

October

Fall 2015

November

December

HARMAN CENTER

at Gaillean Park

*101 North 65th Avenue
Yakima, Washington*

SUN TOWER Retirement Home



Retirement Apartments
Available!

- All utilities paid
- Evening meal
- Laundry facilities

ASSISTED LIVING

Studio & 1 Bedroom Apts. Available

Tours: Mon.-Fri. 8am-5pm
6 N. 6th St. Yakima • (509) 248-3191

Free Satellite TV

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



Health Alliance **MEDICARE** SM



HealthAllianceMedicare.org

med-WAYHarmanAd-0815

Wonderful Affordable Senior Housing Available in Sunnyside and Grandview

One Bedroom Units with Private Patios

Sunnyside Manor I

808 South Fourth Street
Sunnyside, WA 98944
(509) 839-3434

Sunnysidemanor@spokanehousingventures.org

Grandview Square

601 Washington Street
Grandview, WA 98930
(509) 882-2772

Grandviewsquare@spokanehousingventures.org

All units are subject to income restrictions.



Yakima and Kittitas County, Washington

- ResCare HomeCare provides flexible, dependable homecare in the home, hospital, long-term care facility or other residence.
- We offer "safe discharges" from hospitals and rehabilitation centers to your home.
- Our licensed trained Caregivers provide 2-24 hour assistance in housekeeping, personal care, shopping essentials and much more.
- Call today to learn more about our services!

1200 Chesterly Dr., Suite 160
Yakima, WA 98902

509.248.5355 fax 509.248.5706
www.ResCareHomeCare.com

1521 E. Edison
Sunnyside, WA 98944

509.837.5868 fax 509.839.3111
www.ResCareHomeCare.com

Holiday Bazaar

November 7, 2015

8:00 AM - 1:00 PM

Booths \$35.00

Breakfast \$5.00

Lunch \$5.00



Welcome!



Greetings! I hope everyone is gearing up for a great holiday season! We are busy preparing for some exciting events in the coming months. We hope you'll check them out!

We have nearly finalized the 2016 travel schedule, and there are some great destinations planned in the New Year. If you are a newsletter subscriber, you will receive your Trips and Tours Guide via mail by the end of December. Otherwise, you can pick up a Guide at the Harman Center in January. Traveling with the Harman Center is a great time, and it makes your planning a breeze!

As the weather cools down, be sure to stop by the coffee bar and grab a hot beverage and a pastry. Come and see all that the Harman Center has to offer. We'd love to show you around!

*~Ron Anderson~
Program Supervisor*

WHERE TO FIND US

101 N. 65th Avenue
Yakima, WA 98908
(509)575-6166

Subscribe to our Newsletter!
\$3/Issue or \$12/Year



Harman Center



@HarmanCenter

Visit our Website!
<http://www.yakimaparks.com/senior-center/>

In This Issue

Currently Trending.....	4
Upcoming Events.....	5
YV Senior Citizens, Inc.	6
Weekly Schedule.....	8
Travel Journal.....	11
General Information.....	12
Computer Learning Center.....	14

Currently Trending

VOLUNTEERS NEEDED IN FOOTCARE CLINIC

Saturdays, 8:30 AM - 11:30 AM and 11:30 AM - 3:00 PM

- (1) **Patient Set-Up Assistant:** Must be able to stand and kneel while preparing patients for footcare appointment with nurse.
- (2) **Receptionist:** Answers telephone calls and messages, schedules appointments, and accepts donations from patients.

Please stop by the Harman Center or call the Footcare Clinic at 576-6725 for more information.

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 for a monthly fee of \$15.00. Your first class is free!
Mon, Wed, Fri.....8:30 AM & 9:30 AM

REDUCE, REUSE, RECYCLE!

A HUGE THANK YOU for all the donations, including cans, plastic bottles, newspaper, etc. Many have worked hard to collect and donate their recyclables! In the last 12 months, we have collected over 50 buckets full of pull tabs from your aluminum cans.

