



# The Sinto Scene

Vol. 21, No. 24-3

May / June 2024

## Sinto's 2024 Events

### Calendar

- May 17 Open House/Sack  
Lunch
- June 21 All you can eat  
Salad bar
- July 19 Spokane River  
Rafting trip
- July 19 & 20 Yard Sale
- July 19 Spaghetti feed and  
Bake Sale
- Aug. 16 Member Picnic
- Aug. 17 Indians Baseball
- Sept. 20 Sinto's Chili Cook-  
Off & Silent Auction
- Oct. 18 Harvest Event
- Nov. 8 Veterans Luncheon
- Nov. 15 Thanksgiving  
Luncheon
- Dec. 20 Christmas Brunch



Pictured above is the Original building on Opening day May 14, 1958. As I look at the different activities that go on here I can tell why we are still going strong. Here are some fun facts I had found while looking through the files here in the office. The original fee for membership was just \$2.50 per year and the fee for dinner back then was \$.85 sometimes I wish the good ole days were still around since the last time I went out that may buy a slice of bread. It is also good to see the different activities have not changed much, they had Bingo, chess, sewing crafts, knitting, movies, travelogues, men's and women's choral groups. They held a dance on Friday night from 8-11 pm for \$.60 with an old orchestra playing. The price of membership and activities may have changed over time that the need to have a place where people 50 and over can meet to participate in activities for the mind and body, social connection & great affordable nutrition all under the same roof.

Before you sell it, Detail it.



**MOBILE DETAILING**

- Foam Wash | Vacuum
- Interior Wipe Down
- Ceramic Coating
- Paint Correction
- Clay Bar | Sealant
- Headlight restoration
- Deep Clean Wheels
- Wheel Ceramic Coating
- Pre-Sale prep
- Window Tinting
- Windshield Cleaning
- Steam Cleaning

**SCHEDULE TODAY**  
**(509) 251-5076**  
**MyAutoSkin.com**

Sinto Donation Requests:

- Diet Soda, Ginger Ale, 7 UP
- Bottled Water
- Paper Coffee Cups
- Water Cups
- Napkins
- Plastic Ware
- Paper Plates Small and Large
- Paper Towels
- Batteries

**A note to members**

*By, Sandy Ballou*

Hello Members!

We have hired a director for our center. Donna Holten is learning about our center and its functions. Our office is now being open for longer hours and willing to help all of our members with information. There are some good changes being made. We are always looking for ideas to help us with the best service we can give our members. We also have hired a new janitor, his name is Serge Josaphat. His hours are 6:00-10:00 AM, so if you happen to see him around, say hi. He is quite friendly and efficient.

Hello Everyone,

I have been here for about a month now and I have met quite a few of you. I am working hard to learn how things work and how to improve it.. Please feel free to stop by for a visit and if you are not diabetic you can have a piece of chocolate and share some more ideas of how to make Sinto a better place.

Your Director

Donna Holten

## Sinto Member Birthdays

### May

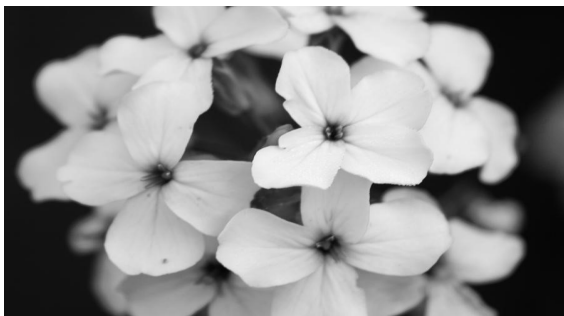
Jo Ellen Bartol  
Larry Bogan  
Allen Bonney  
Ruby Everett  
Sue King  
Sarah McMorris  
Kath McMorris Rodgers  
Ronald Nesbitt  
Ruby Niemeyer  
Dixie Nordness  
Marilynn Norgard  
Donna Scripture  
JoAnn Stewart  
Jennifer Trevino  
Judy Yost

