



The COMMUNICATOR

VOLUME 28 ISSUE 8
AUGUST 2024

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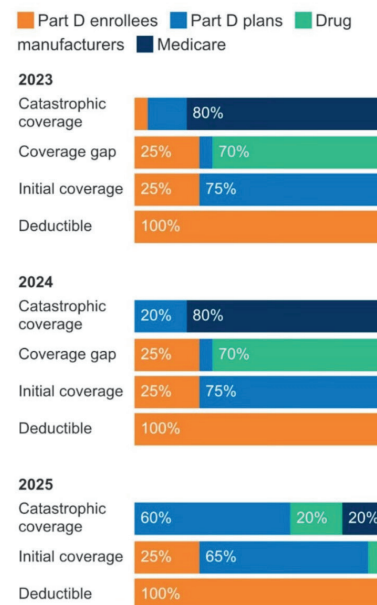
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NAVIGATING CHANGES IN MEDICARE: WHAT YOU NEED TO KNOW FOR 2025

August is a busy month for a lot of people. Families are trying to fit in that vacation, housing projects need to be done before winter, and Medicare insurance agents are taking tests to prepare for next year. Changes are coming, so let me get to it! My name is Sharon Lewis – President/CEO of Lifeline Insurance. I've been helping people enroll in Medicare Insurance plans for almost 12 years now. I truly do enjoy giving away the insurance company's money! I say that because I try to match what someone is looking for with the right company. Some need more dental coverage, while others may need hearing aids. I am a broker, so I represent almost every insurance company in Spokane. It brings me great joy to help people get their teeth fixed or a nice pair of glasses – all on the insurance company's dime.

So let's talk about 2025 and the Inflation Reduction Act. For the first time since coverage started in 2006, Medicare is passing on the prescription drug costs to the insurance companies during the catastrophic phase. As you can see in the chart (which starts at the bottom when looking at each year), Medicare has always subsidized most of the cost in the catastrophic phase while the client and manufacturer paid during the coverage gap. That coverage gap phase will go away in 2025 and there is a \$2000 cap, so that's the most a person will pay for their medications. During the catastrophic phase, the insurance company will now pay 60% and Medicare and the manufacturer of the drug will each pay 20%. While this is great for the Medicare recipient, it remains to be seen how the insurance companies will be able to handle these costs. One can only speculate that the

Share of total drug costs paid by:



additional benefits that have been added to the plans would be reduced. I remember when I first started in this business in 2012, the Medicare Advantage plans had a premium. Then they went to \$0 when they got more competitive, and that's when the ancillary benefits increased as well. So I wouldn't be surprised if premiums are changed again in the future to sustain the quality of the plans. One thing that's not changing as of yet are the copays for T1 and T2 drugs. That is because those are subsidized through Star Ratings. The Centers for Medicare and Medicaid (CMS) rates all the Medicare Advantage companies every year. There's about 120 questions or more, but basically they are graded on customer service, member experience, and quality of care. If a company has at least a 4 star rating, they get a 5% bonus for doing a good job. We agents still don't know

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Spokane, WA 99205

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what the amount equals to. Most, if not all, the companies put the star rating money into their drug formulary for Tier 1 and Tier 2 maintenance drugs. That's why you pay \$0 - \$10 for them. When your insurance company asks you to do an in-home nurse visit, it helps to keep their star ratings high. That's because this visit has more weight than anything else when determining stars. Plus, most companies give you a reward! Rewards can be used for anything - dinner, movies, clothes... It's used like a prepaid debit card. It will be interesting to see if rewards will be going away or reduced in the future. But honestly, wouldn't you rather have rewards cut rather than your healthcare needs? We all should be proactive and be doing the things the insurance companies are giving rewards for anyway. I'm not saying they are getting rid of them. I am saying that might be a good place to start if drug costs are hurting a company.

Currently Medicare is negotiating prices with drug manufacturers on the following 10 drugs: Eliquis, Enbred, Farxiga, Fiasp/Novolog, Entresto, Imbruvica, Januvia, Jordiance, Stelera, Xarelto. They are set to end the negotiation process for the maximum fair price on August 1, 2024. However the prices won't go into effect until 2026. There will be 15 more Part D drugs up for negotiation in 2027 and another 15 drugs for Part D or Part B in 2028, and another 20 in 2029. There is a lot more to this, I'm just giving you a bird's eye view, so it is a little easier to understand. The above drugs are what have caused my clients to go into the coverage gap for years... where their Tier 3 drugs doubled or tripled in cost. Many never got out of the coverage gap either. I have solutions where a one-month supply only costs \$30! I help my clients get set up so they don't have to pay these extravagant costs. It is very easy, cost efficient, and you are

purchasing the name brand drug you are currently taking, no substitutes, so it's a win win for everyone.

As you can see, there are a lot of changes coming to the drug portion of Medicare Advantage and Stand Alone Prescription Drug Plans. I am honored to have been asked by Claudia to write this article. When I first started hanging out at the Senior Center, I was both surprised and overjoyed by the energy and positiveness of those attending there. I just love going there! Never is it dull or boring. They have so many different activities to meet all sorts of people's needs. I guess I just expected it to be a place where old people sat around, drank coffee, and shared their boo-hoos. Well, I was sure wrong! If you haven't been here or haven't been in a while, you should check it out. Be prepared for laughter and fun though! I never thought I'd ever say I can't wait to go on Medicare, yet I hear myself saying it more and more. With as many changes that are happening, I would love to sit down with you and make sure you are taken care of now and in the future. It is not a year where you wait and see what happens. You can reach out to me via my website: lifelineprotection.com or by calling me at **(509)401.8297**. Also because of my belief in Corbin Senior Activity Center, we are one of the proud sponsors of the 20th Annual Movin' & Groovin' Total Wellness Fair. This is Spokane's largest Senior Health Fair in the area. There will be all sorts of resources for health, finances, and more. We hope to see you there, September 20 from 9:00 AM to 3:00 PM, and be sure to stop by my table, Lifeline Insurance, so I can help you next year with your Medicare Insurance needs.

A MESSAGE FROM OUR EXECUTIVE BOARD PRESIDENT

Your President is on vacation in August! However, I'm going to take advantage of this message and make a shameless plug for one of our long tours scheduled for 2025. We are doing a "Spotlight on South Dakota" tour, and this is close to my heart since I grew up in SD. Spotlight tours are wonderful, because you stay at one hotel, with no packing up and moving to a different hotel every night.

The dates are September 24-30, 2025, and we will stay at the Hyatt Place, Rapid City, SD. Some of the things we will see are Mount Rushmore, Oglala Lakota Living History Village, Badlands National Park, Wall Drug, Deadwood (choice on tour: Adams Museum or Kevin Costner's Tatanka: Story of the Bison Interpretive Center), High Plains Heritage Center, Off-Road Jeep Safari at Custer State Park, Crazy Horse Memorial, and Devils Tower National Monument. I will be leading Corbin's participants on this Collette Tour.

Hyatt Place is in downtown Rapid City, where you can spend your free time getting acquainted with the Presidents - they have 3/4-sized statues of all the Presidents on the street corners. It's fun to see how many you can spot, and how many you can name without looking at the placards. Of course, FDR is readily recognizable by his cane behind the podium, as is JFK with his son, and Lincoln with his son.

Ask Brian for a flyer if there isn't one on display, and let's enjoy a trip to South Dakota. I'm sure you will be amazed, educated, and entertained!

Happy travels!