Friendly Reminder: If you plan to take your own products to the recycling center in order to donate to the HC, please don't forget to bring in your receipt along with your donation.

DAILY LUNCH

People For People proudly offers lunch daily at the Harman Center. Reservations are required. Call (509)426-2601 one day in advance. A suggested donation of \$2.50 is requested for diners 62 and better. Lunch is served at 11:15 AM.

DRIVER'S REFRESHER CLASS

Drivers 55+ who complete this approved safe driving course may qualify for an auto insurance discount. No driving or written tests required. Classes held on third Tuesday-Wednesday monthly. Contact Howard Underwood for more information at (509)952-6801.

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

CRIBBAGE

The cribbage group is growing, and they want you to join too! Don't know how to play? They're excited to teach you!

Tues.....1:00 PM

Upcoming Events

LIVING WITH LOSS GRIEF GROUP

Tuesdays only from September 22 - November 10

6:00 PM - 7:00 PM

An 8-week discussion-based course working through the book Understanding Your Grief: Ten Essential Touchstones for Finding Hope and Healing Your Heart.

\$20 for book, payable at first session

POTATO FEED

October 13, 5:30 PM - 6:30 PM

Join us for this annual YVSC, Inc., fundraiser! Buy tickets in advance for \$8 or at the door for \$10.

ARTS & CRAFTS SHOW

October 12-24, 8:00 AM - 4:00 PM

At the Harman Center, artists paint, design, create and work...hard! Visit the center to see their works displayed in our annual show!

BREAKFAST WITH SANTA

December 5, 8:00 AM - 10:00 AM

The Center will be beautifully decorated and Santa will be on hand for a special holiday breakfast. Bring the whole family! \$5.00 per person.

FRIDAY NIGHT DANCE LESSONS

Fridays, 7:00 PM - 8:00 PM

Liz Patterson and Bill & Dianne Kunze teach weekly dance lessons Friday evenings! There is a weekly \$3.00 fee for each dancer. You'll learn Fox Trot, Waltz, Rumba and Swing. All proceeds benefit senior programs at the Harman Center. Call Liz Patterson at (509)576-4213 with any questions.

FLU SHOTS

Friday, October 23, 2015

11:00 AM - 1:00 PM

Medicare Part A/B, \$0.00
(Please bring card with you.)

Non-Medicare, \$14.99



INTRODUCTION TO SOCIAL DANCING

Mondays, 7:00 PM, October & November

Social partner dancing is FUN! Learn basic lead-follow dance skills & explore a different dance each week in this "drop-in" class. No dance experience or partner is necessary. Class is appropriate for teens and older. Please contact Debbie at (509)379-4114 for more information.
\$16 Per Person, 4-Weeks (Oct. or Nov.)
\$5 Per Person, Drop-In




Crescent Health Care
Skilled Nursing and Therapy
&
Crescent Place
Retirement Apartments

509-248-4446 505 N. 40th Ave., Yakima 509-248-8383

www.crescentnursingrehab.com

Locally owned and operated





DON'S DONUTS
& **Julie's Java**
A Bakery-Cafe

1024 W. Nob Hill Blvd. • Yakima, WA 98902
453-6688 or 45-DONUT

Yakima Valley Senior Citizens, Inc.

A LETTER FROM THE PRESIDENT OF YAKIMA VALLEY SENIOR CITIZENS, INC.

Hello again everybody!

Well folks, it's almost time for the changing of the guards. This job of being president for the YVSC, INC., wasn't as scary as I thought it would be. This past year has sometimes been trying and sometimes lots of fun. I think, working together, we did okay. Every path has a few puddles, and I find that people are most successful when they are being themselves.

I am so appreciative for most everyone's patience. I want to thank everyone for their support. I know that you will support those who will be coming to replace us who are moving on.

