

Harman Center

at Gailleon Park



\$3/issue • \$12/year

We accept Visa and MasterCard

Active adults 55 years and over

July • August • September 2015



101 North 65th Avenue

Yakima, WA 98908

509 • 575 • 6166

Monday-Friday 8 AM - 4 PM

Saturday 8 AM - 3:30 PM

Tuesday/Thursday 6 PM - 9 PM

City of Yakima welcomes all persons 55 years of age and older to participate in a wealth of recreational and social activities at the Harman Center, a unit of the Parks and Recreation Division, Department of Public Works. Harman Center is a tax-supported City service.

We invite you to try some of our energizing activities like weekly dances and exercise classes; join in the fun in our pool room; participate in educational and recreational classes; experience a day trip or a longer tour around the corner or overseas!

General Information

Harman Center 575-6166

Tour Program Direct Line 576-6405

Phone or Mail-In Registration

Please make checks payable to City of Yakima. Mail to Harman Center, 101 N. 65th Ave., Yakima, WA 98908. If you phone in your registration, please have your Visa or MasterCard ready. We will mail your receipt and itinerary.

Senior Information & Assistance 469-0500

ALTC has legal information, notary service, household chores, attendant care, etc.

Loan Closet

Our loan closet has walkers, canes, etc. available. A \$20 deposit is required. Wheelchairs are available for a \$50 deposit. All items are for temporary use only.

Plan Ahead

We would encourage you to plan ahead and bring bills that are \$5 or less. We are not able to make change. Please try to bring the correct amount for your lunch, coffee, etc. Thank you!



Gift Certificates

Gift certificates are available in any amount and can be used for all Harman Center activities except lunches.

Class Cancellation

If the minimum activity requirement is not met, it will be necessary to cancel that activity. If the Harman Center cancels an activity, a full refund will be sent to each paid participant. If a participant cancels their activity registration, a \$5 processing fee will be applied to the refund.

Disclaimer

The Harman Center does not endorse any speaker, service or product that is represented in any class, advertisement or function in our facility. The City of Yakima does not discriminate in providing services on the grounds of race, creed, color, religion, national origin, gender, age, marital status, or the presence of any sensory, mental or physical handicap.

Responsibility Disclaimer

The Harman Center is not responsible for anything that is left at the Center; if left over two weeks it becomes the property of the Harman Center.

Recycling

Take the following materials to Central Washington Recycling, 2nd Ave. and "A" St. off of Yakima Ave: newspaper, office paper, magazines, milk jugs, plastic pop bottles, aluminum cans, corrugated cartons. Be sure to bring the money and receipt to the front desk at the Harman Center. Thanks! All batteries, even hearing aid batteries, may be brought to the Harman Center for recycling.

Wireless Internet

Wireless internet connection is now available at the Harman Center. The password is **SeniorCenter**.

Harman Center Library

Our library, located in the Harman Center lounge, has puzzles, novels and books available for free check out. New magazines are needed.

Subscription Expired?

Check the upper right hand corner of your address label for the expiration date of your newsletter subscription.



Holiday Bazaar

Enjoy over 40 booths of handcrafted holiday decor and gifts!

Unique Treasures, Seasonal Treats & Holiday Fun!

November 7, 2015

8:00 AM - 1:00 PM
Booth \$35
Breakfast \$5
Lunch \$5

ACTIVE AGING

Have you ever wondered what the Yakima Valley has to offer seniors in our area? Well, have your questions answered at the Senior Expo on September 10, 2015, at the Harman Center. We hope to see you at the event!

DOLLHOUSE MINIATURES

If you're interested in creating and painting dollhouse miniatures, there is a group for you! It meets on the first Tuesday of the month at 6:00 PM in Classroom B. For inquiries, call Dorothy Bengé at 452-7439.

SPECIAL ANNOUNCEMENT: SENIOR SOFTBALL BBQ!

A Bar-B-Que is in the works to help raise support for the *Seniors' Softball League* in Yakima! Come out to see a game and enjoy some fun and food with the whole family! More information will be made available at the Harman Center in the coming weeks.

CITY OF YAKIMA

ADULT DAY CENTER PROGRAM

There are openings in the Day Break respite care program! Day Break is available at the Harman Center on Tuesdays, Wednesdays & Fridays from 10:00 AM - 2:00 PM. Pre-registration is required for all day center participants. For more information, call Patty Rogers at (509)952-8151.

