

Calendar of Events

October 14, 2025
- January 31, 2027

MasterCLASS Series by ActionCOACH Northwest

ActionCOACH Northwest

5813 E Fourth Ave Suite 101

Spokane Valley, WA 99212

01:00 PM - 02:00 PM PST

Sharita Bountharath, 5093180653

sharitabountharath@actioncoach.com

MasterCLASS Series by ActionCOACH Northwest

Specialized Training unlocks time proven systems in key areas of successful business

Weekly videos with facilitation sessions delivered over 15 months providing your path to success

Including GrowthCLUB Quarterly Community and Business Planning Session!

Each week features:

30 minute video delivering on specific business topics by Brad Sugars

60 minute facilitation to assist you implement the topics by Dwight Weigelt

Each quarter features:

GrowthCLUB Planning opportunity to Work On Your Business developing a 90 day plan that works for you to attain your business goals.

December 27, 2025

Saturday Cooking Class: Filled Pasta Masterclass

Commellini Estate

14715 N. Dartford Drive

Spokane, Wa 99208

04:00 PM - 07:00 PM PST

Tressa Schaller, 5094660667

info@commelliniestate.com

12.27.2025 Saturday Cooking Class: Filled Pasta Masterclass @ 4:00 PM

\$85.00

Filled Pasta Masterclass

Discover the Art of Crafting Exquisite, Hand-Formed Filled Pastas!

Dates: Saturday December 27 at 4:00 PM

Class Duration: 2.5-3 hours

Cost: \$85.00

What You'll Do

Join Commellini Estate's Chef, Frank, for an interactive culinary journey celebrating the rich diversity of filled pasta. This hands-on masterclass will have you crafting a variety of filled pasta shapes and styles, such as tortellini, agnolotti, and mezzalune, while exploring unique and delectable fillings.

Under Chef Frank's expert guidance, you'll learn techniques for rolling, filling, and shaping different pastas, expanding your skills far beyond traditional ravioli. The evening will culminate in a delightful dinner, served in the warm and historic ambiance of Commellini Estate's Main Venue.

On the Menu:

- *Housemade Focaccia Bread & EVOO Butter*
- *Caesar Salad*
- *Filled Pasta Selection, paired with signature sauces:*
 - o *Gina's Marinara*
 - o *Leda's Famous Bolognese*
 - o *Albert's White Wine Alfredo*

Additional Information:

- *You will receive a recipe card to take home, so you can recreate your filled pasta masterpieces.*
- *Beverages will be available for purchase.*
- *All necessary kitchen equipment and ingredients will be provided by Commellini Estate.*

What to Expect:

- *Hands-On Experience: Approximately 75% of the class will involve active pasta making, allowing you to refine your technique.*
- *Interactive Learning: Collaborate with fellow participants and enjoy plenty of opportunities to ask questions and gain insights.*
- *Time Commitment: The entire class, including dinner, is approximately 3 hours.*

Location:

Commellini Estate

14715 N Dartford Dr.

Spokane, WA 99208

<https://commellini.square.site/>

December 28, 2025

Sunday Cooking Class: Ravioli 101

Commellini Estate

14715 N. Dartford Drive

Spokane, Wa 99208

06:30 PM - 09:00 PM PST

Tressa Schaller, 5094660667

info@commelliniestate.com

What You'll Do

Join Commellini Estates' Executive Chef, Frank, for an engaging, hands-on cooking experience where you'll learn to make ravioli from scratch. This immersive workshop will have you creating four exquisite ravioli fillings, likely featuring fillings such as seafood, formaggio, spinach, braised beef, and butternut squash.

Under Chef Frank's expert guidance, you'll roll, fill, and shape your ravioli, mastering techniques to recreate at home. The evening concludes with a full-course dinner, enjoyed in the charming, historic setting of Commellini Estates' Main Venue.

On the Menu:

Housemade Focaccia Bread & EVOO Butter

Caesar Salad

Ravioli Varieties, with a choice of signature sauces:

Gina's Marinara

Leda's Famous Bolognese

Albert's White Wine Alfredo

+Bonus Sauce

Additional Information:

You will receive a recipe card to take home so you can recreate the experience.

Beverages will be available for purchase.

All necessary kitchen equipment and ingredients will be provided by Commellini Estate.

What to Expect:

Hands-On Experience: This class is approximately 75% hands-on, giving you plenty of time to practice each technique.