The nominating committee is doing a jam-up job finding good people to fill the upcoming vacancies. It is a hard job. Be kind to the next group and to everyone.



Goodbye folks. God bless you all. Please keep in mind that life is simpler when you plow around the stump. Don't let jumping to conclusions be the only exercise you get.

Sincerely,

Jean Germaine,
**President of
YVSC, Inc.**

REGULAR EVENTS CALENDAR

Monthly Board Meeting **Second Thursday**

1:00 PM

October 8, 2015

November 12, 2015

December 10, 2015

Weekly Soup & Sandwich

Mondays and Tuesdays

11:30 AM (come early)

\$2.50 Soup or Sandwich

\$5.00 For Both

Weekly Breakfast **Saturdays**

8:00 AM - 9:30 AM

\$5.00

Reservations Required

Sign Up at the Harman Center or
Call (509)575-6166

Monthly BBQ **Last Wednesday of the Month**

11:15 AM

October 28, 2015

November 25, 2015

December 30, 2015

Q3 Volunteer Hours

Month	Volunteers	Hours
July	89	1269.10
August	91	1540.00
September	108	1476.75

BOARD MEMBERS

JEAN GERMAINE President	PAT NEVEU Vice President
IRENE RAPTCHEFF Secretary	SHARON REED Treasurer
JEAN AMEND	BOB BUSSE
PAT ANDERSON	DELLA HALLENGREN
DON BRULEY	JAN JONSSON
MELBA KELLEY	
CLAIRE POWELL	
BETTY THOMPSON <u>Trustees</u>	



MONTHLY DINNER CLUB

Reservations Required. Call (509)575-6166 to reserve your seat at the table! Meet at the restaurant at 5:00 PM.

October 15, 2015

Last Frontier
3807 W. Nob Hill Blvd., Yakima, WA

November 19, 2015

Bob's Burgers & Brew
121 N. Fair Avenue, Yakima, WA

December 17, 2015

Olive Garden
222 E. Yakima Avenue

OTHER 2015 EVENTS

Art Show.....October 12-24
Potato Feed.....October 13
Breakfast With Santa.....December 5

FINAL 2015 CASINO TRIP

Join us on Tuesday, November 17, as we head to Snoqualmie Casino. One bus is full, and a second bus may be added if there is enough interest. Sign up today!

Price \$30.00

Reservation Deadline: November 13, 2015

Departure Time: 7:45 AM

MATINEE DANCE SCHEDULE

Matinee dances, complete with live music, are every Wednesday and Friday from 1:30 PM - 3:45 PM for \$3 and include the following theme dances:

Wed., October 14.....Oktoberfest
Fri, October 30.....Halloween
Fri, November 13.....Veterans' Day
Wed, November 25.....Turkey Day, Bring Pie
Fri, December 18.....Christmas Party
Wed, December 23.....Holiday Spirit Day

COFFEE BAR

Stop by with a friend for coffee and a donut!

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

Coffee bar donations are much appreciated. Please consider donating some of the following items:

Plastic Forks & Spoons, Small Paper Plates, Napkins, Liquid Creamers, Sugar-Free Candy



**Thompson Audiology
and Hearing Aid Center**

James W. Thompson, M.S., CCC-A
Clinical Audiologist

3810 Kern Rd. Suite B
Yakima, WA 98902
509•248•0933

1614 E. Edison Ave, #D
Sunnyside, WA 98944
509•839•3334

Audiological Evaluations "Hearing Aids" Aural Rehabilitation

Weekly Schedule

MONDAY

SHIBA Insurance

Counseling

10:00 AM - 12:00 PM

Appointment Required

Call: 574-1934

4th Monday

Ping Pong (Beginners)

10:30 AM - 11:30 AM

\$12/Quarter

Soup & Sandwich

11:30 AM - 12:15 PM

\$2.50 Soup or Sandwich

\$5 for Both

Ping Pong (Beginners)

1:00 PM - 3:00 PM

\$12/Quarter

Pinochle

1:00 PM - 4:00 PM

\$12/Quarter



TUESDAY

Haircuts

9:30 AM - 12:00 PM

Men \$8 Women \$12

Call 575-6166 to schedule your
required appointment!