JAPANESE LANGUAGE CLASS

Register at the Harman Center to learn to speak Japanese from a native speaker! Classes are offered on Tuesdays and Thursdays from July 2-September 10, 2015 at 7:30 PM.

ACRYLIC PAINTING CLASS

K.Lee Designs now is offering weekly painting classes for adults at the Harman Center. Classes include instruction, supplies, and fun! Sign up for these \$40 courses at the Center! The next class is Thursday, July 2, 2015, from 7-8:30 PM.

WOOD CARVERS WOULD CARVE WOOD!

Did you enjoy the wonderful wood carvings that were recently displayed throughout our center? *Thank you* to the wood carving group for displaying your works of art. If anyone would like to join, they meet at 9:00 AM on Wednesdays at the Harman Center!

SPECIAL THANK YOU!

Thank you to Orchard Park, Living Care and Chesterley Meadows for bringing in the monthly birthday cake this last quarter. We appreciate you!

Hello again eveybody!

Many changes have taken place this last quarter. I regret that this sorry mess happened. I honestly believed that folks had every right to speak, so long as there was no vulgar language used or untruths told. It appears that a few were insensitive to, or ignored the fact that a time bomb was ticking. There were setbacks, but by working together, we will survive and thrive!

When a volunteer is given a new position, that person must be given a job description with specific expectations. Just because a volunteer is a savvy adult, one cannot assume he knows everything right front the start. Mark Odle has been working as our new volunteer coordinator and has been doing well at providing volunteers with the information they need.

Our trustees are volunteer members dedicated to the betterment of our center. They make decisions and promote special events. Being a trustee is not especially popular, and it doesn't always earn praise or notoriety. The trustees care, and they want Yakima Valley Senior Citizens, Inc. ("YVSC") to be strong and successful. The trustees are volunteers who have chosen to give their time to help make YVSC run smoothly. They are involved in special events around the Harman Center. They make repairs, clean, and prepare and serve meals. YVSC volunteers don't receive compensation for their efforts.

When the word "member" of YVSC is mentioned, it doesn't mean that one has to pay dues or join a club. It means adding your name to our volunteer list. You have choices to volunteer where you'd like. If it doesn't fit, you can choose another place to serve until you're happy. You may also work special events from time to time if you don't want to be locked into a schedule. If you'd like to volunteer, we can help get you connected!

Jean Germaine, President of Yakima Valley Senior Citizens, Inc.

BOARD MEMBERS

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TRUSTEES		

Mission: YVSC, Inc., is a private, not-for-profit organization established to include, but not limited to the following goals:

- 1. To seek, receive and administer charitable funds to support The Harman Center in furthering services to seniors;*
- 2. To provide an organization to unite the senior citizens of the area;*
- 3. To represent all participants at the Center in addressing the opinions and concerns regarding the Centers programs and operations;*
- 4. To assist, encourage and promote to ongoing and future activities of the Center;*
- 5. To act in an advisory capacity to the Center and staff in planning Center activities and operations;*
- 6. To assist Center staff in developing programs to educate the community about aging and services to seniors; and*
- 7. To serve as advocates for the Center with all program participants and the community at large.*

Volunteer Hours

Apr — 1755 Hours — 112 Volunteers
May — 1129 Hours — 85 Volunteers
Jun — 1520 Hours — 84 Volunteers

2015 CASINO TRIPS

Muckelshoot Casino.....	July 17
Snoqualmie Casino.....	September 17
Snoqualmie Casino.....	November 17

OTHER 2015 EVENTS

Pippins Ballgame	TBD
Art Show.....	October 12-24
Potato Feed.....	October 13
Apple Crisp Social.....	November 5
Breakfast with Santa.....	December 5



Recycle!

A BIG THANK YOU for all the items, including cans, plastic bottles, newspaper, etc., that many of you have brought in during this past quarter. In the last 12 months, we have collected 26 buckets worth of pull tabs! Great work, and keep 'em coming!

Coffee Bar

The Coffee Bar crew would like to extend a heartfelt thank you to Ben Bordeaux for his faithfulness in delivering our donuts to us all of these years. Many have enjoyed their morning coffee even more because of Ben's service to us.

