



**WALLA WALLA  
SENIOR CENTER**  
THE CENTER AT THE PARK  
*Serving Seniors since 1971*

**SEPTEMBER 2021**

# *The Bottom Line*

## Walla Walla Senior Center Current Hours/Operations:

While we have various activities happening at the Center, we are not yet open for Congregate Dining.

Please see our website for updates at  
[wallawallaseniorcenter.org](http://wallawallaseniorcenter.org)

.....

11am - Noon  
Senior-to-go-Meals  
See menu for serving days

11am - Noon  
Free Pet Food  
Distribution every Monday

Meals on Wheels  
(509) 527-3775  
ext 1

VoiceCare Emergency Response Buttons  
By appt, call  
(509) 527-3775 ext 2  
see ad on last page

Adult Day Center - Respite Care  
(509) 527-3775 ext 3  
see page 12 for more info

# Let's Celebrate Senior Centers!

## National Senior Center Month



Senior centers across the nation are vital to healthy communities. They're a place that brings older adults together and connects them with the rest of the community. *See page 13.*

## IN THIS ISSUE...

**Frank Sinatra  
night returns  
to the Senior  
Center!**

**Page 7**

**New Director  
at the Senior  
Center**

**Pages 5-6**

**Eat a Better  
Breakfast**

**Page 9**

**50th  
Anniversary  
Celebration!**

**Page 14**



# ANNOUNCEMENTS

## MASK RECOMMENDATION

The CDC has recommended that all individuals - regardless of vaccination status - wear a face covering in public spaces. This includes the Senior Center. Thank you for doing your part to stop the spread!

## CONTRIBUTE TO THE MONTHLY NEWSLETTER

Do you have a story, a recipe, a resource to share? Send us an email at [admin@wallawallaseniorcenter.org](mailto:admin@wallawallaseniorcenter.org) and we will consider adding it to the next newsletter! Let this newsletter be a place of enjoyment and inspiration, created for you, by you.

## SUSTAINING THE CENTER'S FUTURE

Please consider the Walla Walla Senior Center when making your estate plans or considering memorial donations. We hope you choose to help keep the Center vibrant for years to come.

## SWITCH TO THE DIGITAL NEWSLETTER

If you haven't yet (and are interested) please consider switching to our new easy-to-read digital newsletter. View it on your computer or tablet. Why switch over? The colors and photos are clearer and brighter, and you'd be saving paper and ink, helping us be better stewards of our environment.

Give us a call at (509) 527-3775 or email us at [admin@wallawallaseniorcenter.org](mailto:admin@wallawallaseniorcenter.org) and let us know.

## VOICE CARE PROGRAM

Do you have a loved one who lives alone? Consider getting them set up with a Personal Emergency Response System so that they can have access to emergency support if necessary. These systems allow seniors to live independently in their homes.

Call Richard Clark at (509) 527-3775 ext 2 for more information.

## Pocket Change for a Change

The average price of a coffee is \$3.77 in the US. Consider donating the price of a coffee once a month, once a week, or even every day, to the Senior Center. For us, it adds up and helps us keep our programs up and running for everyone to enjoy.

Donate today at  
[wallawallaseniorcenter.org/donate](http://wallawallaseniorcenter.org/donate) or give  
us a call at (509) 527-3775



## WALLA WALLA SENIOR CENTER, INC.

720 Sprague St.  
Walla Walla, WA 99362  
(509) 527-3775  
Fax: (509) 527-3776  
[wallawallaseniorcenter.org](http://wallawallaseniorcenter.org)

### BOARD OF TRUSTEES

#### PRESIDENT

Libby McCaw

#### VICE PRESIDENT

Brad Riordan

#### SECRETARY

Sarah Zessin

#### TREASURER

Jan Alexander

#### MEMBERS

Shirley Azeltine

Louise Boyer

Ron Wheeler

Kathy Hedine

Leigh Anne Adkins

Merrikay Locati

The Walla Walla Senior Center does not discriminate on the basis of disability in admission, access to, treatment or employment in its programs and activities.

Southeast Washington Aging and Long Term Care Council of Governments is a funding agency. Walla Walla Senior Center, Inc. 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 disability.