Please wash hair before appointment.

Licensed cosmetologist

Bridge

10:00 AM - 3:00 PM

\$12/Quarter

Soup & Sandwich

11:30 AM - 12:15 PM

\$2.50 Soup or Sandwich

\$5 for Both

Hearing Testing

11:00 AM - By Appt.

Call 575-6166 to schedule.

2nd Tuesday, Free

Birthday Cake for All

11:30 AM

2nd Tuesday, Free

Cribbage & Skip Bo

1:00 PM - 3:30 PM

\$12/Quarter

Pinochle

1:00 PM - 4:00 PM

\$12/Quarter

Living With Loss Classes

6:00 PM - 7:00 PM

Sept. 22-Nov. 10

Free

WEDNESDAY

Wood Carving

9:00 AM - 11:00 AM

\$12/Quarter +Supplies

Blood Sugar Testing

9:00 AM - 11:30 AM

1st & 3rd Wednesday, Free

Blood Pressure Screening

9:00 AM - 11:30 AM

Free

Mahjong

11:00 AM - 3:00 PM

\$12/Quarter

Scrapbooking & Stamping

12:30 PM - 3:00 PM

\$12/Quarter +Supplies

Jewelry Making

1:00 PM - 3:00 PM

\$12/Quarter +Supplies

China Painting

1:00 PM - 3:00 PM

\$12/Quarter

+Supplies & Firing Fee

Matinee Dance

1:30 PM - 3:45 PM

\$4, Live Music: Al Maletta & Bob
Homan, *See Schedule on Page 7*

Legal Advice for Seniors

2:00 PM - 4:00 PM

Free by appointment only.

Call 575-6166 to schedule!

THURSDAY

Oil Painting

9:00 AM - 11:00 AM
\$12/Quarter +Supplies

TOPS (weight support)

10:00 AM - 11:30 AM
\$32/Year +\$15/Quarter

Quilting Club

12:30 PM - 3:30 PM
\$12/Quarter +Supplies

Ping Pong (All Abilities)

1:00 PM - 3:00 PM
\$12/Quarter

Senior Citizens, Inc.

General Meeting

1:00 PM
2nd Thursday

Dinner Club

5:00 PM
*3rd Thursday, Meet at Restaurant,
See Schedule on Page 7*

Acrylic Painting

7:00 PM - 8:30 PM
\$40/Class
All supplies are provided.

PIANO LESSONS FOR SENIORS

Thursdays by Appointment Only

Beginner piano lessons offered
upon request! Contact Michael
Chase at (509)966-3183 to
schedule your lesson.

FRIDAY

Watercolor (All Abilities)

9:00 AM - 11:00 AM
\$12/Quarter +Supplies

Knitting & Crocheting

(All Abilities)
12:30 PM - 3:30 PM
\$12/Quarter +Supplies

Leatherworks

12:30 PM - 3:00 PM
\$12/Quarter +Supplies

Matinee Dance

1:30 PM - 3:45 PM
\$4, Live Music: Gary Malner & Lee
Arnett, *See Schedule on Page 7*