Jan



CORBIN EVENTS

CORBIN SENIOR ACTIVITY CENTER PRESENTS

BUNGO night

Wednesday, August 7
at Corbin Senior Activity Center
5:00 pm for food & drinks
6:00 pm SHARP game starts

A night for Family Fun

\$10 CASH PER PERSON TO PLAY
PRIZES FOR 1ST, 2ND, AND 3RD
BIGGEST LOSER GET A PRIZE TOO

Bring your friends, co-workers or family to join the event!

Windermere REAL ESTATE
Brenda McKinley.net

EGYPTIAN NIGHTS

DINNER SHOW
SATURDAY, AUGUST 10, 2024
5:00 PM - 7:00 PM
\$35.00

2024 EVENT SCHEDULE

- AUGUST 10 Egyptian Nights
- AUGUST 15 Picnic in the Park
- SEPTEMBER 20 Movin' & Groovin' Health Fair
- OCTOBER Corbin Haunted House
- NOVEMBER Veterans Day Lunch
- NOVEMBER Friendsgiving
- DECEMBER 3rd Annual Holiday Ham Slam

DATES AND EVENTS ARE SUBJECT TO CHANGE

CORBIN SENIOR ACTIVITY CENTER

PICNIC IN THE PARK

SUNSHINE, SMILES, AND SNACKS

Thursday
August 15, 2024
4:00 PM - 6:00 PM

Come out to enjoy some food, fun, and friends!!!

Corbin Park

Tuesday August 20th
11:30 AM

GREENSTAFF HomeCare

LEARN WITH US!

- EDUCATIONAL INFORMATION PRESENTED BY GREENSTAFF HOMECARE.
- ARE YOU A VETERAN?
- DO YOU KNOW ABOUT VA HEALTH BENEFITS
- LEARN ABOUT THE BENEFITS PROVIDED BY THE VA
- LEARN HOW TO APPLY FOR BENEFITS
- LEARN ABOUT PROGRAMS THE VA HAS TO ALLOW YOU TO STAY AT HOME

Thank You VETERANS
HONORING ALL WHO SERVED

For Educational purposes only
Join us and earn your Corbin bucks

CORBIN'S SUPER SATURDAY BINGO

SPONSORED BY Angel Senior Care
Peace of Mind and Independence

\$5.00 BINGO MEALS \$5.00

**AUGUST 3
AUGUST 17**

**BINGO START AT 12:00 PM
DOORS OPEN AT 11:00 AM**

THERE ARE DOOR PRIZES AND CASH PRIZES FOR BINGOS & 50/50 RAFFLE
OPEN BAR FOR PURCHASE



20TH ANNUAL MOVIN' & GROOVIN' TOTAL WELLNESS FAIR

FRIDAY, SEPTEMBER 20, 2024

SPONSORED BY



MORE INFO:

(509) 327-1584

RECREATION@CORBINSENIORCENTER.ORG



Want to be a vendor?
Scan the qr code for more info



20th Annual MOVIN' & GROOVIN' Total Wellness Fair

Mark your calendars for Spokane's premier senior wellness event! On September 20, 2023, from 9:00 AM to 3:00 PM at the Corbin Senior Activity Center, join us for a day dedicated to senior health and financial security.

Discover a wide array of resources:

- Health & Wellness Vendors showcasing the latest in health products.
- Financial Advisors offering expert advice on managing your finances.
- Medical Insurance Providers to help you find the right plan.
- Estate & End-of-Life Planning professionals for legal guidance.
- Funeral Directors providing compassionate pre-planning services.
-

This is also a fantastic opportunity for sponsors and vendors to reach over 1000 Corbin members and 1300 newsletter readers, with additional exposure through our website, app, and social media. Plus, benefit from our partnership with Greater Spokane County Meals on Wheels for extended outreach.

For more information or to participate, contact Claudia, Brian, or Sheya at (509) 327-1584, scan the QR code, or visit givebutter.com/M5xR8K.

Join us and support senior wellness and financial well-being!

THE WESTERNERS SPOKANE CORRAL

Thursday, August 1

Westerners Summer Picnic
Home of Ann Fackenthall
5807 Viewpoint Way, Nine Mile Falls
NOON- 3 PM \$20 person

Reserve to Maggie Crabtree at maggie@crabbytrees.com Mention WESTERNERS in subject line.
For this special event checks should be mailed to WESTERNERS PO BOX 1717 Spokane WA 99210



Nurse Works LLC

Mobile Foot Clinic is coming to Corbin Senior Activity Center,
4th Monday of the month
Cost – due at service: \$50 (Cash, Check, or card)

Do you have ...

Difficulty bending or reaching feet, Limited vision, Weak hands, Poor circulation, Corns and calluses, Thick nails, Different shaped nails, Edema, Blood thinners, Sensitivity to touch, Diabetes.
Medically essential Foot care
Reduce nail length, Reduce nail thickness, Reduce corns and calluses, Remove ingrown part of a nail, Moisturize legs and feet

Janice Courchaine RN CFCs

For more information: Phone 921-2753, Web: nurse-worksllc.com



Mission Statement:

We help older adults engage, enrich, and empower their lives through wellness, social, recreational and educational programs and services throughout the community.

Monday through Friday 8:00 AM to 4:00 PM

Phone (509) 327-1584

www.corbinseniorcenter.org

APP: Corbin Senior Activity Center

2024 Board of Directors: Executive Officers: Jan Charbonneau **President**, Ada Anderson **Vice President**, Maria Gunderson **Treasurer**, Marcie O'Connor **Secretary**; **Members at Large:** , Nancy Gilbert, John Morelli, Mia Walden, Lorin Love, Carol Hannah, Patty Reeves, Tim Musser

Disclaimer: Corbin Senior Activity Center does not endorse any speaker, service, or product that is represented in any class, advertisement, or function in our facility. The Center 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.

Corbin Office Staff:

Claudia Ouwerkerk - Executive Director

509-327-1584 ext.406

Claudia@corbinseniorcenter.org

Brian Ronquillo - Assistant Director

509-327-1584 ext. 407

Recreation@corbinseniorcenter.org

Sheya Edson - Events & Rentals

(509)327-1584 ext. 408

Steve Yunk - Volunteer

(509)993-8003

Danny Villapondo - Maintenance Tech

Richard Bryan - Maintenance Tech

CORBIN ACTIVITES

WELCOME TO CORBIN SENIOR ACTIVITY CENTER! YOUR HUB FOR VIBRANT LIVING!

