Join us for BUNCO each Friday, 1:00-3:00pm. Don't know how to play? Don't worry! You can learn how to play this super-fun and easy dice game in just one sitting. All ages and all levels welcome. Bring a friend!

| | | | |
|---|-------------|----------|-------------|
| F | 1:00-3:00pm | on-going | \$1 per day |
|---|-------------|----------|-------------|

Professional personal care,



to support independent living at home.

From meal preparation, to transportation, errands, homemaking, medication reminders or respite for family caregivers, these and other personal care services are available to secure the support you need in your own home.

Our local professional staff will welcome your call at:



Tri-Cities 735-7840
 Walla Walla 529-9541
 Sunnyside 837-8982
 Yakima 453-8946

homecareservices.us.com

A Program of Senior Life Resources, an ALTC and Yakama Nation Contractor.



Dentures 4 U

5219 West Clearwater, Suite 3 · Kennewick, WA 99336
 (509) 374-1660 • Fax (509) 374-9374

Dentures within Two Weeks
 Same Hour Repairs & Relines • Free Consultations



Riverton
 By Bonaventure

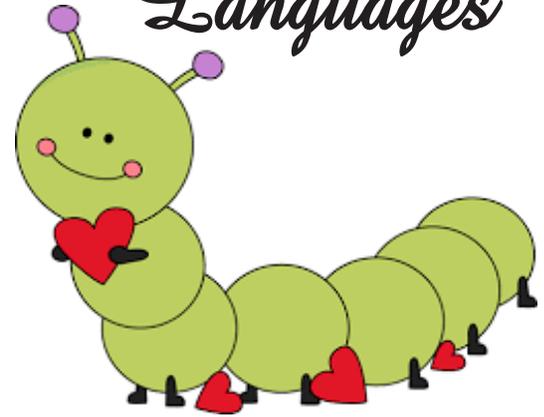


Premier Retirement & Assisted Living

Schedule a tour with us at (509) 628-0221 and come see what sets us apart. We can't wait to see you!

A K S A L G F Q Z I K S Z B X
 L E E Y X S R C W J A U A O H
 Z E B T T Y A A A K R A T X X
 Q C R E C R U E R V L K N I O
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 A J Y M M F U W V A D Y I O T
 P H J M G Z G D O O J R R I G

'Love' in Many Languages

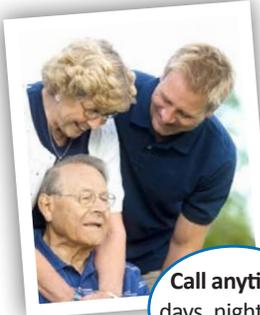


- AMORE (Italian)
- ASK (Turkish)
- AST (Icelandic)
- CARIAD (Welsh)
- CINTA (Indonesian)
- DRAGOSTE (Romanian)
- GRA (Irish)
- KARLEK (Swedish)
- KJAERLIGHET (Norwegian)
- LASKA (Czech)
- LIEBE (German)
- LIEFDE (Dutch)
- LJUBAV (Croatian)

AARP Smart Driver Course

The nation's first and largest classroom refresher course for motorists age 50 and older. Washington state law requires that certified participants receive discounted auto insurance. A.A.R.P. members receive a discounted price. Classes are held at the Kennewick Senior Center. For your convenience, we have listed our entire 2017 course schedule.

| | | | |
|----|------------|--------------|-----------|
| Th | 8:30am-5pm | January 19 | \$15/\$20 |
| Th | 8:30am-5pm | February 16 | \$15/\$20 |
| Th | 8:30am-5pm | March 16 | \$15/\$20 |
| Th | 8:30am-5pm | April 20 | \$15/\$20 |
| Th | 8:30am-5pm | May 18 | \$15/\$20 |
| Th | 8:30am-5pm | September 14 | \$15/\$20 |





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Services, Socials & Activities