Boomer Dance

8:00 PM - 11:00 PM
\$5
*3rd Friday
Subject to change.*

SATURDAY

Bingo

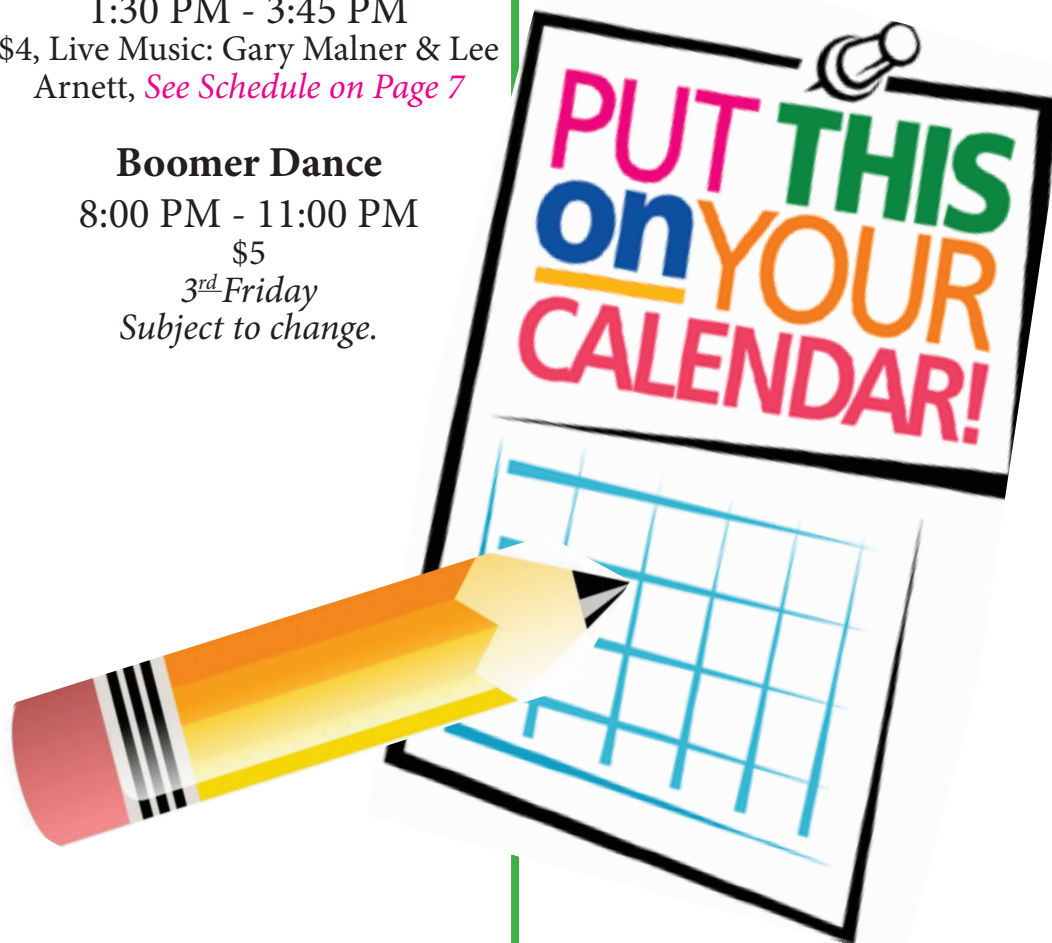
10:00 AM - 12:30 PM
\$12/Quarter +25¢/Card

Bridge

10:00 AM - 3:00 PM
\$12/Quarter
Bring Sack Lunch

Leatherworks

12:30 PM - 3:00 PM
\$12/Quarter +Supplies



Travel Journal

Hello Fellow Travelers!

Fall is in the air and Christmas is just around the corner. You know what that means; the new 2016 Trips and Tours Book is underway. There are trips planned all around the world in the New Year, you need only reserve your place on the roster!

If you are a Newsletter subscriber (\$12/year), you will find it in your mailbox by January 2, 2016. Otherwise, you can get your copy on January 4, 2016, at the Harman Center.

As a reminder, my hours for scheduled appointments are Tuesday through Thursday from 11:00 AM to 1:00 PM. Please call 576-6405 to schedule your appointment. I will also be available for drop-in visits from 2:00 PM - 4:00 PM Tuesday through Thursday on a first-come, first-served basis.

Thank you again for making this a great year. I look forward to traveling with all of you in the future!