### June

Mike Bowcutt  
Paula Clark  
June Dockerty  
Patty Fisher  
Lynda Garlick  
Phyllis Hawthorne  
Mary Julagay  
Patsy Kinyon  
Tom Knutson  
Connie Lanzinger  
Dewayne Maxey  
Vicki McBride  
Jerry Michael  
Karl Moore  
Brian Rodgers  
Marilyn Sturdevant  
John Vrolson  
Judy White  
Kette Wright

**“We are all a little broken. But last time I checked, broken crayons still color the same.”**

**Trent Shelton**



## Thank You for the Donations

**“Giving is not just about making a donation.  
It is about making a difference.”**

**Thank You all for all of the donations we have received over the last two months. These donations are what helps keep the center going.**

**I would also would like to Thank all the members who brought in or donated items for our Silent Auction. As you all know without you we could not continue to do what we do.**



**Please keep our friends in your  
prayers**

Our Sinto Center is a community that care's about it's members. Some have had recent illness and some have had a loss.

**Condolences:**

**To the Family of JoAnn Van Buskirk**

# Sinto Center Events



## **BEGINNER BALLROOM DANCING**

**MAY 10TH**

**1:30-3:00 PM**

**COST IS FREE**

**THIS IS A FREE LESSON FOR MEMBERS TO GET MOVING AND MAYBE LEARN A NEW STEP OR TWO.**

Join us for an afternoon of Fitness, Fellowship and Fun at our Free Seniors Beginning Ballroom Dancing Lesson! No partner? No problem! We will have a dance partner for you there. To sign up, visit: <https://www.richkingrealestate.com/dance/>



Bring a friend to the Sinto Open House

May 17th

12:00—3:00 PM

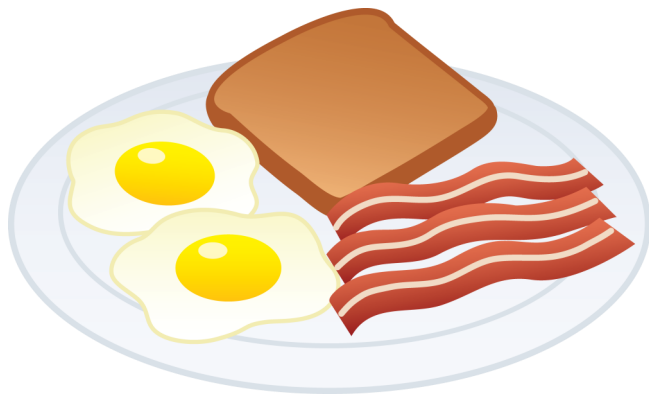
Bring a friend to our center and show our great center. There will be entertainment by the Hilliard Belles and show band starting at 1:00

Sack Lunch \$8.00 for Members \$10 for non-members.

Please call the office to RSVP.

# Sinto Center

## Sinto Center Monthly Breakfast.



First Friday of every month

May 3rd & June 7th.

**MUST RSVP 509-327-2861.**

Breakfast will be served Buffet style 9:00 - 9:30 AM. \$7.00

May Menu: Bacon, Hash Browns, Eggs, Waffles, Fruit, Muffins, Juice and Coffee

June Menu: Biscuits & Gravy, Sausages, Quiche, Hash Browns, Fruit, Sweet Rolls, Juice & Coffee

### Monday Lunch

You all have been asking for it here is the May/June Lunch Menu Cost will be \$7

#### MAY

6TH- STUFFED SHELLS

13TH- PULLED PORK AND COLESLAW

20TH- BEAN SOUP AND CORNBREAD

#### JUNE

3RD- SPAGHETTI AND SALAD

10TH-BAKED CHICKEN AND MAC & CHEESE

17TH- MEAT LOAF AND MASHED POTATOES

24TH- SANDWICH & POTATO SALAD

#### Something To make you Giggle:

I was addicted to the hokey pokey,  
but then I  
turned myself  
around.



NCUA  
Equal Housing Lender

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

BECOME A MEMBER TODAY!