At Corbin Senior Activity Center, we believe in fostering a lively and engaging community for our cherished members. Whether you're a new face or a familiar friend, we're thrilled to have you join us on this exciting journey of wellness, camaraderie, and lifelong learning. Here's a glimpse into our weekly schedule, designed to cater to a variety of interests and preferences:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Pool - \$1 per day (PR)</p> <p>Coffee & Conversation - Mondays at 10:00am-11:30am (MP)</p> <p>Tap Grandmas - 11am-1:00pm (HR)</p> <p>Corbin Cooks (\$5 Donation gratefully accepted) - Tuesday -11:00am-12:30pm (DR)</p> <p>Double Pinochle - 12:00pm-3:30pm (MP) \$1</p> <p>Cribbage- 1pm (MP) \$1</p> <p>Thrifty Boutique Monday- Friday 10:00am-2:00pm</p> <p>Widow/Widower's Support Group - 4th Monday of month, from 1:00pm-2:30pm (US)</p> <p>Monday Night Dance: 7 to 9pm (HR) \$5</p>	<p>Pool - \$1 per day (PR)</p> <p>Sandbox Sewers - 9am-2pm (UN & US)</p> <p>Stretch & Tone - 8:50am \$1 pp (HR)</p> <p>Open Wii Bowling- RSVP. (PR)</p> <p>Thrifty Boutique - Tuesday- 10:00am-2:00pm</p> <p>Corbin Cooks (\$5 Donation gratefully accepted) - Tuesday -11:00am-12:30pm (DR)</p> <p>Tap Grandmas - 11:00am-2:30pm w/Joan Hamilton (509)499-5813 (HR)</p> <p>Mexican Train - 12:30pm \$1 pp (MP)</p> <p>Carney Dance Lessons - 5:00-9:00pm (HR) Call Roger Carney for lessons- (509)701-9228</p>	<p>Pool - \$1 per day (PR)</p> <p>Pinochle - 8:00am \$1 pp (MP)</p> <p>Thrifty Boutique Wednesday- 10:00am-2:00pm</p> <p>Pinochle-12:30pm \$2 (LS)</p> <p>Tap Grandmas - 11:00am-2:00pm w/Joan Hamilton (509)499-5813 (HR)</p> <p>Silver Café- 11:00am - 12:30pm (DR)</p> <p>Coffee & Conversation - Wednesdays at 10:00am-11:30am (MP)</p>	<p>Pool - \$1 per day (PR)</p> <p>Stretch & Tone - 8:50am \$1 pp (HR)</p> <p>Thrifty Boutique - Thursday-10:00am-2:00pm</p> <p>Coffee & Conversation - Thursdays at 10am-11:30am(MP)</p> <p>Silver Café - 11:00am to 12:30pm (DR)</p> <p>Mexican Train - 12:30pm \$1</p> <p>Tap Grandmas - 10:00am-1:00pm w/Joan Hamilton (509)499-5813 (HR)</p> <p>Bridge - 12:00pm (LS)</p> <p>TOPS - Weigh in is from 9:15am - 10:00am. Meetings start at 10:15am and last one hour (LS)</p>	<p>Pool - \$1 per day (PR)</p> <p>Tour Meeting - 1st Friday of Month 10 am (UN)</p> <p>Birthday Potluck -1st Friday, 11:30am (DR)</p> <p>Hand & Foot - 9am - 11am \$1 (LS)</p> <p>Pinochle - 9am \$1 pp (MP)</p> <p>Scrabble - 12:30pm \$1 pp (MP)</p> <p>Thrifty Boutique Mon.- Fri. 10:00am - 2:00pm</p> <p>Line Dancing - 1:00pm - 2:00pm \$10</p> <p>Dates to be determined</p>
<p>Donations in the amounts for the activities listed on this weekly schedule are gratefully accepted. THANK YOU</p>			<p>UN: Carolyn Bryan Suite North US: Carolyn Bryan Suite South LS: Lower South DR: Dining Room HR: Henderson Room MP: Multipurpose Room</p>	



Home Dining Menu - August



All meals include: Vegetables, Fruit, Grain, and Milk or Juice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			BBQ Pork w/ Steamed Potatoes, Peas & Carrots, Sliced Apples, Roll & Milk or Juice	Birthday Potluck
5	6	7	8	9
Corbin Cooks Meal prepared and sponsored by Corbin Senior Activity Center	Corbin Cooks Meal prepared and sponsored by Corbin Senior Activity Center	Lemon Baked Fish w/ Roasted Sweet Potatoes, Broccoli, Sliced Apples, Roll & Milk or Juice	Chef Salad Romaine Lettuce, w/ Turkey, Carrots, Green Pepper, Tomatoes, Boiled Egg, Fresh Pear, Roll & Milk or Juice	
12	13	14	15	16
Corbin Cooks Meal prepared and sponsored by Corbin Senior Activity Center	Corbin Cooks Meal prepared and sponsored by Corbin Senior Activity Center	Chicken Taco Salad Black Beans, Tomatoes, Cheese, Picante Salsa, Tortilla Chips, Sliced Pears & Milk or Juice	Tuna Salad Sandwich Sliced Beets, Cucumbers, Hamburger Bun, Fresh Apple & Milk or Juice	
19	20	21	22	23
Corbin Cooks Meal prepared and sponsored by Corbin Senior Activity Center	Corbin Cooks Meal prepared and sponsored by Corbin Senior Activity Center	Beef Tacos Black Beans, Fiesta Lime Corn, Tortilla, Sour Cream, Picante Salsa, Fresh Orange & Milk or Juice	Chicken, Gravy & Mashed Potatoes Broccoli, Sliced Apples, Roll & Milk or Juice	
26	27	28	29	30
Corbin Cooks Meal prepared and sponsored by Corbin Senior Activity Center	Corbin Cooks Meal prepared and sponsored by Corbin Senior Activity Center	Fish Sandwich Mixed Veggies, Broccoli, Bun, Tarter Sauce, Fresh Apple & Milk or Juice	Beef Stew w/ Potatoes, Green Beans, Roll, Pineapple Chunks & Milk or Juice	
If you have any questions, please call our office at 509-924-6976. Greater Spokane County Meals on Wheels is not responsible for food allergies or other dietary requirements. Meal recipients are responsible for monitoring their own dietary requirements. The menu is subject to change.				

Suggested meal contribution: \$5.00 for those over 60 years. For those under 60, there is a \$6.00 fee (Sorry we cannot make change). Meals are partially funded by Aging and Long Term Care of Eastern Washington through the Older Americans Act.

COFFEE & CHATTER AT CORBIN!

Join us Mondays, Wednesdays, and Thursdays at 10 AM in the Multi-Purpose Room. No games, just good coffee and great convo! Couples welcome, and new faces embraced with open arms. Let's make mornings memorable - see you there for the perfect blend of fun and friendship!

GRIEF SUPPORT GROUP

Have you lost a spouse or partner? Let's share, heal, and grow together!

Join our monthly meetings at Corbin Senior Activity Center every 4th Monday from 1-2:30 PM in the Upper South Room. Whether pandemic-related or life's twists, these losses are transformative. Let's navigate the journey of healing as one strong community.

SANDBOX SEWERS

Tuesdays | 9 am - 2 pm | \$10/class or \$25/month (UN/US)

Sew with friends at Sandbox Sewers every Tuesday from 9 am to 2 pm. Bring your sewing machine and work on your project of choice. While we don't have specific projects scheduled, we're here to help with any sewing-related questions. Note: We're currently not accepting requests for mending or alterations. For more info, contact Chris Millspaugh at 850-982-3945 or chrismillspa@gmail.com. Happy sewing!

TECH SUPPORT

Jerry Daub, our resident tech guru, will be on vacation during June, July, and August. He'll be back in September to assist you with your tablet, smartphone, or laptop needs. Enjoy your summer and stay tuned for his return to the Corbin Senior Activity Center!

FOR QUESTIONS OR TO REGISTER, CONTACT DANIELLE AT (509)608-9341

Chair Yoga For Healthy Aging with Danielle

* You will NOT be asked to get down on the floor *

Mondays
7/15 - 8/26
9 - 10am
6 weeks - \$60.00
UN & US Rooms

Are you curious about yoga but don't know where to start? Or perhaps you're recovering from an injury and was cleared by your doctor to get back to exercising? Then this class is designed for YOU!

Grab a chair and enjoy a unique, gentle yoga experience.

This class is a gentle, slow moving form of yoga using the breath to guide your movements, offering you a great way to relieve stress, anxiety, and manage pain.

You will learn seated and standing postures with proper alignment techniques.