### Walla Walla Senior Center Mission Statement

Our mission is to empower older adults to live healthy and happy lives through programs that work to combat hunger and social isolation.



# Join a Walking Group!

Join a Walking Group in our community to get yourself up and going in the mornings and build healthy habits. Enjoy meeting new friends and sharing their company once a week. These walking groups are hosted by Blue Zones Project Walla Walla.



Choose from walking groups that walk between 1/4 - 3/4 of a mile at a gentle pace or 2 - 3 miles at a moderate pace. The first walking group meeting will be September 9th. Depending on the group you want to join, the time and meeting location will differ. After that, your group will meet for 10 weeks to walk!

Learn more by visiting [www.valley.bluezonesproject.com/events](http://www.valley.bluezonesproject.com/events) or by calling Rebecca at (509) 200-1469



**BLUE ZONES PROJECT**

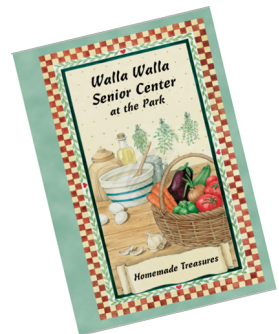
*Great  
gift idea!*

Walla Walla Senior Center Cookbook

**PICK UP YOUR COPY TODAY!**

\$10.00 each

Purchase your copy in the drive-thru line or give us a call at (509) 527-3775



*FROM OUR SENIOR CENTER COOKBOOK... (PG 26)*

## Balsamic Grilled Vegetables

- 8 oz mushrooms, halved
- 2 bell peppers, cut into 1 inch squares
- 1 zucchini, halved and cut into 1/4 inch pieces
- 1/2 red onion, cut into large pieces
- 3 garlic cloves, finely chopped
- 2 T. balsamic vinegar
- 2 T. soy sauce
- 1 T. extra virgin olive oil
- 1 T. brown sugar
- 1 T. fresh herbs (thyme, basil, oregano and parsley)
- 1/2 tsp. salt

*By Anonymous*

Cut and chop the vegetables and put them in a large bowl. In a small bowl, combine the balsamic vinegar, soy sauce, olive oil, brown sugar, fresh herbs and salt, and stir until combined. Pour over vegetables and stir to coat vegetables. Cover vegetables and let them sit on the counter to marinate for an hour, or cover and let marinate in the refrigerator over night. Light your grill to high and using a slotted spoon, transfer vegetables from the bowl to a grill pan. Cook over medium-high heat, stirring occasionally for 15-20 minutes, until vegetables are tender. Remove from grill, transfer into a bowl and serve.

**\*\*You can also roast the veggies in the oven at 425 degrees for 25 minutes if you don't have a grill.\*\***







# Adult Day Center & Family Support

(509) 527-3775 ext 111

adc@wallawallaseniorcenter.org

Alex Sanchez,  
Program Manager



A few years back, Touchet farmer Mark Small contacted AMVETS Jonathan M. Wainwright Post 1111 to suss out a way to thank veterans for their service and honor his father, Ted Small. Ted piloted B-24 Liberators with the U.S. Army Air Corps during World War II and trained in a Stearman biplane. Mark's dream to own such a craft came to fruition. He keeps his bright-yellow 1942 PT-17 Boeing Stearman in a hangar at the Walla Walla Regional Airport. The local Honour Project was born out of Mark's inquiries and cofounded with wife Kathleen Small in 2012.

"We feel real strongly that it doesn't matter what war these guys fought in, but we feel like they're all the greatest of their generations. So we're looking forward to honoring all of them," he said in 2014. "The Honour Project is about giving back to veterans who have given so much to us. Something many of them would not be able to afford, a ride in an open cockpit aircraft and homemade lunch. They are invited to bring their memorabilia and to swap war stories and make new friends." Mark dubbed the aircraft the "Jungle Queen," the same name as the plane his late father Ted Small flew while a captain in the Air Corps during World War II.

Veterans and their companions are welcomed at the hangar with lunch, coffee and Kathleen's homemade cookies provided before flights. Mark flies his passengers to Milton-Freewater and back along the Blue Mountains to Dixie, east of Walla Walla. Mark takes each person for a 20- to 25-minute flight every Saturday morning from May-early November, depending on the weather. ~ Annie Charnley Eveland, Walla Walla Union Bulletin.