Bring a friend and stop by for

Small Coffee	75¢	Large Coffee	\$1
Tea	25¢	Donut	50¢

We are in need of:

Napkins Liquid Creamers
Small Paper Plates Sugar-Free Candy
Individually Wrapped Candy

Hello Fellow Travelers!

I can't believe the year is half-way over, and I'm already planning for 2016. I've had some great ideas come from many of you, and I'm excited to see what I can do with them. It's not too late to send me your thoughts and ideas via email at lori.schatz@yakimawa.gov or by mail at HC Trips & Tours 101 N. 65th Avenue, Yakima, WA 98908. I look forward to any and all grand plans that you may have!

Please call 575-6166 to schedule your appointment Tuesday-Thursday 11:00AM to 1:00PM. I will also be available for drop-in visits Tuesday-Thursday from 2:00PM to 4:00PM on a first-come, first-served basis.

Thank you again for helping make this program the best trip and travel program around!

-Lori Schatz

Trips Include...

Most trips include: Continental breakfast before departure, round-trip motor coach and host.

Certain trips include tickets for events, hotel rooms and/or meals.

Please refer to your trip and tour book to verify everything included on each trip.

Call Lori at 576-6405 for more information.

IMPORTANT TOURING INFORMATION

Tour Registration

Register for tours as soon as the date and prices are available.

Registration is first-come, first-served. Some tours fill up quickly and you may miss out on a great tour if you hesitate to register. If minimum registrations are not met, we reserve the right to cancel.

Tour Cancellation

The Harman Center reserves the right to cancel tours should it become necessary. In such cases, a full refund will be sent to each registrant. On occasion, it is necessary for a participant to cancel their tour reservation. The cancellation policy for each trip will be printed on the trip itinerary.

Special Requirements for Tours

Participants needing special assistance must have a companion register for the trip and s/he must be willing and able to provide any required help. Wheelchairs and walkers can be taken on trips, but hosts and drivers are not responsible for pushing wheelchairs.

Trip Pricing

PPDO: Per Person Double Occupancy
PPSO: Per Person Single Occupancy
PPTO: Per Person Triple Occupancy

Trip Reservations/Deposits

Trips require a non-refundable and non-transferable deposit or must be paid in full at the time of registration. On extended trips, a deposit is required at the time of sign-up and final payments are outlined in your itinerary.

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Contact Michelle Perales at (509) 965-5282.

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Full Trips

CRYSTAL MOUNTAIN - GONDOLA RIDE
&
SUNDAY BRUNCH ON THE SUMMIT
JULY 26, 2015

BENIHANA AND PIKES MARKET
AUGUST 5, 2015

WHALE WATCHING & CASINO
AUGUST 24-26, 2015

ALASKA CRUISE
AUGUST 29-SEPTEMBER 5, 2015

Sail on the Grand Princess, one of the largest cruise ships to go into the glaciers of Alaska! Travel in luxury as you sail through some of the most gorgeous wilderness areas in the world! Ports of call include Ketchikan, Juneau, Skagway and Victoria, B.C.

Cost: \$1,399-\$1,999 Deadline: July 15, 2015

Budget Friendly Transportation!

Yakima Transit can be one of the biggest budget boosters in Yakima! When you ride the bus you just relax and save money while professional drivers take you to your destination safely, dependably and very economically. A Reduced Fare Monthly Pass is only \$9.00 for an entire month of transportation!



Reduced Fare - (one way) **50¢**

Persons 62 and over and the disabled.
Reduced Fare ID Card required!

**Reduced Fare
Monthly Pass Only \$9.00**
Unlimited rides for a month!

Yakima Transit

Passes on sale at the Harman Center!

MARINERS BALL GAMES

• Deadline for each game is 3 weeks prior.



Sun, Jul 12th, 2015.....Mariners vs. Angels

Sun, Aug 9th, 2015.....Mariners vs. Rangers

Sun, Sep 13th, 2015.....Mariners vs. Rockies

Sun, Oct 4th, 2015.....Mariners vs. Athletics

Cost: \$74.00 Deposit: \$10

Instead of vans, we *will* be taking the motor coach buses. If the bus does not have enough passengers by the deadline, the trip will be cancelled.