Enjoy a warm up, standing poses, balance work, cool down, ending with a final relaxation. This practice will improve balance, flexibility, and strength.

Wear tennis shoes and bring a water bottle

Gentle Yoga For Healthy Aging with Danielle

Mondays 7/15 - 8/26
10:30 - 11:45am OR 1 - 2:15pm
6 weeks - \$60.00
UN & US Rooms

Gentle, slow moving yoga postures using the breath to guide your movements, offering you a great way to relieve stress, anxiety, and manage pain.

Chairs are used to assist in some of the postures and there is floor work. You will learn seated and standing postures with proper alignment techniques.

Enjoy a warm up, standing poses, balance work, cool down, and ending with final relaxation.

The practice will improve balance, flexibility and strength.

****PROPS REQUIRED****

A yoga mat, yoga strap, a towel, 2 yoga blocks, and water bottle.



Yoga For Healthy Aging with Danielle & Becky Myers

Wednesdays 7/10 - 8/28
7 weeks - \$70.00
10:45 - 12pm
UN & US Rooms

Yoga is an exceptionally useful practice to support overall health, happiness, and independence as we age.

Learn how to safely practice yoga with proper alignment techniques. Chairs are used to assist in some of the postures and there is floor work.

The practice will improve strength, flexibility, balance and agility. Breathing exercises, relaxation, and meditation will also be used to quiet the mind, relieve stress, and manage pain. You are likely to leave class with a deep sense of well-being.

****PROPS REQUIRED****

A yoga mat, yoga strap, a towel, 2 yoga blocks, and water bottle.

ACT 2 SUMMER QUARTER

CALL ACT 2 FOR REGISTRATION & ENROLLMENT (509)533-8500 ACT 2 OFFICE: (509)533-7181

Tai Chi: Beginning

9/17/24 - 11/12/24 10:00 AM - 11:00 AM (H)

Tai Chi: Continuing

10/22/24 - 12/10/24 2:30 PM - 3:00 PM (UN)

Tai Chi: Advancing

10/22/24 - 12/10/24 3:00 PM - 4:00 PM (UN)

Tai Chi: Joined Hands

12/22/24 - 12/10/24 4:00 PM - 5:00 PM (UN)

Tai Chi: Walking Stick

10/23/24 - 12/11/24 2:00 PM - 3:00 PM (H)

Tai Chi: Beginning

10/23/24 - 12/11/24 3:00 PM - 4:00 PM (H)

Balancing an Restoring Energy w/ Qi Gong

10/23/24 - 12/11/24 4:00 PM - 5:00 PM (H)

SAIL: Stay Active and Independent for Life

9/25/24 - 11/20/24 (H)

9:45 AM - 11:00 AM

CAPTURE YOUR LIFE BACK... Restoring confidence over fear of SLIPS and FALLS! Women love the power of self-protection. Want to stay active & healthy with the ability to remain comfortably living in our own homes for as long as we can? Improve your strength, balance, and fitness thru exercises specifically designed to help maintain and improve your balance and mobility, reduce your risk of falls and improve your quality of life. Enjoy a fun total body sculpt. The secret is moving your muscles & joints and getting your heart rate up for 30 minutes. Low-impact cardio workout at your own pace. We use 1-3 lbs. lite weights to build tone and stay strong.

Complete with fun music! COME AND JOIN US...

(Free NiteLites given away for your home safety to all students.) 8 weeks

REVEL

A new brand of independent living that feels more like a retreat than retirement.



509.260.9079
 REVELSPOKANE.COM



EXECUTIVE EXPRESSIONS

Dear Members and Community Partners,

Our roofing project is nearly complete. I have received many positive comments on the new roof and gutters—it truly makes a statement. Our Boutique project is underway; thank you to Joan, Shaya, Toni, Theresa, and Brian for all the hard work involved in dismantling our Thrifty gem. Brian will be pulling up the carpet, framing in the dressing room and the wall for new French doors, and will soon be plastering and painting.

A special thank you to Dana Pendergrass of Rusty Hinges for her design work and efforts in selecting colors and flooring for the three rooms. Her expertise has been generously donated and is greatly appreciated. If you see her with samples of flooring and paint, please stop and introduce yourself. We'll be seeing more of Dana around here.

Thank you to all of you for your wonderful donations to the Capital Project fund. Your support is deeply humbling and demonstrates your love and commitment to this building and its community.

These additional funds enable us to address many areas that need urgent attention. As our Grand Lady ages, maintaining her requires significant resources, and we are incredibly grateful for your support.

We are enhancing our Monday Meal Program with more substantial offerings. Previously, we had homemade soup, salad, bread, dessert, and a drink. You'll see me in the kitchen more often, supporting our Corbin Cooks and adding to the meal choices. Our last meal featured Italian Sliders and a delightful grape salad. I enjoy cooking and serving, and it's a pleasure working with our dedicated kitchen crew. Please join us on Mondays for a meal and good company—your support is always appreciated.

We are also introducing new classes soon to offer a variety of programs. Zandy's body awareness and weight-lifting class starts on July 19th, and I will be participating to support Zandy and help myself get back in shape. Look out for a new computer class with Brian and Shaya. Our Egyptian Nights will mark the start of our Belly Dancing Classes, and we are also planning Hula Dancing. I am excited to bring new experiences to help redefine our aging process.

Please sign up for our Egyptian Nights dinner and show. Sponsored by FAIRWOOD RETIREMENT, the event will feature a wonderful Mediterranean meal and a chance to experience Egyptian folk dance. The room will be transformed to give us a taste of another continent, and the show will offer interactive elements. We are expecting a special night of food, experience, and dance.

Items to support our efforts are always appreciated. We are in need of: reams of copy paper, peach folders, small coffee cups with lids, flavored creamers for the coffee area in the multipurpose room, and soft drinks (Coke, Diet Coke, Pepsi, Canadian Dry Ginger Ale, Root Beer, and Sprite or 7UP). We also need new hot pads for the kitchen.

Thank you to all the volunteers who give so selflessly—you are rock stars in my book. We could not accomplish everything without your support.

Sincerely,

Claudia Ouwerkerk



We are excited to announce a new service in conjunction with a grant I am working on. We are introducing Social Services to support our members' diverse needs.

SUNSHINE HEALTH will be partnering with us, providing assistance twice a month. They will be available to play cards and get to know you better, creating a comfortable environment for support. Additionally, Heidi and Kristen from SUNSHINE HEALTH can be reached by phone; their contact information will be available in my office and at the front desk.

This new service aims to assist you with:

- Housing
- Food Insecurities
- Handyman Help
- Medicaid Applications
- Services for the Blind
- Depression Support
- Finding Doctors
- VA Assistance
- Home Health
- Home Care



CORBIN CORNER

BOUTIQUE BUZZ

Welcome to another change at the Boutique - this will be a wonderful, exciting change but will take 3 weeks or more, so we will be closed until further notice. If you have any questions or donation, please call me, Joan (509)993-9322.

We still need jewelry, bubble wrap, tissue paper, clothes in like new condition, plastic bags, like Rosauers bags. If you have any questions, please call me! Any clothes have to be completely free of pet hair and smoke, and in new or nearly new condition.

Please remember to call Joan at (509)993-9322 and make an appointment to drop off or meet since the Boutique is not open.