To Schedule a free flight for a veteran Call Dixie Ferguson at (509)529-1230 or fill out the card attached and send it over to Alex Sanchez at the Senior Center. Hope to see you there!!



YES! I'm interested in a FREE flight  
in the 1942 Boeing Stearman.

\_\_\_\_\_  
Name

\_\_\_\_\_  
Phone

\_\_\_\_\_  
Branch of Service

\_\_\_\_\_  
Service Dates

\_\_\_\_\_  
Date Received

The Adult Day Center is located at the Center at the Park in Walla Walla. Our facility serves adults who have memory challenges, physical disabilities, and socialization needs. We provide a safe and stimulating environment. Call us or email us!



# GOODBYE, TANIA!



We are saying goodbye to the Walla Walla Senior Center's beloved director. Tania is moving to California with her family. Her husband has a great new job opportunity down there. She has been such a blessing to the Center and has continually shown her dedication to serving older adults in our community.

Tania joined the Senior Center in 2017 as our Office Manager and HR person. In 2018, she took on the role of Executive Director and proved how great of a leader she is. We are going to miss her so much but know that she will find great adventure in this next chapter of her life.





# MEET THE NEW WALLA WALLA SENIOR CENTER EXECUTIVE DIRECTOR:

## ***BRIAN BERRY***

Brian is moving to Walla Walla from Portland, OR. He has been working at the Oregon Museum of Science and Industry for the past 18 years. He has two young daughters that keep life busy and entertaining at all times! Brian can't wait to start his new job working for such an impactful organization. Brian will be in the office starting on September 9th. Please stop by to say hi.

Brian's wife is from Walla Walla and her family still lives in town. Brian, his wife and two daughters are so excited to move and reconnect with the area. Brian and his family love the outdoors and can't wait to explore the area and find new places to camp, hike and visit lakes to swim and paddle in.

Watching basketball, camping, canoeing, and attempted paddle boarding are Brian's current hobbies. He is looking forward to attending local sporting events and getting to know new people in the great community of Walla Walla.



***Welcome to  
the Senior  
Center, Brian!***



# FRANK SINATRA

*Performed by Jamie Goetz*

**Friday, September 17th  
6pm**

**At the Walla Walla  
Senior Center  
720 Sprague St,  
Walla Walla, WA**



**\$10 per person; \$11 at the door**

*For ticket information, call (509) 527-3775*

*You don't want to miss this!*

*Beverages provided*

## **FREE ENTRY-LEVEL FINANCIAL EDUCATION CLASSES TO HELP YOU WITH BANKING, BUDGETING, CREDIT, AND DEBT MATTERS**

### **What Are Financial Literacy Classes?**

Financial Foundations is a 5-week entry level financial education program focusing on banking, money mindset, budgeting, credit and debt.

### **Dates/Location**

There are 5 days of class in this program. Classes are held Wednesdays from 5:30-7:00 p.m. on September 16, 23, 30 and October 7, and 14 in the Baker Boyer Room at BMAC, 8E. Cherry Street.

### **Who Are These Classes For?**

Low to moderate income individuals/couples who want to increase their financial education/skills.

### **Intended Outcomes**

The sessions are designed to increase knowledge and translate that knowledge into financially savvy behavior. For example, after the banking session, participants will use what they learn to select 2 financial institutions, 'shop' those two institutions and open a bank account (if not already achieved).

### **How Do I Know If I Am Eligible?**

This program will serve individuals who make \$40,100 or less per year.

### **How To Sign-Up For A Class?**

Use our online registration form here—which is the fastest way to sign-up and reserve your spot in class. Our class size is limited to 30 people so register before the session is full.

### **How To Prepare For Class?**

No preparation necessary. Come prepared to learn!

### **How To Get To Class?**

In-person class will be located at BMAC, 8 E. Cherry Street. Dinner and childcare will be provided (which is covered in the online registration form).