SENIOR DAY AT THE WASHINGTON STATE FAIR

IN PUYALLUP
SEPTEMBER 15, 2015

September is the perfect time of year to enjoy the fair. The Washington State Fair has acres and acres of food, attractions, and entertainment! The fair is a wonderful place to people watch too!

Cost: \$59 Deadline: August 15, 2015



LAS VEGAS & GRAND CANYON
SEPTEMBER 19-27, 2015

Road trip! We won't be traveling in your high school buddy's '56 Chevy; instead we'll be traveling in supreme motorcoach style. You'll explore Las Vegas and the Grand Canyon, of course, but you'll also visit Laughlin, NV, and Salt Lake City, UT.

Cost: \$799-\$1109 Deadline: July 15 2015

UTAH CANYON ROYALE SEPTEMBER 27-OCTOBER 1, 2015

Take in the beauty of Zion National Park, Valley of Fire National Park, Cedar Breaks National Monument, and Mesquite. Las Vegas will also be a stop on this trip.

Cost: \$1,199-\$1,379 Deadline: August 13, 2015

TRIP WATCHLIST:

Oktoberfest in Leavenworth - October 3, 2015

This could be the best ale fest in the States! There's music, great food, arts, crafts and activities for the whole family.

Cost: \$39.00 Deadline: August 13, 2015

Queen Mary Stay in L.A. - November 8-14, 2015

Step back in time as you stay aboard the historical Queen Mary and tour the famous sites of Los Angeles, with optional whale watching and Catalina Island excursions.

Cost: \$1965-\$2415 Deadline: August 21, 2015

*Ad Space
Available!*

Contact Erin Hull at
erin.hull@yakimawa.gov
or 576-6403.

2016 SNEAK PEAK*!

Tropical Costa Rica - March 14-22, 2016
Cost: 2,699-\$3,249

Canadian Rockies Getaway - June 19-24, 2016
Price: 2,945-\$3,495
\$100 Discount for Booking Early!

Cape Cod & the Islands - September 18-24, 2016
Nantucket, Boston, Plymouth Rock, Martha's Vineyard
\$2,645-\$3,495
\$100 Discount for Booking Early!

Australia, the South Pacific Wonder - November 2016
Explore the "land down under," including New Zealand for 15 days!
Price: TBD

*Flyers for each of these trips are available at the Harman Center or we can mail one to you. Please call (509)576-6405 for more information.



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Ongoing Activities

FOOTCARE

This clinic is for persons 60+ years of age. To answer any questions or to schedule an appointment, please call the clinic directly at (509)576-6725.

FITNESS FOREVER

This popular fitness class consists of floor, chair and standing exercises, and the monthly cost is \$15.00. Try your first class for free!

Mon, Wed, Fri.....8:30 AM & 9:30 AM

ZUMBA GOLD

This upbeat dance-fitness class consists of modified, low-impact moves for active adults. You will be exhilarated after taking this exciting class! The monthly fee is \$40.00.

Tues, Thurs.....9:00 AM-9:45 AM

LUNCH

People For People proudly offers daily lunch service at the Harman Center. Reservations are required and can be made by calling (509)426-2601 at least 24 hours in advance. There is a suggested donation of \$2.50 for diners 60+ years of age. Monthly menus are available. Lunch is served at 11:15 AM.

DRIVER'S REFRESHER CLASS

Drivers 55+ years of age who complete this approved safe driving course may qualify for an auto insurance discount.

No driving or written tests are included in this course.

Classes are held the third Tuesday-Wednesday monthly.

Contact Howard Underwood for more informatino at (509)952-6801.

BILLIARDS

The Harman Center houses several billiards tables, where players compete every day. Come on by for a casual or spirited game of pool! Ladies and gents are welcome!

Monday-Friday.....8:00 AM - 4:00 PM

Saturday.....9:00 AM - 3:00 PM

Note: Most Classes are \$12 per quarter. Scholarships are available.