Thank you so much,
The Bo

THANK YOU

Non Monetary Donations June thru July 2024

Vesta Gerhardt, Carol Nelson, Loy Daub, Kay Blaisdell, Patti Reeves, Sheya Edson, Judy Albrecht, Penny Moore, Alice Graf, Leigh Kelsey, Ada Anderson, Karen Bossart, Fay Taylor, Karla Toll, Judy Ashley, June Robbins, Teri Wallace, Lola Sumner, Connie Royer, Mary McDaniels, Catherine Hart-Kelly, Diane Munger, Richard Krauel, Joella Dondzilla, Carol Gabel, Melody Miles, Mary Kay Bryan, Kathleen Robarge, Sherri Lattimore

A HUGE THANK YOU TO EVERYONE WHO DONATED, HELPED, AND ATTENDED OUR YARD SALE. YOUR GENEROSITY MADE A BIG DIFFERENCE! APOLOGIES IF WE MISSED ANYONE IN OUR THANK YOU LIST, BUT KNOW THAT WE TRULY APPRECIATE EVERY SINGLE ONE OF YOU.

NEW MEMBERS

Let's Welcome All New Members to Corbin!

Joanne Canfield, Janet King, Shirley Lambert, Frank Malone, Deb & Frank Rawley, Patricia Ivie, Suzanne Pryor

Monetary Donations June thru July 2024

Jessica Yeager, Theresa Phillips, Jan Charbonneau, Claudia Ouwerkerk, Paula Davis, Steve & Rachel Yunk, Penny Moore, Vi Martin, Carol Gabel, Joan Kendall, Virginia Chapman, Brenda McKinley, Karen Stocking, Nancy Bell, Beth West, Bernard Kilwani, Gloria Vogel, Lacey D McKenna, Hannah Carlan, Arlene Maines, Victorine Kasongo, Canda Higdem, Bill Kinnick, Kathy Merritt, Robert & Rose Walker, Viktoria Stovall, Andrea Carrie Sitton, Walt Gentry, Brenda Strange, Suzanne Henrichs, Barbara & Charles Hinzman, Susan Shaw, Bob Mitchell, Mary Gaffigan, Virginia Utley, Mary Kay Bryan, George Chinn

If you were missed on this list, we thank you so much.

CORBIN NEEDS


Members, we're building something special! Can you lend a hand? Our wishlist includes:

Stamps, freezer bags (large quart and gallon size), napkins, water, coffee (regular and decaf), creamer, laundry soap, printer paper, coffee pots for Multipurpose Room

Your contribution transforms Corbin Senior Activity Center into an even more vibrant space. Let's make it extraordinary together!

Beginning September 3rd

Community Bible Study
Corbin Senior Activity Center
Tuesday at 10 am
Multipurpose Room



"Be diligent to present yourself approved to God, a worker who does not need to be ashamed, rightly dividing the word of truth."
2 Timothy 2:15

Jerry Roberts ABS MRM
509-325-2426

Free Free Free
No Cost to You
Only Your Time

This is a non-lecture, Conversational Bible Study Class.
Where no questions go unanswered.

Unlock the fun! Join Corbin Senior Activity Center today for exclusive access to vibrant events, engaging activities, and a community that celebrates every moment.

SINGLE \$40.00
COUPLE \$70.00



MEMBERSHIP APPLICATION

NAME _____ DATE OF BIRTH _____
ADDRESS _____ CITY _____ STATE _____
ZIP _____ HOME PHONE/CELL _____
EMAIL _____
EMERGENCY CONTACT _____ PHONE _____
PREVIOUS OCCUPATION _____
INTERESTS & HOBBIES _____
ARE YOU INTERESTED IN VOLUNTEER OPPORTUNITIES? YES NO

CORBIN TOURS

Embark on a local adventure like never before with Corbin Tours – your ticket to a day of laughter, camaraderie, and discovery! Our local bus day tours redefine the ordinary, turning your daily commute into an extraordinary exploration of hidden gems and local wonders. From quirky landmarks to charming cafes, each stop is a chance to make memories and connect with fellow explorers. Support Corbin's passion for adventure while enjoying a day out that's both fun and financially friendly. Join us on and let's turn your routine into a local journey worth remembering!

International Lunch: Kuni's Thai

Tuesday, August 6, 2024

11:30 AM - 2:30 PM

Tour Leader: Carol Nelson Tour Driver: Tim Musser

Member: \$15.00 Nonmember: \$20.50

Food & Beverage on your own

Wow! We're off to Kuni's Thai Restaurant this month. If you have never had Thai food, this is the place to go for a pleasant experience. Food is reasonable and atmosphere is friendly. Their food is very good. Maybe Carol will pick a good ice cream place to have dessert.

Legally Blonde - The Musical

Thursday, August 8, 2024

4:15 PM - 10:45 PM

Tour Leader: Marianne Nemeth Tour Driver: Tom Zdrojkowski

Member: \$48.00 Nonmember: \$53.00

Food & Beverage on your own

A fabulously fun, award-winning musical based on the adored movie, Legally Blonde The Musical, follows the transformation of Elle Woods as she tackles stereotypes and scandal in pursuit of her dreams. Action-packed and exploding with memorable songs and dynamic dances - this musical is so much fun! Dinner on own at Paragon Brewing.

Casino Tour

Monday, August 12, 2024

2:00 PM - 7:00 PM

Tour Leader: Theresa Phillips Tour Driver: Tim Musser

Member: \$17.00 Nonmember: \$22.50

Food & Beverage on your own

Exciting News! Join us for a fun-filled tour to Chewelah Casino from 3:00 PM - 6:00 PM in the afternoon. With extended summer hours, this late afternoon adventure promises a great change of pace. Come along, test your luck, and enjoy a fantastic time!

Happy Hour

Thursday, August 15, 2024

3:00 PM - 6:00 PM

Tour Leader: Carol Nelson-Manikowski

Tour Driver: Nancy Gilbert

Member: \$15.00 Nonmember: \$20.50

Food & Beverage on your own

Join Carol for a delightful evening on Corbin Senior Activity Center's Happy Hour Tour! Experience Spokane's hotspots with tasty bites and refreshing drinks. Share laughter and joy on this happy hour adventure! Reserve your spot for an unforgettable flavor-packed escapade. Don't miss this chance to make new friends and create lasting memories. Cheers to Carol's Happy Hour Tour - where every moment is a celebration! Cheers!

Claudia & Steve's Good Time Tour

Tuesday, August 13, 2024

9:30 AM - 2:30 PM

Tour Leader: Claudia Ouwerkerk Tour Driver: Steve Yunk

Member: \$25.00 Nonmember: \$30.50

Food & Beverage on your own

Join Claudia & Steve's Good Time Tour for a day full of surprises! Your adventure begins with a journey to a secret destination, where unexpected delights await. Next, we'll take you to a hidden gem for a delightful lunch that will tantalize your taste buds. Finally, wrap up this thrilling day with a visit to an undisclosed location filled with unique treasures. Get ready for a day of fun, mystery, and unexpected excitement!

Steptoe Butte, Pullman, and Moscow**Wednesday, August 14, 2024****8:00 AM - 5:00 PM****Tour Leader: Ron Krueger Tour Driver: Kirk Whitmore****Member: \$43.00 Nonmember: \$48.50****Food & Beverage on your own**

We begin our tour with a stop in Rosalia to visit the Battle of Pine Creek battlefield and memorial to the fallen. Then we drive to the top of Steptoe Butte--oddly named to honor the man who lost the Battle of Pine Creek--to view the majestic Palouse grasslands and farm lands. On to Pullman for lunch at Paradise Creek Brewery, located in a beautiful historic building.