Learn more and Sign up at  
<https://www.bmacww.org/>

**BMAC:**



# Senior Round Table Menu

SEPTEMBER

2021






MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	<b>1</b> BAKED CHICKEN MASHED POTATOES VEGETABLE (CHEF'S CHOICE) BREAD FRUIT JUICE CAKE	<b>2</b> ROAST BEEF POTATOES VEGETABLE (CHEF'S CHOICE) BREAD FRUIT COOKIE	<b>3</b> <b>CLOSED</b>
	<b>6</b> <b>CLOSED</b>	<b>7</b> LASAGNA VEGETABLE (CHEF'S CHOICE) COLESLAW GARLIC BREAD FRUIT	<b>8</b> BEEF STEW VEGETABLE (CHEF'S CHOICE) GREEN SALAD ROLL CAKE
	<b>13</b> HAM WITH CRANBERRY SAUCE SCALLOPED POTATOES VEGETABLE (CHEF'S CHOICE) BREAD BROWNIE 	<b>14</b> CHICKEN FETTUCCINI ALFREDO VEGETABLE (CHEF'S CHOICE) GREEN SALAD ROLL FRUIT	<b>15</b> TURKEY & GRAVY STUFFING MASHED POTATOES GREEN BEANS ROLL PUMPKIN BARS
	<b>20</b> MEATLOAF POTATOES VEGETABLES (CHEF'S CHOICE) BREAD FRUIT COOKIE 	<b>21</b> SPAGHETTI & MEAT SAUCE VEGETABLE (CHEF'S CHOICE) COLESLAW GARLIC BREAD FRUIT	<b>22</b> SLOPPY JOES WITH BUN POTATOES VEGETABLE (CHEF'S CHOICE) FRUIT
	<b>27</b> CHEESEBURGER WITH BUN, LETTUCE, TOMATO, ONIONS POTATOES VEGETABLES (CHEF'S CHOICE) PUDDING 	<b>28</b> CHICKEN & DUMPLINGS VEGETABLE (CHEF'S CHOICE) PEA SALAD FRUIT JUICE BROWNIE	<b>29</b> BAKED FISH VEGETABLE (CHEF'S CHOICE) GREEN SALAD CORN BREAD FRUIT COOKIE
<b>30</b> CHICKEN STEW VEGETABLE (CHEF'S CHOICE) COLESLAW ROLL CAKE			<b>Free pet food handed out on Mondays</b> 



**NUTRITION PROGRAM  
MEALS-ON-WHEELS  
MEALS IN CONGREGATE  
SETTINGS**

Serving Home Delivered, Meals-on-Wheels and meals in Congregate settings to Seniors in Walla Walla, Columbia, Garfield, and Asotin Counties of SE Washington State for 50 years.



**Jane Kaminsky  
Nutrition Director**

720 Sprague St  
Walla Walla, WA 99362  
(509) 527-3775  
(509) 527-3776 Fax  
srt@wallawallaseniorcenter.org



# Eating a Better Breakfast

There is no better time to celebrate breakfast than during the entire month of September. It's Better Breakfast Month! Breakfast is considered the most important meal of the day. Eating breakfast has many health benefits. Eating a regular morning meal helps control weight and can guide us towards eating healthier meals regularly throughout the day.

## Why is a healthy breakfast important?

- **Energy:** The body gets its energy from glucose (which comes from the carbohydrates you eat) and stores some of this glucose as glycogen to use when other energy supplies run low. In a fasted state, which often occurs overnight between your last meal and breakfast, these glycogen stores become depleted, meaning the body has to turn to less efficient sources for its energy, leaving you feeling sluggish. The best way to replenish the energy and nutrient stores in your body is by eating first thing in the morning.
- **Brain health:** The brain primarily relies on glucose to function optimally. Eating breakfast upon waking supplies the body with glucose to fuel your brain and support mental performance throughout the day.
- **Weight control:** There is ongoing debate about eating or skipping breakfast and the benefits of each on metabolism and weight control. Overall findings conclude that when it comes to health and the number on the scale, filling up first thing in the morning with breakfast can help you to avoid making unhealthy food choices you may otherwise make later in a hungrier state, and set you up for success in choosing other healthy options throughout your day.
- **Medications:** As prescribed by medical professionals, many medications must be taken with food in order to avoid an upset stomach. Getting into the routine of taking these types of daily medications with breakfast or a directed meal, is a good way to make sure medicine is consumed properly. Bonus: Taking medications around the same time each day can help you remember to take them.