**SPokane City  
CREDIT UNION**

1930 N. Monroe  
(509) 325-4444  
[www.sccu.net](http://www.sccu.net)

# Help Wanted

We are looking for some volunteers for some of upcoming tours and events.

Sinto is looking for Volunteers to be Tour Leaders for outings; these duties would include :

Calling to ensure that there is a reservation for the group and give the final Head count, Having the Itinerary and list of members going. Ensuring there is an updated liability waiver in the book and contact information is correct. Your Transportation Fee will be free you will only be responsible for you room, food and event ticket prices.

## Yard Sale

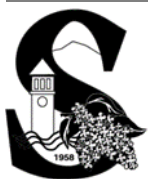
Looking for some people to help Set up/ Tear down Tables for the yard Sale, on July 19th and 20th. We are also looking for a few members to work the day to ensure everyone is safe out there.

Spaghetti Feed is on July 19th and will need help with set up and clean up while the event is happening along with possibly being a bus person to ensure the room stays clean.

Bake Sale will also be held during the Yard Sale we are looking for baked goods to sell for both dates.

*We are looking to have a [Sinto Senior Center Cookbook](#). How about sharing some of your [Favorite Recipes](#) that will be put in a cookbook and sold at our Craft Sale in October. Please Send them in to the office and if you have a photo that will be great also.*

# Sinto Center



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

Sinto Senior Activity Center

1124 W. Sinto Ave. Spokane, WA 99201

[www.sintocenter.org](http://www.sintocenter.org)

[Director@sintocenter.org](mailto:Director@sintocenter.org)

### RENTAL RATES

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

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

### Equipment

Included with Ballroom rental:

Sound System – Ballroom

Projector Screen - Ballroom

Podium - Ballroom

TV/DVD - Dining room

TV/DVD - Classroom

Tables & Chairs – All Rooms

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

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

### DAMAGE & KEY DEPOSIT

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

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

### ADDITIONAL NOTES:

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

Garbage must be bagged and taken to the rear dumpster. Refer to the "Rental Cleaning Responsibilities and Checklist" for complete customer cleaning responsibilities.

# Travel with Sinto Senior *Activity* Center

Please help us take you where you want to go. Submit your tour ideas to the suggestion box, its just past the office window before you head into the dining room!

Tuesday May 7th, **Progressive Lunch**

This is an opportunity to visit three different places for Seniors this is a first for Sinto we are visiting Fairwinds Retirement Community, Fairwood Retirement Community and a place to be named soon. Each location has 2 hours to talk about what they have to offer and a course is served at each location. This is a great way to learn about each location without the hassle of driving yourself.

Cost is \$10 members / \$13 for non-members.

Leaving at 9:30 AM and Returns at 4:30 PM

Thursday May 9th, **Island Style Food & BBQ**

Formerly a Food Truck but they have upgraded to a Brick and Mortar location. This Restaurant offers wonderful Filipino and Polynesian cuisines. The *Exotic* atmosphere is what *Island Style Food* is about.

Cost \$8 Member / \$13 non-member Bus Departs at 4:00 PM

Tuesday, May 21st **Emran Restaurant & Market**

The first Afghan restaurant in Spokane. Nasrollah Mohammadi and his wife, Samira opened this restaurant in late 2023. They believe that to understand the Afghan and broader Persian culture you need to experience their food. While most of the entrees are foreign to American tastes they do offer kebabs which are more familiar to us. The reviews have been good. Come experience something new !

Cost: \$8 member / \$13 non-member Departure: 11:30 AM

Tuesday June 4th **Darcy's Restaurant and Spirits**

Food and fun in the Spokane Valley

Cost: \$10 member / \$15 non-member Departure 4:00 PM Return at 6:30 PM

## **Sinto Seeking Tour Drivers**

**Drivers must be 21 years or older and have a clean driving record. If you are interested in Driving Tours for the Sinto Center please call 509-327-2861. Drivers Meal & Activity are Free and a Driver Guest may join at no Travel Cost.**





# Making Memories at Sinto Senior *Activity* Center

Tuesday, June 18th **Red Dragon (Hillyard)**

Chinese American Food cooked fresh daily from scratch! Yummm! So come hungry.