After lunch we'll go to the dairy at Washington State University. We'll see some beautiful milk cows and learn what best mixture of grasses produces the greatest quantity of milk when fed to those cows. Before we leave the university, we'll tour the campus and then stop at Ferdinand's and enjoy some ice cream made from cream from those cows. And, perhaps, buy some Cougar Gold cheese, also made from milk from those same cows.

Then we'll take the short drive to Moscow to see the beautiful campus of the University of Idaho. We'll also stop at the Co-op to perhaps buy some lentils grown nearby and perhaps buy some coffee to drink on our way home. Our drive home is on the Idaho side, which is more scenic than our earlier drive south.

Pullman Lentil Festival**Saturday, August 17, 2024****8:30 AM - 5:00 PM****Tour Leader & Driver: Steve Yunk****Member: \$21.00 Nonmember: \$26.50****Food & Beverage on your own**

Experience the vibrant Pullman Lentil Festival and immerse yourself in a day full of fun and flavor! Savor world-famous chili and enjoy exciting cooking demonstrations. Don't miss the grand parade, and explore a variety of local artisan booths for unique finds. Head over to Lentil Lane for a taste of innovative treats like lentil cake pops and lentil chili dogs. Groove to live music throughout the day and visit the beer and wine garden, where local microbrewers, wine, and hard cider makers are showcased.

Join us for a celebration of community, creativity, and culinary delights!

Breakfast Bunch: Uncle Rusty's Diner**Tuesday, August 20, 2024****10:30 AM - 2:30 PM****Tour Leader: TBD Tour Driver: Tim Musser****Member: \$15.00 Nonmember: \$20.50****Food & Beverage on your own**

Uncle Rusty's specializes in waffles (larger than the plate they are served on), chicken & waffles and stuffed French toast. Yum!! Please join Marianne for a great breakfast with scratch-made breads baked in house. Many items to choose from on the menu.

Gourmet Glides: Spokane River Lunch Cruise Adventure**Thursday, August 22, 2024****9:30 AM - 4:00 PM****Tour Leader & Driver: Steve Yunk****Member: \$86.00 Nonmember: \$91.50****Food & Beverage on your own**

Set sail on a delightful Spokane River Cruise! Enjoy a leisurely afternoon aboard as you indulge in a delicious lunch buffet featuring home style fried chicken, creamy coleslaw, ranch style baked beans, fresh watermelon, assorted rolls, and refreshing lemonade. The cruise includes historical and informational commentary, all while you take in the stunning views of beautiful waterfront homes and naturally preserved landscapes. Board the boat at Independence Point in CDA. Don't miss out on this perfect blend of picturesque views, gourmet dining, and enriching commentary!

Movie Club: B&B Theater, Northern Quest Casino**Tuesday, August 27, 2024****4:30 PM - 8:30 PM****Tour Leader: Virginia Chapman Tour Driver: Nancy Gilbert****Member: \$15.00 Nonmember: \$20.50****Food & Beverage on your own**

Well, Movie Club is back on like Virginia promised. Come along and enjoy movies and dinner at the theater. A new experience for us all. Two separate outings: show and dinner or casino gambling during the time we are out there. Price for movie is \$6.50. Great bargain!

Next month: Garland Theater and food offered
Movie tickets and meal on your own.

Dinner Club: Iron Wood & Ice Urban Kitchen**Wednesday, August 28, 2024****3:00 PM - 6:00 PM****Tour Leader: Valerie Harper-Murdoch Tour Driver: Al Dwinell****Member: \$16.00 Nonmember: \$22.50****Food & Beverage on your own**

Join our Dinner Club Tour to Iron Wood & Ice Restaurant, Post Falls' locally owned urban kitchen and bar, renowned for its exceptional food and uniquely crafted cocktails. Indulge in a superb selection of gourmet appetizers and entrees, accompanied by signature cocktails and even spiked desserts! Whether you choose to dine inside or out, Iron Wood & Ice takes comfort food to another level, offering a delightful experience in a welcoming neighborhood setting. Don't miss out on this culinary adventure!

Walking Tour of Gonzaga University**Wednesday, September 11, 2024****2:45 PM - 6:30 PM****Tour Leader: Marianne Nemeth Tour Driver: TBD****Member: \$15.00 Nonmember: \$22.50****Food & Beverage on your own**

Enjoy a walking tour of Gonzaga University*. The tour includes several academic, athletic, and student life facilities. Typically, the campus tour visits St. Al's Church, Jepson School of Business Administration, Bollier Center for Integrated Science and Engineering, McCarthey Athletic Center, Hemmingson Student Center, and College Hall. The tour will be led by a current Gonzaga undergraduate student who will be able to share information about the University in addition to their own stories and experiences. Dinner on own will follow at Saranac Public House.

*** PLEASE NOTE THE CAMPUS TOUR WILL LAST APPROXIMATELY 90 MINUTES AND COVERS ABOUT A HALF MILE - MILE OF WALKING ON FLAT GROUND.**

Need A Little Christmas - A Holiday Musical Celebration**Sunday, December 15, 2024****1:45 PM - 6:00 PM****Tour Leader: Marianne Nemeth Tour Driver: TBD****Member: \$65.00 Nonmember: \$70.50****Ticket included**

Need A Little Christmas is a seasonal, Radio City Music Hall-style show that includes beautifully choreographed kickline tap numbers, Santa's workshop, a tribute to the USO show, a celebration of international holiday customs, a grand nativity conclusion, and features a cast of over 45 performers and 450 spectacular costumes.

Deutschesfest**Sunday, September 22, 2024****8:30 AM - 5:00 PM****Tour Leader & Driver: Steve Yunk****Member: \$37.00 Nonmember: \$42.50****Food & Beverage on your own**

Join us for Deutschesfest, a vibrant festival celebrating authentic German culture and cuisine! Delight in traditional German food, explore a city block-sized Biergarten, and enjoy live music and street vendors. This festival is proudly hosted by local descendants of the German-Russians who settled in Odessa in the early 20th century. Their deep appreciation for good food, drink, music, and dancing has been lovingly passed down through generations, giving this event its unique and festive charm. Your tour includes a visit to the Odessa Historisches Museum, where you can learn about the settlement and development of the towns and countryside by resilient pioneers. Plus, enjoy free access to the beer garden on Sunday! Don't miss this festive celebration of heritage and community.

THE BEST OF KIRTLAND CUTTER**Wednesday, October 16, 2024****9:30 AM to 2:30 PM****Tour Leader: Ron Krueger Tour Driver: TBD****Member: \$15.00 Nonmember: \$20.50****Food & Beverage on your own**

Undoubtedly Kirtland Cutter was the best architect the Northwest has produced. And his fantastic structures liberally dot the Spokane landscape. We begin our tour with a visit to the Patsy Clark mansion. There we will see a magnificent Tiffany window. We'll see a beautiful wood carving of Patsy's wife and a stunning grandfather, chiming clock. We'll see the Chinese Gaming Room (Patsy's favorite). This is the room where President George H. W. Bush and Speaker of the House Tom Foley had a steak dinner. Before we leave Browne's Addition, We'll see (but not visit) four other Cutter homes. We'll drive to the Historic Davenport Hotel where we'll tour the magnificent ballroom, including the Doges ballroom, which predates the hotel. Then it's lunch (on your own) on the main floor. Then We'll tour the Glover Mansion on 8th Avenue, which Cutter designed when he was just 28 years old. If time permits, We'll tour the Spokane Club, Cutter's 1910 creation. There's a masterful sculpture by Dorothy Fowler of her granddaughter.