Beginner-Friendly: Whether you're new to cooking or just want to enhance your skills, Chef Frank makes the process easy and enjoyable.

Interactive Learning: Work alongside fellow participants and Chef Frank, with plenty of opportunities to ask questions and learn new techniques.

December 30, 2025

Tuesday Cooking Class: Gnocchi

Commellini Estate

14715 N. Dartford Drive

Spokane, Wa 99208

06:30 PM - 09:00 PM PST

Tressa Schaller, 5094660667

info@commelliniestate.com

What You'll Do

Join Commellini Estate's Executive Chef, Frank, for an immersive hands-on cooking class, where you'll learn how to create the perfect gnocchi from scratch. This interactive workshop will have you rolling up your sleeves as Chef Frank guides you through the step-by-step process of making fresh Gnocchi, paired with your choice of signature sauces.

The class culminates with a meal enjoyed inside the historic Commellini Estate's Main Venue, where you can savor the fruits of your labor.

On the Menu:

Housemade Focaccia Bread & EVOO Butter

Caesar Salad

Potato Gnocchi, served with your choice of our signature sauces:

Gina's Marinara

Leda's Famous Bolognese

Albert's White Wine Alfredo

+Bonus Sauce

Additional Information:

You will receive a recipe card to take home so you can recreate the experience.

Beverages will be available for purchase.

All necessary kitchen equipment and ingredients will be provided by Commellini Estate.

What to Expect:

Hands-On Experience: This class is approximately 75% hands-on and you will be actively participating in creating gnocchi.

Beginner-Friendly: Whether you're new to cooking or looking to sharpen your skills, Chef Frank will make you feel at ease throughout the class.

Interactive Learning: Work alongside fellow participants and Chef Frank, with plenty of opportunities to ask questions and learn new techniques.

Time Commitment: The entire class, including mealtime, is approximately 3 hours.

January 6, 2026

Dementia Caregivers Workshop: Starting the Conversation about Brain Changes
Online SCLD Library Event
10:00 AM - 11:00 AM PST
Crystal, 5098938375
cmiller@sclld.org
Registration is required.

For both unpaid and professional caregivers, these workshops provide an in-depth exploration of topics related to dementia. We discuss the warning signs of dementia and then focus on how to start the conversation about dementia with someone you think may have some signs. We also go over the process for diagnosis.

Presented by educators from ALTCEW

January 17, 2026

Sala de escape en español / Escape Room in Spanish
Cheney Library
610 1st St
Cheney, WA 99004
04:00 PM - 04:45 PM PST
Crystal, 5098938375
cmiller@sclld.org
Niños de 8 años o más y sus familias

Es necesario inscribirse.

¡Pon a prueba tus habilidades de comunicación al máximo! Trabaja en equipo con tu familia o con un grupo de amigos para resolver rompecabezas, descifrar códigos y escapar antes de que sea demasiado tarde. Este programa se presenta íntegramente en español.

Kids ages 8+ & their families

Registration is required.

Push your communication skills to the max! Collaborate with your family or a team of friends to solve puzzles, break codes, and escape before it's too late. This program is presented entirely in Spanish.

January 20, 2026

Nature, Art, and Service as Medicine with Journalist Julia Hotz

Online SCLD Library Event

11:00 AM - 12:00 PM PST

Crystal, 5098938375

cmiller@sclld.org

Registration is required to view the live event and submit questions for the author.

Register using the Event URL below.

*Be sure to jump start your new year with us as we chat virtually with journalist and author Julia Hotz about her book *The Connection Cure: The Prescriptive Power of Movement, Nature, Art, Service, and Belonging*.*

The Connection Cure combines diligent science reporting, moving patient success stories, and surprising self-discovery to help us discover the lasting and life-changing power of social prescribing. Traditionally, when we get sick, health care professionals ask, "What's the matter with you?" But around the world, teams of doctors, nurses, therapists, and social workers have started to flip the script, asking "What matters to you?"

Science shows that social prescribing is effective for treating symptoms of the modern world's most common ailments—depression, ADHD, addiction, trauma, anxiety, chronic pain, dementia, diabetes, and loneliness. By integrating age-old medicines like art, nature, movement, and volunteer service into patient's daily lives, social prescriptions are radically changing health and healthcare in more than thirty countries. Julia Hotz travels around the world to survey them—sea-swimming lessons for depression, "culture vitamins" for anxiety, a fishing club for ADHD, a farm-based day-care for dementia, a phone-buddy program for social isolation, and many more.