Cost is \$8.00 for Members / \$12.00 for non-members.

Departure time is 11:30 am returning at 2:00 PM

Friday, July 19th **Rafting Trip**

A Scenic Rafting trip on our river. You will wear a life jacket and use an optional paddle. The water will be warm in July. We begin in Peaceful Valley and end near the TJ Meenach Bridge. Back in Peaceful Valley, we will have lunch that is included in a park where you can see the Benny & June house exterior. This is a moderate activity.

Cost : \$80 / \$85 non members Departure is at 9:30 AM

Wednesday July 31st, **Progressive Farmers Market**

We are going to take a trip to our local Farmers Market, We shall stop at multiple markets and stop for a picnic lunch.

Please keep a look out for exact times and costs once we know when the markets are open.

**Let's go to Montana.** August 5th—8th

We shall be stopping in Lewis & Clark, then off to Historic Helena, A stop at the Gates of the Mountains, Then off to tour the Lewis & Clark Interpretive center. Then one more stop at the National Great Plains Museum.

This is going to be a scenic and memorable trip for all.

Cost and Dates are still To Be Determined.

Saturday, August 17th **Spokane Indians Baseball**

Time to go out to the Ballgame to see the Spokane Indians. Let's root for the home team and then watch the Fireworks after. Make sure wear your Marvel Super Hero's costumes and let's have some fun.




Cost is \$21 for members / \$25 for non-members Departure is at 5:35 PM

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## Important Tour Policies:

1. **Sinto Day and Overnight Tours require a minimum of 8 passengers. If the minimum number of passengers is not met the tour will be cancelled.**
2. **Required payment or deposit is due when making your reservation. No reservation will be held without payment. Overnight tours must be paid in full 30 days prior to trip.**
3. **All passengers must fill out a waiver of liability and policies form before their first tour with Sinto Senior Activity Center. Forms can be requested from the office.**
4. **All tour suggestions should be made to a Travel Committee members or through a filled out Tour suggestion slip, available near the office window and dropped in the suggestion box.**

## May 2024 Activity Calendar

May 2024 Activity Calendar						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Quilting & Crafting 9:00 Lunch 11:30 Pinochle 12:30	Yoga 9:00 Spring Chicks 10:30 Lunch 11:30 Al-Anon 1:30	Nia 9:00 Spring Chicks 11:00 Lunch 11:30 Dominos 1:00	Yoga 9:00 Wii Bowling 9:30 Hand & Foot 11:00 Lunch 11:30 Bingo 1:00	Coffee Klatch 9:00	Bingo 1:00 PM Pinochle 6:00 PM
			<b>1</b> <b>Birthday</b> <b>Lunch</b> <b>12:00</b> 	<b>2</b> Writers Group 10:00 AM	<b>3</b> <b>Center</b> <b>Breakfast</b> <b>9:00 AM</b>	<b>4</b>
5	6	<b>7</b> <b>Progressive</b> <b>Lunch</b> <b>09:30 AM</b>	<b>8</b>	<b>9</b> <b>Island Café &amp;</b> <b>BBQ</b> <b>4:00 PM</b>	<b>10</b> Beginner Ball room Dancing. 	<b>11</b>
12	13	14	15	<b>16</b> Bingo Potluck 12:00 PM	<b>17</b> Sinto Center Open House 12:00 PM	<b>18</b>
19	20	<b>21</b> <b>Emran</b> <b>Restaurant</b> <b>11:30 AM</b>	22	23	24	25
26	<b>27</b> <b>MEMORIAL</b> <b>DAY</b> 	28	29	30	<b>31</b> Pinochle Tournament 9:00 AM	<b>1</b>