CORBIN LONG TOURS

Come along on an adventure with Corbin Senior Activity Center's Extended Tour Program – immerse yourself in a trip filled with laughter, camaraderie, and global exploration! Our international and domestic travel experiences redefine the ordinary, turning your daily routine into an extraordinary adventure spanning across borders and uncovering hidden wonders. From iconic landmarks to cultural hotspots, each destination is a chance to create lasting memories and connect with fellow travelers during this extended journey.

As a testament to our commitment to diverse experiences, our travel partners frequently introduce new tours, ensuring there's always something exciting on the horizon. Support Corbin's passion for adventure while enjoying a week of exploration that's both thrilling and financially friendly.

Memorials of World War II

October 14 -23, 2024

PPDO \$4899 PPSO \$5899

Deposit of \$698

Final Payment Due August 15, 2024

Presented by Collette

Magical Christmas Markets

December 1 - 8, 2025

PPDO \$3299 PPSO \$3799

Deposit of \$698

Final Payment Due September 2, 2025

Presented by Collette

Sunny Portugal

December 26, 2024 - January 5, 2025

11 Days, 3 Meals: 9 Breakfasts, 4 Dinners

PPDO \$5,299 PPSO \$6,199

Deposit of \$698

Final Payment Due October 27, 2024

Book now & save \$200 per person

Presented by Collette

Kingdoms of Southeast Asia

February 13, 2025 - March 3, 2025

19 Days, 31 Meals: 17 Breakfasts, 7 Lunches, 7 Dinners

PPDO \$6,899 PPSO \$7,549

Deposit of \$698

Final Payment Due December 15, 2024

Presented by Collette*

Discover the Canadian Maritimes and Coastal Wonders

August 3 -13, 2025

PPDO \$44999 PPSO \$5499

Deposit of \$698

Final Payment Due June 4, 2025

Presented by Collette

Croatia & Its Islands

June 13-24, 2025

12 Days, 20 Meals

PPL0D \$6,999 PPL0S \$9,399

MDD \$7,499 MDS \$10,399

Deposit of \$898

Final Payment Due February 13, 2025

Presented by Collette*

Greece Island Hopper

September 12-22, 2025

11 Days, 14 Meals: 9 Breakfasts, 1 Lunch, 4 Dinners

PPDO \$5,999 PPSO \$7,199

Deposit of \$698

Final Payment Due June 14, 2025

Presented by Collette*

Spotlight on South Dakota

September 24-30, 2025

7 Days, 9 Meals: 6 Breakfasts, 3 Dinners

PPDO \$2,999 PPSO \$3,799

Deposit of \$698

Final Payment Due June 26, 2025

Presented by Collette*

Discover America's Music Cities

October 12-19, 2025

8 Days, 11 Meals: 7 Breakfasts, 1 Lunch, 3 Dinners

PPDO \$3,999 PPSO \$4,799

Deposit of \$698

Final Payment Due July 14, 2025

Presented by Collette*

Aruba, Curacao, & Cayman

March 15-23, 2025

9 Days/8 Nights

ICC \$3,596 OCC \$3,798 BCC \$3,811/3,900

Deposit of \$350 per DO, \$700 per SO

Final Payment Due November 15, 2025

Presented by Grand American Tours*

Bluegrass Country & the Smoky Mountains

May 22-30, 2025

9 Days, 13 Meals: 8 Breakfasts, 2 Lunch, 3 Dinners

PPDO \$3,899 PPSO \$4,899

Deposit of \$698

Final Payment Due March 23, 2025

Presented by Collette*

Greek Isles

October 13-20, 2025

8 Days/7 Nights

ICC \$4,294 OCC \$4,484 BCC \$4,864

Deposit of \$350 per DO, \$700 per SO

Final Payment Due June 15, 2025

Presented by Grand American Tours*

Spain, Portugal, & Casablanca

November 7-17, 2025

11 Days/10 Nights

**ICC \$4,600 OCC \$5,3508 BCC \$6,100-\$6,550
SCC \$7,900**

Deposit of \$850 per DO, \$1700 per SO

Final Payment Due May 7, 2025

Presented by Grand American Tours*

CORBIN TOURS PRESENTS SAN JUAN ISLAND ESCAPE
SEPTEMBER 23 - SEPTEMBER 26, 2025
PPDO \$1350 PPSO \$1950
DEPOSIT OF \$300 TO SECURE YOUR SPOT
LIMITED SPOTS AVAILABLE

Join us for an unforgettable adventure! Start with a scenic drive to Bellingham, stopping for lunch in charming Leavenworth (lunch on your own). Stay overnight at the Holiday Inn Express in Bellingham, with a complimentary breakfast Tuesday morning.

On Tuesday, we'll drive to Anacortes and ferry to the stunning San Juan Islands, arriving at Friday Harbor. Our stay at the Friday Harbor Suites puts you in the heart of the town, perfect for exploring local shops, galleries, and enjoying the island's serene beauty.

Wednesday brings excitement with visits to the Whale Museum and the San Juan Historical Museum. Enjoy a farm-fresh meal before our Classic Whale Watch & Wildlife Tour. A marine naturalist will guide us through the islands, spotting orcas, seals, bald eagles, and more amid breathtaking scenery.

On the final day, we'll visit picturesque Roche Harbor before heading back to Spokane. Don't miss this incredible opportunity to explore the beauty and wonder of the San Juan Islands!

CORBIN TOURS PRESENTS 44TH ANNUAL HUCKLEBERRY FESTIVAL
AUGUST 10-11, 2025
PPDO \$425 PPSO \$545
DEPOSIT OF \$200 TO SECURE YOUR SPOT
FINALY PAYMENT DUE JULY 26, 2024

Join us for a weekend of fun at Trout Creek's beloved Huckleberry Festival! Explore handmade crafts, enjoy live music, and try your hand at axe throwing and archery. Don't miss the pie eating contest and savor delicious huckleberry treats like shakes, pies, and cheesecakes. Pick up frozen huckleberries by the gallon to take home!

Stay at Rimrock Lodge in Thompson Falls for river views, a bowling alley, and slot machines. On Sunday, enjoy breakfast at Minnie's Montana Cafe and a visit to the historic Old Jail Museum.

Mark your calendar for this unique and delightful Montana celebration!

CORBIN TOURS PRESENTS AMERICAS MUSIC CITIES
SEPTEMBER 26 - OCTOBER 3, 2025
8 DAYS, 11 MEALS
PRICING TO BE RELEASED SOON

Attractions from Nashville, TN to New Orleans, LA are as follows:

Spend 2 nights at Gaylord Opryland Hotel with tour of Honky Tonks and Music Room. Visit Country Music Hall of Fame and Museum. Reserved seats at Grand Ole Opry. Tour RCA Studio B where Elvis Presley & Chet Atkins recorded their music. At Memphis, visit the Stax Museum of American Soul & Sun Studio, "The Birthplace of Rock n' Roll." Next is Graceland Mansion tour, custom airplanes and car museum of Elvis Presley. Delta Blues Museum with lunch at Ground Zero Blues Club. Tour BB King Museum. Tour Vicksburg National Military Park with guide. Tour Oak Alley Plantation in Vicksburg. Tour of New Orleans narrated on historic French Quarter, Garden District, & Bourbon Street. Ending with a New Orleans Jazz dinner cruise on the Mississippi Renner.

CORBIN TOURS PRESENTS BRANSON
November 11 - 15, 2024
PPDO \$2650 PPSO \$3010
Deposit of \$500 to secure your spot

Virginia is going country. She has planned a trip to Branson, MO in 2024. It's currently in the final planning stages, but it's guaranteed to be fun filled!