-Lori Schatz, Trips & Tours Coord.

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 registration. On extended trips, a deposit is required at the time of sign-up and final payments are outlined in your itinerary.

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 trip if you hesitate to register. If minimum registrations are not met, a tour may be cancelled.

Tour Cancellation

If a tour is cancelled, a full refund will be sent to each registrant. On occasion, it is necessary for a participant to cancel a tour reservation. The cancellation policy for each trip will be printed on the trip itinerary.



Avail
Home Health, Inc.
"Serving Yakima Valley Since 1981"

- ♥ Free In-Home Assessment by an RN
- ♥ Companionship to Full Care
- ♥ Compassionate, Well Trained, RN Supervised Caregivers

"Care & Comfort in Your Home"

509.966.8000
www.availhome.com



Yakima Valley
HEARING SPEECH
Center



**AUDIOLOGICAL SERVICES • ASSISTIVE LISTENING
DEVICES • HEARING INSTRUMENT SALES & SERVICE
MOST INSURANCE ACCEPTED • UNION MEMBERS WELCOME**

CALL US TODAY! 509-453-8248
303 S. 12th Ave. • Yakima, WA 98902

Travel Journal

IMPORTANT TOURING INFORMATION

The majority of trips include...

- (1) continental breakfast before departure;
- (2) road-trip motor coach and host; and
- (3) tickets for events, hotel rooms and/or meals.

Please be sure to refer to your Trips and Tours Guide and/or to your trip itinerary to verify all that is included on your particular trip.

***New Trips & Tours Guide
available at the
Harman Center on
January 4, 2016.***

**There is still time to
register for these trips if
you act now!**

OKTOBERFEST

Oktoberfest in Leavenworth is said to be the next best thing to being in Munich. You won't want to miss out on this trip, and since we're taking a second bus, you can join us for just \$39! There are many vendors, live music and great food to enjoy.

Don't wait. Sign up today!

October 3, 2015

Cost: \$39.00

Call Lori to reserve for your space ASAP.

(509)576-6405

Special Requirements for Tours

Participants needing special assistance must have a companion register for the trip. He or she 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.

The Mystery Trip in July was a wonderful success! The group traveled to Red Tail Canyon Farm and Leavenworth for the day. There were great memories made by all!



Photo Courtesy of Gerry Loveless

QUEEN MARY AND L.A.

Stay FIVE nights on the historical Queen Mary. Tour all the famous sites of Los Angeles, including Hollywood, Walk of Fame, Beverly Hills, Rodeo Drive, Santa Monica Pier & Boardwalk, Warner Brothers Studios, Rose Bowl Stadium and Universal City Walk.

November 8-14, 2015

Cost: \$1,965-\$2,415

Call Lori to reserve for your space ASAP.

(509)576-6405

Travel Journal



Holiday trips are filling up fast!

Christmas Lights of Warm Beach, \$199.00	December 3-4, 2015
Victorian Christmas Puyallup, WA, \$59.00	December 6, 2015
Tree Lighting Leavenworth, WA, \$39.00	December 12, 2015
Fantasy In Lights Coeur d'Alene, ID, \$199-\$249	December 16, 2015

2016 Sneak Peak

COSTA RICA

We'll fly away for fun in the sun! Tour San Jose, a coffee plantation, Monteverde Cloud Forest & Arenal Volcano!

March 14-22, 2016
\$3,249 PPSO
\$2,699 PPDO
\$2,769 PPTO

CANADIAN ROCKIES

Enjoy five nights in Banff with daily tours through the surrounding areas. Banff & Yoho National Parks are show-stopping places you'll explore.

June 19-24, 2016
\$3,695 PPSO
\$2,945 PPDO

CAPE COD & THE ISLANDS

The Northeast is beautiful in September! Plan to visit Nantucket, Boston, Plymouth Rock and Martha's Vineyard.