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|--|--|
| Lite Done Rite 9:00am Lunch 11:30am Oil Painting 12:30pm Sculpting 1:00pm Tai Chi Practice 3:00pm Pinochle 7:00pm Line Dancing 6:30pm Dance Class 7:30pm | Oil Painting 9am Lunch 11:30am Dominos 12:30pm Party Bridge 12:30pm Belly Dancing 6:30pm Adv/ Belly Dancing 7:30pm Quilting 6:30 - 8:30pm | Lite Done Rite 9:00am Lunch 11:30am Chin. Mah-Jongg 1:00pm Casual Woodcarving 1:00pm Tai Chi Practice 3:00pm Dance Class 7:00pm Pinochle 7:00pm | Lunch 11:30am Party Bridge 12:30pm Needle Art 12:30pm Beginning Tai Chi 6:00pm Sewing 6:00pm | Lite Done Rite 9:00am Woodcarving 9:00am Lunch 11:30am Dominos 12:30pm Bunco 1:00pm Beginning Tai Chi 6:00pm Pinochle 7:00pm |

Birthday Celebration

Friday, January 20 & February 17 is Birthday Day! Celebrate birthdays with some yummy cupcakes immediately following lunch (noon).

Veteran's Group

Enjoy the camaraderie of other veterans, share memories and learn more about veteran and active duty benefits. Occasional guest speakers will be sharing their knowledge with the group. All Veterans welcome, 6-8pm, on the 2nd and 4th Thursday of each month: Jan. 12 & 26 and Feb. 9 & 23

Veteran's Services

Steve Prince of Columbia Industry provides assistance in navigating and/or acquiring VA medical, VA dental, VA benefits, monthly stipend, etc. His office is located at 3521 W. Court Street in Pasco or call 509-460-4703.

Hair Trims & Clips

Take advantage of our affordable hair cutting service provided by volunteer Pam Eggers at the Kennewick Senior Center on the 2nd and 3rd Thursday of the month: Jan. 12 & 19 and Feb. 9 & 16. Styling is not included. 9-11am, only \$1. By appointment only, 585-4303.

Pie, pie and more pie!

Join us on Wednesday, January 18 & February 15 at 1:30pm. It's free and sponsored by Guardian Angel Homes.

SHIBA (Statewide Health Insurance Benefit Advisors)

Trained volunteers provide free confidential assistance on Medicare claims, billing and health insurance issues. For an appointment call the Community Action Committee directly at 545-4042.

CELEBRATE YOUR RETIREMENT.



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Lunch reservations required 24-hours in advance by calling 585-4241 or 735-1911



Meals-on-Wheels lunch is served at the Kennewick Senior Center, M-F at 11:30 am. Meals on Wheels is supported by participant donations. For those age **60 and over** the suggested donation is **\$2.75** per meal. Meals for those **59 and under** is **\$7.15**. Detailed meal and menu information can be found on the Meals on Wheels website at www.seniorliferesources.org

January

| M | T | W | T | F |
|------------------------------|---------------------------|------------------------------------|------------------------|--|
| 2 CLOSED for New Year | 3 Pork Cutlet | 4 White Bean Chili | 5 Macaroni & Cheese | 6 Baked Cod |
| 9 Pork Chop | 10 Chicken Tetrazzini | 11 Beef Stew | 12 Salisbury Steak | 13 Breaded Fish Sandwich |
| 16 CLOSED for MLK Holiday | 17 Green Chili Chicken | 18 Beef Stroganoff | 19 Pork Roast | 20 Birthday Day Roast Beef w/ Gravy |
| 23 Herbed Chicken | 24 Beef Stir Fry | 25 Sweet & Sour Pork | 26 Meatloaf | 27 Grilled Chicken Sandwich |
| 30 Swiss Steak | 31 Spaghetti | | | |

February

| M | T | W | T | F |
|----------------------------------|---------------------------|------------------------|--|---|
| | | 1 Spinach Frittata | 2 Chicken Fajitas | 3 Beef Stew |
| 6 Pork Cutlet | 7 White Bean Chili | 8 Macaroni & Cheese | 9 Meals on Wheels is CLOSED for KSC's Valentine Bingo Event | 10 Chicken ala King |
| 13 Pork Chop | 14 Turkey Tetrazzini | 15 Salisbury Steak | 16 Breaded Fish Sandwich | 17 Birthday Day Roast Beef |
| 20 CLOSED for President's Day | 21 Green Chili Chicken | 22 Pork Roast | 23 Lasagna | 24 Chicken Casserole |
| 27 Herbed Chicken | 28 Beef Stir Fry | | | |

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