

SENIOR PROGRAM ACTIVITIES GUIDE 2013-2014



**EAST
CENTRAL
COMMUNITY
CENTER**

OPEN ENROLLMENT
FOR ALL SENIORS 60 AND OLDER
\$10.00 A MONTH
HOURS: 9:00 AM TO 2:00 PM
Monday-Friday

500 S. STONE
SPOKANE, WA. 99202
(509)868-0856
EastCentralCommunityCenter.org
Brettff@EastCentralCommunityCenter.org



INCLUDED WITH MONTHLY MEMBERSHIP

BINGO

Enjoy the classic game of BINGO and experience more with the additional game board sequences that could win you a great prize!

Mondays and Fridays

BUNCO

Become a team player with this exciting game of rolling dice and see if your team can yell "BUNCO!" first!

Wednesdays

CHINA PAINTING

Enjoy painting? Well, take a seat and paint away with our ceramic china painting supplies!

Tuesdays

COMPUTER LAB

Get acquainted with technology in our Computer Lab! Classes and free time are both available.

Mondays-Fridays

DOMINOS

Socialize with your friends or make new friends with this classic game of dominos!

Mondays-Fridays

KARAOKE

Sing your heart out and impress your friends with our Karaoke day!

Once a Month

KINGS CORNER

Play a great game of Kings Corner, a card game, with your favorite senior friends!

Mondays-Fridays

MOVIES

Enjoy a movie in our recreational room on a large screen TV! Don't forget the fresh popcorn provided by staff!

Wednesdays

PINOCHLE

Come play against experienced double-deck or single deck Pinochle players. There is room for everyone at every competitive level!

Mondays-Fridays

SOFT TOSS BASEBALL

Get fit and be outside or come cheer on your friends or favorite team with sports suitable for everyone!

Once a Month

Wii GAMES

Get active and play the innovative video games on our Wii!

Once a month

ZUMBA FITNESS / SIT AND BE FIT

Get active with our impressive fitness activities! Enjoy a real life instructor and dance to the music for Zumba Fitness which is held twice a week in the newly updated Gym!

Tuesdays and Fridays

60'S PARTY

Grab your dancing shoes because this party is full of 60's dancing and music. Dress up in your 60's inspired outfit and have the time of your life!

June 28th 2013 and June 20th 2014

INDEPENDENCE DAY

Everyone loves an American Barbecue, so join us for delicious food to celebrate The United States' Anniversary of Independence!

July 3rd 2013 and July 3rd 2014

HAWAIIAN LUAU

Everyone loves a tropical vacation, but when you can't get away, be sure to join our Hawaiian luau! Hula dancing, Hawaiian music and colorful decorations are a part of your tropical experience!

August 30th 2013 and August 29th 2014

HALLOWEEN

Don't get too scared! Come dressed up to our Halloween Party because there will be prizes! Music, dancing, games, tricks, and treats are all included so don't miss out!

October 31st 2013 and October 31st 2014

THANKSGIVING

Being thankful is all you will think about after this amazing party and lunch! Join the festivities and remember all of what we have to be thankful for.

November 27th 2013 and November 26th 2014

CHRISTMAS

Warm up with hot chocolate and coffee and enjoy a musical performance by the local youth. Have fun exchanging gifts and enjoy a lovely Christmas Lunch.

December 20th 2013 and December 22nd 2014

MARTIN LUTHER KING JR'S BIRTHDAY

Sing songs, read poems, and watch movies surrounding the Hero, Martin Luther King Jr. Get excited for the Soul Food Lunch which is combining Potluck dishes from the participants and Silver Café Lunch.

January 17th 2014

VALENTINE'S DAY

Celebrate the day of love and friendships with your friends and family. Join in on the Valentine's Day card exchange and awesome dance party. Lots of sweets and snacks for a very sweet day.

February 14th 2014

ST.PATRICKS DAY

Follow the rainbow to this pot of gold party and don't forget to wear green! Enjoy Irish music and dancing.