**Build your own healthy breakfast by looking for foods that include whole grains, lean protein, vegetables, and fruits.**

## Here are some breakfast ideas to try:

- Oatmeal topped with fruits and nuts or seeds
- A veggie omelet with a side of whole-grain toast
- A whole-grain bagel topped with avocado and cherry tomatoes
- A smoothie with spinach, fruit and yogurt
- Hard-boiled eggs with a side of fruit

*Info via [independencevillages.com](http://independencevillages.com)*



# BIOPHILIC DESIGN: WHAT IS IT AND HOW DO YOU MAKE IT WORK FOR YOUR HOME?

We spend 90% of our time inside buildings and much of that is in our homes, which should provide a respite from our busy and stressful lives. Homes can be designed to connect us with nature in simple and subtle ways thorough biophilic design, especially if we pay attention to how we, as humans, have interacted with nature over the thousands of years.

Studies show that when we are connected to daylight and views at work we are sick less and are more focused and productive. In our homes, we can feed our sense of wellbeing by blurring the division between inside and outside and bringing nature in through natural patterns and materials.

## What is biophilic design?

Biophilic design is the practice of creating a closer connection to nature through the ways building and landscapes are created and built. Biophilia means a love of nature, so biophilic design uses natural resources to create a sense of harmony between modern architecture and the natural world. Here are 9 simple but innovative ideas to use biophilic design in your home:

### 1. Fresh air

Our homes should allow us to have plenty of fresh air and daylight with the ability to open windows whenever possible and let fresh air in. Through an open window we can also hear the sound of the rain, wind or birds singing, connecting us to the season and weather. It's a pretty simple concept but many people live in homes with windows that don't open or they chose never to open them.

### 2. Light and shadow

There is mounting evidence that we are healthier when our circadian rhythms are balanced and having access to good daylight helps with that. Intuitively we map the time of day through seeing shadows and sunlight move across a room and we instinctively gather in sunny warm spots. So think about spaces where you can sit in the sun or create cozy pockets.

### 3. Bring the outside in

Too often our inside spaces are sterile and have no reference to nature in them. Bringing nature and natural elements into your home can connect us to the natural place that we live within.



### 4. Create prospect and refuge

Enclosed spaces where we can feel secure but at the same time look out into the distance help to restore our sense of safety and comfort. Outside spaces that are surrounded on three sides and have a roof/shade provide the perfect refuge while allowing us to survey the landscape are calming.

### 5. Natural shapes and forms

Today, most of our building materials are dominated by straight lines and right angles. It is expensive to build the curved shapes and forms that we find in waves, flowers and shells, even though we have a deep affinity for these shapes and their sense of order, complexity and beauty. Not every home can bring in natural forms in the shape of the building, but patterns from nature can be used decoratively as motifs and be powerful in connecting us to the natural world.

### 6. Order and complexity

Nature has both order and complexity, while every leaf has a similar shape, they are all slightly different in size. In our homes we can contract the order or straight lines and rectangles with complex shapes such as fractals and geometric patterns.

### 7. Spirit of place

With a global economy and the same materials and products available anywhere across the country, our homes have a sense of placelessness and are no longer rooted in the materials of the region or reflect the climate or culture. Whether your location is in the desert, next to the oceans, prairie or grand forests understand the character of your place and use it as influence for your home.

### 8. Biomimicry

Biomimicry is the mimicking of nature's processes and applying them to the design of the everyday things that we make. Biomimicry has been used to create glues that mimic the grip that mussel shells have on rocks all the way through to using shark skin texture in swimsuit design. What can you observe in your eco-system that can be used in your home design?

### 9. Spatial variability

Nature offers a variety of spatial experiences from meadows to forests to mountains and providing a variety of spaces in our homes can mimic the spatial variability found in nature and allow us to have spaces for a variety of moods and tasks.

Having a deeper connection to nature when you are inside will contribute to your sense of health and wellbeing but it starts with one thing – go outside and learn about your place. If you watch, listen and learn about your ecosystem, then you will be ready to bring nature's lessons and beauty inside.

*Adapted from pebblemag.com*





## Advice from an Eagle

"Let your Spirit Soar  
See the Big Picture  
Cherish Freedom  
Honor the Earth and Sky  
Keep Your Goals in Sight  
Bald is Beautiful  
Fly High!"