## June 2024 Activity Calendar

June 2024 Activity Calendar						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Quilting & Crafting 9:00 Lunch 11:30 Pinochle 12:30	Yoga 9:00 Spring Chicks 10:30 Lunch 11:30 Al-Anon 1:30	Nia 9:00 Spring Chicks 11:00 Lunch 11:30 Dominos 1:00	Yoga 9:00 Wii Bowling 9:30 Hand & Foot 11:00 Lunch 11:30 Bingo 1:00	Coffee Klatch 9:00	Pinochle 6:00 PM
2	3	4 <b>Darcy's                      Restaurant</b> 4:00 PM	5 <b>Birthday                      Lunch</b> 12:00 	6	7 <b>Center                      Breakfast</b> 9:00 AM	8
9	10	11	12	13	14	15
16	17	18 <b>Red Dragon</b> 11:30 AM	19	20 <b>Bingo Potluck</b> 12:00 PM	21 <b>All You can                      Eat                      Salad Bar</b> 12:00	22
23	24	25	26	27	28 <b>Pinochle                      Tournament</b> 9:00 AM	29
30	1	2	3 <b>July                      Birthday                      Lunch</b> 12:00	4	5 <b>July                      Center                      Breakfast</b> 9:00 AM	6

## Weekly Activities: Current Reoccurring Activities

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
<b>9:00</b> Quilting & Crafting	<b>9:00</b> Yoga	<b>9:00</b> Moving to Heal (Act 2)	<b>9:00</b> Yoga	<b>9:00</b> Coffee Klatch	<b>1:00</b> Bingo
<b>11:30</b> Lunch	<b>10:30</b> Spring Chicks	<b>11:00</b> Beg. Spring Chicks	<b>9:30</b> Wii Bowling		<b>6:00</b> Pinochle Double Deck
<b>12:30</b> Pinochle Party Single Deck	<b>1:30</b> Al-Anon	<b>1:00</b> Dominos Mexican Train	<b>11:00</b> Hand & Foot		
		<b>6:00</b> Pinochle Double Deck	<b>11:30</b> Wii Golf		
			<b>1:00</b> Bingo		



**“Happiness is a state of Activity!”**

**- Aristotle -**



**Yahtzee**

**Every 3rd Wednesday  
of the Month at**

**1:00 PM**

### Sinto Birthday Lunch



Celebrate with Sinto on the 1st  
Wednesday of each month at 12:00.  
If it's your Birthday Month your meal is  
Free. May 1st & June 5th 12:00

All others \$5 lunch!

**Must RSVP 24 hours in  
advance.**

### Double Deck Pinochle

Monday Single Deck Pinochle @ 12:00 PM  
Wednesday Double Deck Pinochle @ 6:00 PM  
Saturday Double Deck Pinochle @ 6:00 PM

**Please RSVP for Double Deck Pinochle**

**with Linda 509-608-1888!**

**We are willing to teach new players the game!**

**Pinochle Tournaments:**

**Final Friday Every Month**

Cost is \$10 per-person

Sign UP Sheet in Ballroom

**RSVP for Tournament Lunch**

## Weekly Activities!



### Crafting Group

Quilting and Crafting group meets on Mondays from 9:00 am to 3:00 PM. Open to knitters, cross-stitching, crochet, painters, card makers, and those who love to color. Donated fabric is available, all other supplies must be brought in.

We would love to have you join us!

**Monday's at 9:00 AM.**

**Cost: \$2.00**



**Thursdays & Saturdays @ 1:00PM**

**Sinto Ballroom Activity Fee: \$2.00**

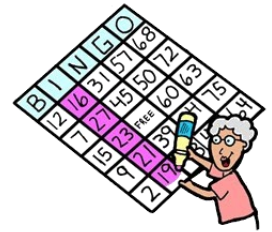
\$1 per 3 on flimsy. \$2 per 6 on flimsy.

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

*Latest Big Winners:*

*\$75 Blackout*

*\$91 Double Action*



### **Wii Bowling**

Every Thursday  
9:30-11:00AM

### **Wii Golf**

11:30 - 1:00PM  
Call 509-327-2861



### **Whirlaway Square Dancers**

Dance at  
Sinto Center  
Ballroom  
Wednesdays

1:00 - 3:00  
PM!