Tour highlights include: Village Travel 56 motor coach and driver the entire visit, Dinner at Lambert's Café in Ozark, MO, 5 night lodging at Best Western Center Pointe Inn (exterior corridor with elevators) with luggage handling and deluxe breakfast included, Dublin's Irish Tenors & Celtic Ladies Christmas Show, Lunch at the Keeter Center, College of the Ozarks tour, Ralph Foster Museum, Grand Country Dinner Buffet, Grand Jubilee Show, Two Hour Area Tour with a guide, Hughes Brothers Christmas Show, Wine Tasting at Ozark Hills Winery, Dinner at Florentina's Ristorante Italiano, Lights of Joy Christmas Drive Through Lights Display, Texas Tenors Christmas Show, Dewey Short Visitors Center, Showboat Branson Belle Lunch Cruise, Dinner at the Pickin Porch Grill, Miracle of Christmas Show, Precious Moments Chapel Tour, Carthage, MO and Lunch at the Sirloin Stockade, Carthage, Mo.

**CORBIN TOURS PRESENTS
WENATCHEE TO CHELAN CRUISESCAPE
September 19 - 21, 2024
PPDO \$495 PPSO \$635
Deposit of \$275 to secure your spot
Final Payment Due August 30, 2024**

Explore Wenatchee and Lake Chelan: A Day of Delights! Start your day at Pybus Market, a 28,000 sq ft treasure trove featuring the region's best specialty foods, fresh produce, artisan goods, and delectable pastries from top restaurants, and end the day with a great dinner. At 8:00 AM, embark on a scenic boat ride across the stunning 50.5-mile-long Lake Chelan to the remote town of Stehekin, accessible only by boat or plane. Discover local gems like the Stehekin Pastry Company, Historic Stehekin School, Rainbow Falls, and the Buckner Homestead Orchard. Enjoy lunch at the pastry company, then explore a 3,000 sq ft gift and cheese shop. Cap off your adventure with a serene cruise back to Lake Chelan, soaking in the beautiful landscapes, and dinner at one of the best wineries to finish the day.

**CORBIN TOURS PRESENTS
WINTER WONDERLAND IN LEAVENWORTH
December 18 - 20, 2024
PPDO \$900 PPSO \$1440
Deposit of \$275 to secure your spot
Final Payment Due November 15, 2024**

Experience the enchantment of Leavenworth's Winter Wonderland Tour! Amidst snow-covered landscapes, this charming town transforms into a festive wonderland during Christmas. Enjoy horse-drawn sleigh rides, art walks along Icicle Creek, and tours of a Chinook salmon fish hatchery. Indulge in authentic German cuisine, explore a sprawling antique gallery, and sample craft brews at local breweries. Start your days with morning walks on Blackbird Island and shopping in quaint boutiques. Don't miss the whimsical nutcracker museum! Stay in comfort at a hotel just steps from the main plaza. Join us for a holiday filled with joy, wonder, and cheer! Reserve your spot today.



Our Trusted Experts Are Here to Help.

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CarePatrol of Spokane

ELISE BIVIANO, OWNER, CSA
ebiviano@carepatrol.com

o: 509-315-9324

c: 509-795-6685

f: 509-461-0153

CarePatrol.com

ELEVATE YOUR EVENTS AT CORBIN SENIOR ACTIVITY CENTER!

Unlock the magic of memorable gatherings with our enchanting rental spaces! Whether celebrating milestones, hosting seminars, or tying the knot, Corbin is your perfect venue.

The Henderson Room

Immerse in elegance with our spacious ballroom, complete with a stage—ideal for weddings, graduations, quinceneras, and celebrations. Pair with our kitchen and dining hall for a seamless event.

Versatile Classrooms

Perfect for classes, seminars, and intimate gatherings, our Lower South and Carolyn Bryan Suite North and South offer warm, inviting spaces for every occasion.

Unforgettable Weddings

Our all-inclusive package includes the Henderson Room, Carolyn Bryan Suite, Lower South, and Billiards Room. Create lasting memories in our timeless setting.

Contact Us for Details

Ready to book? Call (509) 327-1584 for pricing and availability.

Corbin: Where Every Room Tells a Story.

Book your dream event today!

CLASSY CORBIN RED HATTERS

Join us for the upcoming gathering of The Classy Corbin Red Hatters on Wednesday, August 28, at Cathay Inn, 3714 N Division.. Our meeting will commence promptly at 11:30 AM. Thank you for bringing 1 or 2 items for our raffle.

Kindly RSVP to Patty at (509) 325-0502 to confirm your attendance. We look forward to seeing you there for a delightful time!



RESTART WITH LINDA FRANDSEN

Discover the healing power of real food with The RESTART Program. This effective, no-nonsense class focuses on using real food to build a sustainable foundation for lifelong healthy eating.

What You'll Learn:

Week 1:

Prepare for a real food sugar detox—mentally, physically, and emotionally.

Week 2:

Optimize your digestion for better health.

Week 3:

Understand the impact of sugar and learn to reduce intake.

Week 4:

Learn the truth about dietary fats and which ones to consume.

Week 5:

Integrate tools and skills for lasting success.

Starting in August Fridays 1:00 PM in the Carolyn Bryan Suite North Cost \$10.00

Join us to transform your health with real food! Sign up at Corbin (509)327-1584

UNCOVER YOUR HERITAGE AT CORBIN

Explore your family history at Corbin Senior Activity Center with our new Ancestry.com program led by genealogist Mary Gilmore. Highlights include personalized ancestry research, uncovering family connections and traditions, and exploring your origins across borders and timelines. Mary Gilmore's passion adds excitement to the experience. Visit the reception desk to register and rediscover your past at Corbin Senior Activity Center!

FOR MORE INFO OR TO SIGN UP, CONTACT CORBIN AT (509)327-1584

Raffle for a Beautiful Handmade Quilt

Support Southside Community Center by participating in their exciting quilt raffle! The stunning quilt, crafted with care and expertise by the talented volunteers from the Monday Stitchers and Chatters Group, will be raffled off in October. The Stitchery on Regal generously donated goods and quilting services to help complete this masterpiece.

Raffle tickets are \$5 each or 3 for \$10 and can be purchased at the reception desk. See the beautiful quilt pictured below. If you have any questions, call Steve (509)993-8003. Don't miss this chance to own a unique piece of art and support our community partner!





Big Benefits for Small Business
Retirement Planning Medicare Solutions

Kirby Brown
Kirby@starrinvestments.com 509-922-8642

Kirby Brown is an Investment Advisor offering Securities through United Planners Financial Services, Member: FINRA, SIPC.
Starr Investments & Benefits and United Planners are not affiliated.

Car Show at

Friday, August 23

From 1-3 PM

- Cool Cars
- Food & beverages
- Music, fun & more!

The Aquatic Center

1841 E Upriver Drive

Featuring the Dukes Auto Club

Local car club!

This event is in support of the

**ALZHEIMER'S ASSOCIATION**
Donations accepted.



Thank You for Your Generosity!

Your support helps us continue to enrich the lives of seniors, providing them with the resources and opportunities they need to thrive. Together, we can create a vibrant and supportive community for our seniors.

DONATION DETAILS: ONE-TIME RECURRING AMOUNT: _____

Name _____

Address _____

Phone _____ Email _____

Signature _____

Please make all checks payable to: Corbin Senior Activity Center

Corbin Senior Activity Center is a registered 501(c)(3) non-profit organization, EIN 91-1001680. Your donation is tax-deductible to the fullest extent allowed by law.