- Ilan Shamir

## alzheimer's association®

### Staying Connected

Staying Connected is a 4-session class for those with early stage memory loss and their care partner. It covers topics such as communication, safety, depression, family connections, and staying active in things you love to do. This class meets in a comfortable, support group type setting so participants can connect with others with similar experiences. We also provide resources for the participants to use as they begin their journey with memory loss.

**Pre-registration required.**

Phone Aging and Disability Resource Center at (855) 567-0252.

Classes Held Monthly

### Physical Fitness at Home

Physical Fitness at home is a free program for those with Early Stage Memory Loss and their loved ones. We meet weekly on Tuesdays at 10am for a 30 minute, sit and be fit style workout! All ability levels are welcome and exercises can be modified if needed.

We meet virtually using Zoom! Unfamiliar with Zoom? We provide one on one training before your 1<sup>st</sup> session!

**Pre-registration required.**

Phone Aging and Disability Resource Center at (855) 567-0252.



Join the Fight! Register today!

[act.alz.org/wallawalla](http://act.alz.org/wallawalla)

**VOLUNTEER TODAY!**

Join the walk  
planning committee!

Call, text or email Erica Grissmerson  
509-552-7026 [emgrissmerson@alz.org](mailto:emgrissmerson@alz.org)

Donations can be mailed to: Alzheimer's Association  
19031 33rd Ave W #301, Lynnwood, WA 98036

**Alzheimer's Association - 24/7 Helpline**  
**800.272.3900**



# SEPTEMBER LUNCH BUNCH GROUPS

Themed groups designed to bring people together. All Lunch Bunch groups include a free lunch. All ages are welcome to join, including grandkids.

**Sign up by calling  
(509) 527-3775**

## BEFORE LUNCH CRAFTERS

**Tuesday, September 7th at 11am**

Join us to make Fall-themed crafts including fun pumpkins and spiders! This group is a great opportunity to get your fingers moving and your creativity flowing.

*Hosted by: Ruth Broman*



## Movement Fusion

**Tuesday, September 14th at 11am**

Improve focus, circulation, flexibility and function through mindful movement. All abilities welcome; these exercises can be done sitting or standing.

*Hosted by: Joanie Larson*



## CHESS FOR ALL

**Tuesday, September 14th at 1pm**

**Tuesday, September 28th at 1pm**

All levels are welcome to join our chess group. We learn new strategies and techniques and play together. Feel free to bring a chess board if you have one.

**\*\*If you would like a lunch, you are welcome to come at 12:30pm and eat before we play!\*\***

*Hosted by: Alex Sanchez*



## WALLA WALLA SENIOR CENTER TO ACT AS COOLING CENTER DURING 'HEAT EVENT'

The Walla Walla Senior Center will open its doors for an extended amount of time in the case of a 'heat event'.

A 'heat event' is defined as more than 2 days of 105 degrees or more where nights do not fall below 75 degrees.

If you think Walla Walla is experiencing a 'heat event' please check our voice message system at (509) 527-3775, or our website at <https://www.wallawallaseniorcenter.org/blog> for confirmation that our cooling center is open.

STAY COOL, EVERYONE!



## Senior Center Month - September -

Senior Centers across the nation have been around for decades, acting as a hub for older adults to stay connected and find resources.

As they say, the only constant is change, and while senior centers have definitely changed over the years, they remain true to their purpose - to serve older adults.

In honor of Senior Center Month, take a moment to support your local senior center. That might mean donating to their programs, volunteering your time delivering Meals on Wheels, or even just spreading the word to those that may not know they're there. And join us October 1st for the Walla Walla Senior Center's 50th Anniversary! (See next page for details)

## Senior Center Friendship Network!



WALLA WALLA  
SENIOR CENTER

*Connect with others in a safe and supportive environment!*

### GET INVOLVED

Social interaction can be hard to come by especially at a distance. Making a new friend or being a support for someone else is the best gift to have and to give. If you would like to be a part of the friendship network, please provide your information below and mail it back to us or drop it in our mailbox. We will then match you with another participant!