MONDAY

Ping Pong.....10:30-11:30 am\$12/qtr., Beginners
 Ping Pong.....1-3 pm.....\$12/qtr., Advanced
 Pinochle1-4 pm.....\$12/qtr.
 SHIBA Insurance Counseling.....10 am-noon.....4th M, Call 574-1934 for appt.
 Soup and Sandwich11:30-noon\$5

TUESDAY

Bridge.....10 am-3 pm\$12/qtr.
 Hearing Testing.....11 am, by appt.....Free, 2nd Tu, Call 575-6166 for appt.
 Birthday Cake for Everyone.....11:30 amFree, 2nd Tu in Lobby
 Skip Bo1-3:30 pm\$12/qtr.
 Cribbage.....1-3 pm.....\$12/qtr.
 Haircuts.....9:30-12 pm2nd Tu — \$8-men — \$12-ladies
 A licensed Cosmetologist will be providing haircuts. Please wash your hair before your appt. - Call (509)575-6166
 Soup and Sandwich11:30 - noon\$5
 Japanese Class7:30-8:30 pm\$100/qtr.

WEDNESDAY

Blood Sugar Testing*9-11:30 am.....Free, 1st & 3rd W
 Blood Pressure Screening*9-11:30 am.....Free, Every W

*Does *not* take the place of doctor visit

WEDNESDAY (continued)

Wood Carving.....	9-11 am.....	\$12 + supplies
Scrapbooking and Stamping.....	12:30-3 pm.....	\$12/qtr. + supplies
Jewelry.....	1-3 pm.....	\$12/qtr. + supplies
China Painting.....	1-3 pm.....	\$12/qtr. + supplies & firing fee
Wednesday Matinee Dance.....	1:30-3:45 pm.....	\$4, live music - Al Maletta & Bob Homan
	Jul 1.....	Wear Red, White & Blue, Pie/Ice Cream
	Aug 26... ..	Who am I???
	Sept 30... ..	Hobo
Legal Advice for Seniors.....	2-4 pm.....	Free, call 575-6166 for appt.

THURSDAY

Oil Painting.....	9-11 am.....	\$12/qtr.
TOPS*(wieght support).....	10-11:20 am.....	\$12/qtr.
Ping Pong.....	1-3 pm.....	\$12/qtr., All abilities welcome.
Quilting Club.....	12:30-3:30 pm.....	\$12/qtr., All abilities welcome.
Senior Citzens, Inc.....	1 pm.....	2 nd Th
Dinner Club, Call (509)575-6166 to reserve).....	5:30 pm.....	No host, 3 rd Thursday/Mo.
	Jul.....	Golden Moon 1406 N. 1st Street, Yakima
	Aug.....	Woodshed at Eagle Rock 8590 WA-410, Naches
	Sept.....	Sea Galley 25 E Valley Mall Blvd, Union Gap
Acryllic Painting.....	7-8:20 pm.....	\$40/class
Japanese.....	7:30 to 8:30 pm.....	\$100/qtr.

**Membership \$28/year +2/month*

FRIDAY

Watercolor for all Abilities.....	9-11 am.....	\$12/qtr. + supplies
Knitting & Crocheting (all Abilities).....	12:30-3:30 pm.....	\$12/qtr. + supplies
Leatherworks.....	12:30-3 pm.....	\$12/qtr. + supplies
Friday Matinee Dance.....	1:30-3:45pm.....	\$4, live music - Gary Malner & Lee Arnett
	Jul 17.....	Hawaiian
	Aug 14.....	Harvest Time
	Sept 18.....	Western
Boomer Dance.....	8-11 pm.....	\$5, 3 rd Friday/Mo.

SATURDAY

Bridge.....	10 am-3 pm.....	\$12/qtr. — Bring sack lunch.
Bingo.....	10 am-12:30 pm.....	\$12/qtr., 25¢ a card.
Saturday Breakfast.....	8-9:30 am.....	\$5, every Sat.

Call 576-6728 to make Reservations

Instructors and Assistants:

Sharon Fisher	Marv Franklin	Rosie Steele
Ron Moore	Marcia Nichols	Mary Kraining
		Joanne Sapik

Summer Quarter Computer Classes

Craigslist 101 **Instructor: Ron Moore** **\$20**
 Tu/Th Jul 14 & 16 2 days 10a-12p
 Tu/Th Aug 4 & 6 2 days 10a-12p
 Tu/Th Sept 15 & 17 2 days 10a-12p

Facebook **Instructor: Marv Franklin** **\$10**
 Th Jul 9 1 day 1p-3p

Internet Tips & Safety **Instructor: Ron Moore** **\$20**
 T/Th Jul 21 & 23 2 days 10a-12p
 T/Th Aug 11 & 13 2 days 10a-12p
 T/Th Sept 22 & 24 2 days 10a-12p