**Call ED 208-210-8805 for more info!**

### **Hand & Foot Cards**

Every Thursday

11:00 AM

Cost: \$2.00



### **Sinto Coffee & Coffee Klatch**

The coffee is always on at Sinto. Stop by any day of the week for a cup! Coffee Klatch hosted on Fridays starting at 9:00 AM. \$2.00

**We look forward to seeing you!**

# Thank You Sponsors!

## **Spokane Parks & Recreation Dept.**

*Providing program funding since 1969*

## **Cheryl Olson**

*Partnering with us since 2017*

## **Spokane City Credit Union**

*Partnering with us since 2017*

## **AUTOSKIN Auto Detailing**

*Advertiser since 2024*

**Looking for a Service or Product?**

Please remember to support those businesses who support our center and it's programs!

If you're interested in Advertising in the Sinto Scene or in Sponsoring an Event at Sinto, Please contact us at 509-327-2861. We are always looking for Community Partners!

### **2024 Center Board of Managers:**

**President—Sandy Ballou**

**Vice President—Bobby Smith**

**Treasurer—Marilyn Olson**

**Secretary—Ginger Otto**

**Members: Mary Julagay, Linda Denman, Kevin Reeves, Louise Gessner and Larry Bogan**

**Meetings 2nd Tuesday of each month**



**Cheryl Olson,  
Retired,  
Congratulations!**

**Thank you Cheryl for continuing to sponsoring our monthly Birthday Cake!**

## Membership Application or Renewal

### PRIMARY MEMBER

Name \_\_\_\_\_ Birthday \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Address \_\_\_\_\_  
(The Sinto Scene newsletter will be mailed to the address of the primary member)

Email \_\_\_\_\_ Phone ( ) \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Emergency Phone ( ) \_\_\_\_\_

### ADDITIONAL FAMILY MEMBER

Name \_\_\_\_\_ Birthday \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_ Phone ( ) \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Emergency Phone ( ) \_\_\_\_\_

*FOR MORE FAMILY MEMBERS USE SEPARATE SHEET (INCLUDE ALL INFORMATION FOR EACH MEMBER)*

Additional family must be related to primary as: spouse or domestic partner, parent, child or sibling.

### Payment Enclosed:

#### Annual Rates: (12 Months)

\$30 Primary member

\$15 Each additional qualifying  
family member

Annual Dues [# of Members \_\_\_\_] \$ \_\_\_\_

Lifetime Dues [# of Members \_\_\_\_] \$ \_\_\_\_

Additional Donation \$ \_\_\_\_

**Total Payment** \$ \_\_\_\_

(Please Submit with Your Payment to the Sinto Office)

## Membership Dues

Dues are paid annually. For the purposes of family member discounts, **an additional family member is: a spouse or domestic partner, parent, child, or sibling of a full price primary member. Who resides in the same residence.**

Members have a 30 day grace period for annual renewals before losing benefits.

#### Annual Rates: (12 Months)

\$30 For the primary member

\$15 For each additional qualifying family member

### WELCOME NEW

#### MEMBERS:

**Susan Dankovich**

**Dan Montgomery**

**Wendy Montgomery**

**Corey Holten**

**Donna Holten**

**Gerri Robbins**

**Vicki Mc Bride**



# Sinto Senior *Activity* Center

1124 W. Sinto Avenue  
Spokane, WA 99201  
(509) 327-2861

Non-Profit Organization  
U.S. Postage Paid  
Spokane, WA  
Permit No. 694



Current Resident or

## Our Mission

To improve the health of seniors by providing activities for the mind and body, social connection & great affordable nutrition!

## Our Core Values

Be friendly, stay positive, create fun & strive for excellence!

### Administrative Office Hours:

Mon-Thur 9:00am - 3:00pm

Friday 9:00am - 11:00am

**Phone #:** (509) 327-2861

[Director@sintocenter.org](mailto:Director@sintocenter.org)



Sinto Senior Activity Center is a 501(c)(3) nonprofit approved & registered with the IRS since 1961; all contributions are tax deductible. We welcome your donations!