September 18-24, 2016
\$3,495 PPSO
\$2,645 PPDO

AUSTRALIA & OPTIONAL FIJI

See the Great Barrier Reef, Sydney Opera House & Queenstown among many other places. There is an optional three-day Fiji post tour as well!

Oct. 31- Nov. 14, 2016
\$8,119 PPSO
\$6,999 PPDO
\$6,949 PPTO



TOUR PRESENTATIONS

Tuesday, October 13, 1:00 PM

Ryan Campbell from Premier World Discovery will present on the *Canadian Rockies* and *Cape Cod* tours.

Tuesday, October 27, 1:00 PM

John Shaw of Collette Travel will present on the *Costa Rica* and *South Pacific* tours.

Coffee and cookies will be served.

General Information

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!

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!

NEWSLETTER DEADLINE

Please submit your
announcements for the next
newsletter by
December 1, 2015.

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.

Computer Learning Center

Instructors

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



The Harman Center has a complete computer lab for Yakima's seniors! Anyone can use a computer. There are several volunteer instructors who run the computer lab up and teach regular computer classes too. There are ten computers in our fleet, and we aren't afraid to use them! Are you? If so, we'll help you face your fears and answer your questions.

Register for a computer class!

ROTATING CLASS OFFERINGS

CLASS	DESCRIPTION	DURATION
MS Excel/Word/Power Point	Spreadsheets/Documents/Meeting Presentations	2- or 3-day class
Windows 7	Operating System	2- or 3-day class
WINDOWS 8.1	Operating System	2- or 3-day class
MS Movie Maker		1-day class
Digital Photos	Digital Editing	1-day class
Genealogy	Family History	2-day class
Facebook	Page Setup and Posting	2-day class
iPad/Tablet	Apps & General Use	1-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.

REFUND POLICY


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

DISCLAIMER

Classes may be cancelled or changed. Confirm with the front desk or call 576-6729 to leave a message. Your call will be returned as soon as possible.



INNOVATIVE. COMPASSIONATE. LIFE-ENRICHING MEMORY CARE.




THE BEST GIFT YOU CAN GIVE YOUR LOVED ONE... AND YOURSELF!

- Town Square
- Theater/Chapel
- Pepsi Café
- Art Studio
- Beauty Salon/Barber Shop
- Serenity/Aromatherapy Room
- Spa Room

Fieldstone Memory Care offers a visionary alternative to traditional long-term care. If your loved one would benefit from an engaging, caring community, call to schedule a visit or request more information. Contact Michelle Perales at (509) 965-5282.

fieldstonememorycare.com
4120 Englewood Avenue - Yakima
509.965.5282





TotalCare
THE HOME CARE SPECIALIST
PROVIDING QUALITY IN-HOME CARE FOR OVER 20 YEARS
248-7846

♥ FREE ASSESSMENTS ♥ NO DEPOSITS ♥ TAILORED SERVICES

HIGHEST STANDARDS OF STAFF RECRUITMENT
CALL A FAMILY OWNED BUSINESS WITH STRONG VALUES

Computer Learning Center

FALL COMPUTER CLASSES

Craigslit		Instructor: Ron Moore	\$20
Tuesday & Wednesday	October 6 & 8	2 Days	10 AM - 12 PM
Internet Tips & Safety		Instructor: Ron Moore	\$20
Tuesday & Wednesday	October 13 & 15	2 Days	10 AM - 12 PM
Beginning Windows 7		Instructor: Rosie Steele	\$30
Monday, Monday & Wednesday	October 5, 12 & 14	3 Days	1 PM - 3 PM
Explore Windows 7		Instructor: Rosie Steele	\$40
Monday & Wednesday	October 19, 21, 26 & 28	4 Days	1 PM - 3 PM
Windows 8.1 Beginning		Instructor: Rosie Steele	\$30
Monday, Wednesday, Monday	November 16, 18 & 23	3 Days	1 PM - 3 PM
Windows 8.1 Intermediate		Instructor: Rosie Steele	\$40
Monday & Wednesday	December 7, 9, 14 & 16	4 Days	1 PM - 3 PM
Beginning Mac		Instructor: Sharon Fisher	\$20
Tuesday & Thursday	November 17 & 19	2 Days	1PM - 3 PM
Facebook		Instructor: Marv Franklin	\$30
Tuesday & Thursday	December 8, 10 & 15	3 Days	10 AM - 12 PM