Photography Guest **Speaker: Joanne Sapik** **\$10**
 Fri Sept 25 1 day 10a-12p

Win 7 Beginning **Instructor: Rosie Steele** **\$25**
 W/M/W Jul 22, 27 & 29 3 days 1p-3p

Explore Win 7 **Instructor: Rosie Steele** **\$40**
 M/W Aug 10,12,17 & 19 4 days 1p-3p

Win 8.1 Beginning **Instructor: Rosie Steele** **\$25**
 M/W/M Aug 24,26 & 31 3 days 1p-3p

Win 8.1 Intermediate **Instructor: Rosie Steel** **\$40**
 M/W Sept 21,23,28 & 30 4 days 1p-3p

IPad and/or Genealogy

Sign-Up Sheet - Instructor will call and arrange times.

Refund Policy

Due to the popularity of our computer classes and limited space, refunds will not be granted if you cancel less than 2 weeks prior to start date.

ROTATING CLASS OFFERINGS		
CLASS	DESCRIPTION	DURATION
MS Excel	Spreadsheets	3-day class
MS Word	Documents	3-day class
MS PowerPoint	Meeting Presentation	2-day class
MS Movie Maker		1-day class
Digital Photos	Digital Editing	1-day class
Genealogy	Family History	2-day class
Craigslist 101	Safely sell your stuff	2-day class
Internet Tips & Safety	Learn to use and search the Internet safely	2-day class

Not all classes are offered each month. Call 576-6729 and leave a message to put your name on a waiting list.

FREE Computer Lab

It is a time when the computer room is open for your use and an instructor is available for help if needed. Got a new mobile device? We're not just for computers; we will try to help you...and it's free.

Jul 6, 8, 10, 13, 15, 20, 22, 24, 27, 29	10a-noon
Jul 21 & 28	6:30p-8:30p
Aug 3, 5, 10, 12, 14, 17, 19, 24, 26, 28, 31	10a-noon
Sept 2, 9, 10, 14, 16, 21, 23, 28, 30	10a-noon

Important Note

Classes are filled on a first-come, first-served basis. Until you have paid the fee, you are not enrolled. Fees may be paid by MasterCard, Visa, cash or check. If you have questions regarding classes, call (509)576-6729. A volunteer will return your call.

Walk-ins may be accepted, subject to space availability and instructor's discretion.

Help Wanted: If you would like to teach (any computer topic), or assist an existing class, please call 576-6729.



Due to possible up-grading, classes may be canceled or changed. Double check with the front desk or call 576-6729 to leave a message and your call will be returned as soon as possible.



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www.ResCareHomeCare.com



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Free Satellite TV

Sun Tower is a 501(C)3 Nonprofit
All donations are tax deductible



Harman Center Staff

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Timothy Reed
Footcare Nurses

VOLUNTEER OPPORTUNITIES

The Harman Center is in need of many volunteers to serve in the kitchen, at special events, and as greeters. Most shifts are 3-4 hours Monday – Saturday. If interested please contact Volunteer Coordinator Mark Odle at 575-6230.



2015 3RD QUARTER HOLIDAYS & CLOSURES

Holidays

Office Closure for Independence Day.....July 3
Independence Day.....July 4
Labor Day.....September 7
Ash Wednesday.....February 18

Closed

NEWSLETTER SUBMISSIONS

Below a friendly reminder for the quarterly newsletter submission deadlines.

Date of Publication	Months in Publication	Submission Deadline
Autumn 2014	Oct, Nov, and Dec	September 1, 2015
Winter 2016	Jan, Feb, and Mar	December 1, 2015
Spring 2016	Apr, May, and Jun	March 1, 2016
Summer 2016	Jul, Aug, and Sept	June 1, 2016

Harman Center Wish List

Small paper plates
Laundry detergent
Bleach
Batteries...A23, D, AA or AAA
60" Flat Screen TV with Mount
Individually wrapped candy
Copier paper

Reserve the Harman Center!

The Harman Center is available for rentals for a variety of gatherings.

Wedding Receptions Reunions

Anniversaries Birthdays

Rental includes

banquet seating for 225, kitchen, hardwood dance floor
all in clean, comfortable elegance.

Request the rental information packet at the office or call 575-6166.