### YOUR INFO

Yes, I would like to be involved in the Friendship Network:  
Name: \_\_\_\_\_

I prefer: \_\_\_\_\_

\_\_\_\_ Telephone: (Your number) \_\_\_\_\_  
\_\_\_\_ Email: (Your email address) \_\_\_\_\_  
\_\_\_\_ USPS Mail: (Your address) \_\_\_\_\_

\*Your personal information will only be shared with who you are paired with.\*

**The great thing  
about new  
friends is that  
they bring new  
energy to your  
soul.**



*Join Us!*

Oct 1st

12-3 pm

# **50th Anniversary**

**at the Walla Walla Senior Center**

*720 Sprague St., Walla Walla*

Thank you for 50 years of support!

BBQ Lunch - Hotdogs & Hamburgers, Potato  
Salad, Corn, Cake, and Soda

Outdoor and Indoor Games, Music, Slideshow  
of the past 50 years at the Senior Center, and  
more!

The Senior Center opened in 1971, so wear your  
best 70's outfit and join us for food, games, and  
music inspired by the past.



WALLA WALLA  
SENIOR CENTER  
THE CENTER AT THE PARK  
*Serving Seniors since 1971*

# **FREE!**

# RENT A SPACE AT THE SENIOR CENTER

## PRICES START AT \$50.00 AN HOUR.

Need a place for your next meeting, wedding, reception, party, church group, dinner, or family reunion? Whatever the occasion, our spaces can meet your needs.

- Rooms available with various capacities ranging from 20-200
- Portable A/V system for presentations, movies, etc.
- Wi-Fi access
- Modern commercial kitchen
- Fully handicapped accessible facility
- Onsite parking and easy access
- Park setting and playground
- Clean and reasonably priced
- Catering available

**GIVE US A CALL AT (509) 527-3775  
FOR MORE INFORMATION  
OR FOR A TOUR**

### BECOME A MEMBER OF THE WALLA WALLA SENIOR CENTER BOARD OF TRUSTEES



A great opportunity to give back to the community and to be more involved in the Walla Walla Senior Center.

#### *Time Commitment:*

One meeting a month and assist with fundraising events.

To get a job description and application, please call (509) 527-3775 or email [hr@wallawallaseniorcenter.org](mailto:hr@wallawallaseniorcenter.org)



WALLA WALLA  
SENIOR CENTER  
THE CENTER AT THE PARK  
Serving Seniors since 1971

## Game Area - Open!

**Join others at the East end of the dining room for games and cards. Choose from those supplied by the Center, or bring your own!**



### Monday-Friday

(The Center is closed every-other Friday.  
Please see menu for closure days)

**7am-3pm**



**NEW!**



## Morning Coffee

Join us for a morning coffee here at the Center. Donations appreciated.

**MONDAY-FRIDAY**

**7AM-10AM**

**(WE ARE CLOSED EVERY-OTHER FRIDAY, PLEASE SEE OUR  
MENU FOR CLOSURE DAYS)**



Walla Walla Senior Center  
720 Sprague St  
Walla Walla, WA 99362  
(509) 527-3775  
FAX (509) 527-3776  
wallawallaseniorcenter.org

YOU ARE LOVED

Return Service Requested

Find us on  
Facebook!



facebook.com/walla  
wallaseniorcenter  
.org

Commercial | Residential | Wiring & Repair | UL 508A  
Fire | Security | Pump & Motor

**24 hour emergency service**

**Doyle ELECTRIC** inc.

1421 Dell Ave Walla Walla, WA  
Business: 509-529-2500 Fax: 509-525-6865  
Email: info@doyleelectric.com



Find us on:  
**facebook**

WA # DOYLEEEI277CL OR # CCB 19588

Support us with  
**amazon**smile  
You shop. Amazon gives.

Walla Walla Senior Center - Voice Care

**Emergency Response System**

**LIVE INDEPENDENTLY AT HOME**

We have pendants that connect to landline phones,  
and pendants that do not require a landline. Call  
Richard Clark to find out more.



**Richard Clark**  
Voice Care Coordinator  
509-527-3775 ext. 2

In partnership with:  
**Connect America**  
Help at the Push of a Button



happiness is  
letting go of  
what you think  
your life is  
supposed to look  
like and  
celebrating it for  
everything that  
it is  
Mandy Hale