March 17th 2014

EASTER

Bring your friends and family to our Easter party! Join in on an egg hunt and dye colorful eggs during the celebration and enjoy traditional snacks and drinks.

April 18th 2014

CINCO DE MAYO

Mexican Food, Music, and Dancing are just the start of this fun party! We celebrate Mexican Culture and Tradition by playing games and listening to stories and music.

May 5th 2014



OTHER ACTIVITIES OFFERED

SEPARATE FEES APPLY

Fishing Silver Lake

Do you love to Fish? If so, we have a fun and relaxing field trip for you. The East Central Van will be taking groups fishing at Ruby's On Silver Lake.

June 8th 2013 and June 7th 2014 at 5:00 am
\$10.00 per person

Cat Tales Zoo

Have a great day learning all about the animals great and small. Enjoy the afternoon watching them playing and being active.

June 18th at 10am
\$12.00 per person (includes ticket).

Strawberry Celebration

Pick your own strawberries or choose from a wide variety and enjoy the outdoors with your friends! Bring a sack lunch and some spending money for strawberries!

July 1st at 10:15am
\$10 per person

Spokane Shock vs. Pittsburgh

Come join us and cheer on the Shock for the last game of the season. Bring your own money for snacks.

July 26th at 5:30 pm
\$20.00 per person (includes ticket)

Spokane Indians Baseball

Do you love Baseball? If so East Central will be taking a group to the Indians vs. Hops game. Bring your own money for snacks.

August 19th at 5:30 pm
\$15.00 per person (includes ticket)

Pig Out in the Park

Come join us at Pig Out in the Park there will be 47 Food Booths and 225 Menu Items. Bring spending money for food.

August 28th at 10:00 am
\$5.00 per person

EWU Football

Do you love football? If so the East Central Van will be taking a group to cheer on the Eagles vs. Western Oregon. Bring your own money for snacks.

September 7th at 5:00pm
\$20.00 per person (includes ticket)

Spokane Fair

Come join us at the Spokane Fair, Bring money for lunch or snacks.

September 10th at 10am
\$5.00 per person

Northwest Museum and Campbell House

Experience the rich history, native cultures and art of the Inland Northwest. Discover the Campbell household and the changes in business, community life, and technology.

October 2nd at 10am
\$10.00 per person (includes ticket).

Apple Festival

Join us for the great Apple Festival at the Green Bluff farm. Remember to bring money for fresh apples to enjoy with your hot apple cider.

October 19th at 10:00am.
\$7.00 per person

Gonzaga Art Museum- Bing Crosby Room

Come and have a fun day for a tour around Gonzaga Art Museum and the house that Bing Crosby lived in.

November 7th at 10 am
\$5.00 per person.

Leavenworth Christmas Lighting Ceremony

There will be entertainment all day and a light show will start at 4:30pm bring spending money for food and souvenirs.

December 7th at 7am
\$35.00 per person

Bowling

Let's go bowling at the Valley Bowling Alley! Bring money for lunch or snacks.

January 10th 2014 at 10:30am
\$15 for an hour of bowling (Includes rental shoes)

Mobius Science Center

It's New! It's Amazing! It's Now Open! Welcome to the coolest new thing in Spokane.

February 5th 2014 at 10am
\$15.00 per person (includes ticket and parking)

Carr's World Museum

Get a tour of a one of a kind museum featuring JFK's, Elvis', Jackie Gleason's cars, memorabilia and oriental treasure.

March 24th 2014 at 10am
\$5.00 per person

Shrine Circus

Go to the annual Circus near the Spokane Valley Mall with us to see all of the great acts and exciting animals.

(Tentative)
April 16th 2014 at 1:45pm
\$15.00 per person (includes ticket).

The Lilac Festival and Parade

Join us for the 76th annual Lilac Celebration! Walk around to see all of the great vendors and get an awesome seat for the parade!

May TBD 2014 at TBD
\$7.00 per person

Manito Park Picnic

Join us for a fun day at Manito Park for a picnic and a stroll around the gardens.

May 14th 2014 at 10:30 - 1:00
\$5.00 per person



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