*As the first book on social prescribing, *The Connection Cure* empowers you to find, experience, and implement this revolutionary medicine in your own community. The success stories Julia finds bring a long-known theory to life: if we can change our environment, we can change our health. By reconnecting to what matters to us, we can all start to feel better.*

Register today to find out how you can use the wisdom of social prescribing to live your best life!

*About the Author: Julia Hotz is a solutions focused journalist based in New York. Her stories have appeared in *The New York Times*, *WIRED*, *Scientific American*, *The Boston Globe*, *Time*, and more. She helps other journalists report on the big new ideas changing the world at the Solutions Journalism Network. *The Connection Cure* is her first book.*

SCLD Online Authors Series

January 31, 2026

Lost Apples of the Palouse

Medical Lake Library

321 S Herb St

Medical Lake, WA 99022

01:00 PM - 02:30 PM PST

Christie, 5098938374

conzay@sclld.org

When the pilgrims first landed in America, the only apple trees on the continent were crab apples. After 250 years of planting millions of cider tree seeds, over 15,000 named apple trees existed in North America. Today, there are less than 5,000 named apples readily found. The Lost Apple Project searches for lost apples and is making exciting finds right here in the Palouse. Dave Benscoter and/or Bret Clifton talk about the steps they are taking to bring these apples back to life.

February 12, 2026

EWU Winter Career Fair 2026

EWU PUB NCR

926 Elm St

Cheney, WA 99004

11:00 AM - 03:00 PM PST

Romeal Watson, 5093594637

rjwatson@ewu.edu

Welcome to Eastern Washington University's 2026 Winter Career Fair!

We very much appreciate your continued interest in and support for our amazing students and alumni. In order to make this a fun and productive recruitment experience, please be sure to complete this form as accurately and completely as possible.

This fair is designed to specifically serve all students participating in our academic programs. We encourage you to only select majors that you're actively interested in recruiting. This allows us to better prepare students and more easily connect them with you. If you have questions at any point, do not hesitate to call or email Casey Mowatt at cmowatt@ewu.edu.

Don't delay! Click the "Register" button above now and let's get started.

March 12, 2026

? Business After Hours with Halme Cascade ? Medical Lake
Halme Cascade General Contracting
725 N Stanley St., Suite B
Medical Lake, WA 99022
04:30 PM - 06:00 PM PST
Business After Hours with Halme Cascade General Contracting
March 12, 2026 | 4:30 PM – 6:00 PM

Join us for our final Business After Hours with Halme Cascade in Medical Lake, WA!

Event Highlights:

- *Connect with West Plains business leaders*
- *Build relationships and expand your network before the new year*
- *Chamber updates*

Cost:

? FREE for West Plains Chamber Members
? \$25 for Future Members

April 9, 2026

? Business After Hours with Profectus Business Consulting
TBD
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04:30 PM - 06:00 PM PST
Business After Hours with Profectus Business Consulting
April 9th, 2026 | 4:30 PM – 6:00 PM

Join us for our final Business After Hours of the year with Profectus Business Consulting!

Event Highlights:

- *Connect with West Plains business leaders*
- *Build relationships and expand your network before the new year*
- *Chamber updates*

Cost:

? FREE for West Plains Chamber Members
? \$25 for Future Members

May 14, 2026	<p>? Business After Hours with Hayden Homes ? Cheney</p> <p>Harvest Acres</p> <p>TBD</p> <p>Cheney, WA 99004</p> <p>04:30 PM - 06:00 PM PST</p> <p><i>Business After Hours with Hayden Homes</i></p> <p><i>May 14, 2026 4:30 PM – 6:00 PM</i></p> <p><i>Join us for our final Business After Hours of the year with Hayden Homes in one of their new show homes in the Harvest Acres community in Cheney, WA!</i></p> <p><i>Event Highlights:</i></p> <ul style="list-style-type: none"> • <i>Connect with West Plains business leaders</i> • <i>Build relationships and expand your network before the new year</i> • <i>Chamber updates</i> <p><i>Cost:</i></p> <p><i>? FREE for West Plains Chamber Members</i></p> <p><i>? \$25 for Future Members</i></p>
Coming Soon	<p>2026 Annual Meeting</p> <p>08:00 AM - 10:00 AM PST</p>
Coming Soon	<p>Breakfast on Roos</p> <p>08:00 AM - 10:00 AM PST</p>
Coming Soon	<p>Best of the West</p> <p>06:00 PM - 09:00 PM PST</p>