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 576-6729. A volunteer will return your call. Registration must be completed at least five days prior to the beginning of class unless approved by the instructor.

OPEN COMPUTER LABS

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

Oct 5, 7, 12, 14, 19, 21, 26, 28 Mon & Wed, 10 am - 12 pm

Oct 6, 13, & 27 Tues, 6:30 pm-8:30 pm

Nov 2, 4, 9, 16, 18, 23, 30 Mon & Wed, 10 am - 12 pm

Dec 2, 7, 9, 14, 16, 21, 28, 30 Mon & Wed, 10 am - 12 pm

Oct 9 & 23, Nov 6 & 20, Dec 4 & 18 Sat 10 am - 12 pm

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

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!

Harman Center
101 N. 65th Avenue
Yakima, WA 98908

PRSRT STD
US Postage Paid
Yakima, WA
Permit No. 324

HARMAN CENTER STAFF

Traci Bennett 576-6348
Traci.Bennett@yakimawa.gov
Recreation Supervisor

Ron Anderson 576-6402
Ron.Anderson@yakimawa.gov
Program Supervisor

Erin Hull 576-6403
Erin.Hull@yakimawa.gov
Center Assistant

Lori Schatz 576-6405
Lori.Schatz@yakimawa.gov
Trips & Tours Coordinator

Melanie Marvel 576-6725
Timothy Reed
Footcare Nurses

RESEVE THE HARMAN CENTER

Reserve the Harman Center for your special event!

Rentals include banquet seating for 225, hardwood dance floor, an inviting outdoor patio with pergola and plenty of space to accomodate your guests.

Please call the Harman Center at (509)575-6166 for more information.

4TH QUARTER HOLIDAYS & CLOSURES

HOLIDAY

Veteran's Day
Thanksgiving
Day After Thanksgiving
Christmas Day
Day After Christmas
New Year's Day

CLOSURE DATE

Wednesday, November 11th
Thursday, November 26th
Friday, November 27th
Friday, December 25th
Saturday, December 26th
Friday, January 1st, 2016

HARMAN CENTER WISH LIST

Laundry Detergent	Liquid Creamers
Small Paper Plates	Sugar-Free Candy
Candy	AA Batteries

**2016 Ad Space
Available!**

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

Cedar Hills Adult Residential Care

*Your Best Choice in Specialized Alternative Living Care
For Those With Alzheimer's or Related Dementia*

- Nighttime Awake Staff
- Delicious, Nutritional Meals and Snacks
- Family Atmosphere with State Trained and Certified Staff

Dementia Care is a Family Affair

457-6954

Please Call for a Free Consultation and to Arrange a Tour

1603 Drake Court • Yakima, WA 98902
www.cedarhillcare.com

We are Located in a Safe, Secure and Quiet Residential Neighborhood

Yakima's Best Kept Secret...



"Retirement Living at its Best"

REXFORD MANOR
Retirement Community

- * Private Gated Community
- * Competitive Rates
- * 1 and 2 Bedroom Suites
- * Rooms have:

Washer/Dryer - Full Kitchen - Dishwasher & Disposal -
Private Patio/Balcony - Housekeeping Services - Central A/C and Heat

- * Comp Continental Breakfast
- * Noon Meal Available
- * Pets are Welcome
- * Variety of Activities

Our Greatest Asset is our Wonderful Residents!

248-7768

1010 N. 34th Ave.