



November 20, 2010

Contact: 509.327.1584



CORBIN SENIOR ACTIVITY CENTER PROGRAMS FOR DECEMBER

For more information on any of these activities, please contact:

Corbin Senior Activity Center
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SEMINAR: IS MY ESTATE IN ORDER?

Wednesday, December 1 ~ 11-11:45am

This seminar will involve a discussion from Robert Redmond with Hennessey & Edwards, P.S. of legal issues concerning the importance to have a will or living trust in place, whether a will or living trust might need to be updated, whether a will or living trust is necessary for an estate with a value of less than \$100,000 and what steps might be involved for the personal representative of the estate in a probate action.

SEMINAR: LEG PAINS?

Wednesday, December 8 ~ 11-11:45am

Do you have pain in your legs with standing or sitting for prolonged periods? Do you have visible varicose veins? Are your legs heavy and tired by the end of the day? Do

you elevate your legs to make them feel better? You may be suffering from venous insufficiency. If you are interested in hearing about varicose veins, the symptoms they are responsible for and how to manage them, come to this information sharing opportunity with Dr. Hoefer with the Inland Vascular Institute.

SEMINAR: HYPNOTHERAPY

Wednesday, December 15 ~ 11-11:45am

Have you ever wanted to find out how hypnosis or hypnotherapy can help you? Are you interested in learning how it can effortlessly improve your life and well-being? Would you like to discover how the subconscious mind can help you reduce stress and pain, release excess weight, cease smoking, alleviate feelings of depression, or help to access your inner wisdom? Please join us to learn more about hypnotherapy and why it is a widely accepted and very effective tool for healing. For more information, please call Jacklyn Delgado, InsideOut Hypnotherapy, 688-7701, or Diana Weaks, DLW Hypnotherapy LLC, 270-3161.

SEMINAR: FRANCE

Wednesday, December 22 ~ 11-11:45am

Frederic Dugenet will do a Powerpoint presentation which will feature several areas of France (Provence, Burgundy, Dordogne, Brittany, Loire valley and Paris area). Frederic lived in France for 23 years and is a native of South East France (Provence). If you are planning a trip to France or simply are curious about what this country has to offer, do not miss this great opportunity!

MOUSETRAP IS BACK

Mark your calendar for February 25 at two in the afternoon We will be doing our final show of this murder mystery which the Corbin players turn into a hilarious romp.

Christopher Wren will be back in pink and his unruly hair, with maybe a new twist or two. Reservations are now being accepted. The cost is just \$10 per person, and we will have complimentary wine and hors d'oeuvres at intermission, provided by **The Academy**.

KYRS SEASONED PLAYERS RADIO SHOW

The KYRS Seasoned Players Radio Show is coming to Corbin... and you are invited to join us. We will be recording our one hour show in the Henderson Room on Friday, December 10 at 2 pm. It's free and it will be fun. Our show consists of poetry, stories, and skits among other activities. There will be people you recognize, and perhaps we will invite an audience member or two to join us.

About the Corbin Senior Activity Center

Corbin Senior Activity Center offers a full schedule of activities including educational classes in foreign languages, art, exercise, and history. There are also social events (e.g. dinner theaters), seminars on health, legal matters, art, and travel, lunches (including one ethnic lunch per month), cards, puzzles, mahjong, scrabble, and pool. Various groups meet throughout the week including hiking, crafts, lapidary, and dance

to live music. Services include blood pressure checks, foot care, AARP Drivers Training, AARP Tax Aid, massage therapy, and hearing tests. The Center also offers short trips around Spokane and long trips to such places as China and Italy. Tours are usually accompanied by a volunteer escort. Over 100 volunteers presently serve in various capacities. In addition to this, Corbin publishes a twenty-page newsletter, has a boutique, and offers information on senior living and general information. If you are interested in more information, call or better yet, come by and visit today! Our friendly staff and volunteers are here to answer any questions you may have.

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