



WALLA WALLA  
SENIOR CENTER

THE CENTER AT THE PARK

AUGUST 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)

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### 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



## AUGUST 3RD IS NATIONAL WATERMELON DAY!

Selecting the perfect watermelon – Choose a firm, symmetrical, fruit that is free of cracks, bruises, soft spots or mold. A ripe watermelon will have a dull sheen, dried stem, and a buttery yellow underside where it has touched the ground. Thump your watermelon, as it should sound dull and hollow. Lift them as well, they should be heavy for their size.

## In this issue...

- How to Say "NO" to Scammers... page 4
- August Strawberry Waffle Dinner... page 10
- August Lunch Bunch Groups... page 11

## ANNOUNCEMENTS

# Sponsor a Senior

You can cover the cost of hot meals for a senior in Walla Walla. For as little as \$28 a month, a senior in our community can get a free hot meal a week.

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

You make a difference in the lives of older adults!

### 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 110 for more information.

## 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.

## MEET OUR BOARD



**RON WHEELER**  
BOARD MEMBER

Ron was born and raised in Walla Walla. He retired from the Washington State Penitentiary after 30 years and decided to start volunteering at the Senior Center after hearing about the opportunity from his daughter's teacher at the time. He has been one of our most dedicated volunteers for over 13 years! He is a Meals on Wheels driver, is a member of the Board of Trustees, and helps out wherever else he is needed.

Ron loves spending time at the Senior Center because of the other great staff members and volunteers. He knows that it is important work and really helps people. Plus, he enjoys the Nutrition Program meals - Chicken Fried Steak is his favorite.

Going into space or diving to the bottom of the ocean would be on Ron's Bucket List. He would love to travel and see things that he's never seen before. Until then, Ron enjoys watching sports, relaxing, and enjoying life. He has two daughters that he likes to visit - one in Alaska with his granddaughter, and one in Bremerton, WA.

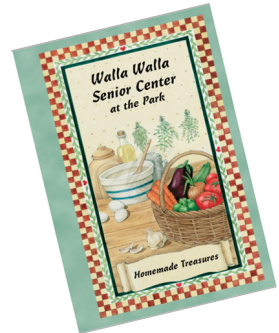
*Great  
gift idea!*

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 104)*

## Slow Cooker Honey oat Granola

|                             |                          |
|-----------------------------|--------------------------|
| 4 1/2 c. old-fashioned oats | 1/3 c. water             |
| 1/2 c. sunflower kernels    | 3 T. canola oil          |
| 1/3 c. toasted wheat germ   | 1 tsp. ground cinnamon   |
| 1/4 c. sliced almonds       | 1 tsp. vanilla extract   |
| 1/4 c. chopped pecans       | 1/2 tsp. ground nutmeg   |
| 1/4 c. chopped walnuts      | dash of salt             |
| 1/4 c. ground flax seed     | 3/4 c. raisins           |
| 1/2 c. honey                | 3/4 c. dried cranberries |
|                             | yogurt (optional)        |

In a 3-4 qt. slow cooker, combine the first 8 ingredients. In a small bowl, whisk honey, water, oil, cinnamon, vanilla, nutmeg and salt until blended; stir into oat mixture. Cook covered, on high until crisp, 1 1/2 to 2 hours, stirring well every 20 minutes. Stir in cranberries and raisins. Spread evenly onto wax paper or on a baking sheets; Store in a airtight containers if desired.







## Understanding Your Grief

This grief support group meets weekly for ten sessions. Facilitated by Hospice professionals, the group utilizes the book, "Understanding Your Grief" by Dr. Allan Wolfelt. The group will meet in person for the first session and the remaining nine sessions will be online using Zoom. The group is open to all who have experienced a loss, but an RSVP is required and this group is closed to new members after the first meeting. Groups meet on Tuesdays at 5:30pm. The next group begins on September 14th, 2021.

## Solace

This open, adult, drop-in meeting meets weekly. There is no need to register, just drop in as needed.

This is a great opportunity to find support through sharing your grief. This group is available to ANYONE who has experienced a loss.

Drop-in is on Tuesdays at 11:30am.

## The Compassionate Friends

The Compassionate Friends, a volunteer-led support group specifically for those who have lost a child, grandchild, or sibling.

TCF is currently meeting online monthly. Information about TCF can be found on their Facebook page @tcfwallawalla or by calling 509-593-0551. More information and resources can be found at [compassionfriends.org](https://www.compassionfriends.org)

## CONTACT US

To learn more about these events or to RSVP, call, email or visit our website.



509.525.5561  
info @wwhospice.org  
[www.wwhospice.org](https://www.wwhospice.org)



Walla Walla Community  
HOSPICE

*When there isn't a cure,  
there's the miracle of care*

## About Us

The mission of Walla Walla Community Hospice (WWCH) is to offer compassionate care to those at the end of life and support for their loved ones.

In addition, WWCH offers a variety of grief support and educational opportunities for people of all ages. Our services are free of charge and available to all.



## Summer Support Event

**Saturday, August 21 9am -1pm**

**Lion's Park - Larch & 8th Ave - College Place**

Join the Hospice staff for a few hours of Rock Painting to chat and remember a lost loved one. This is a great event for those of all ages, including families. Drop-in as you please.

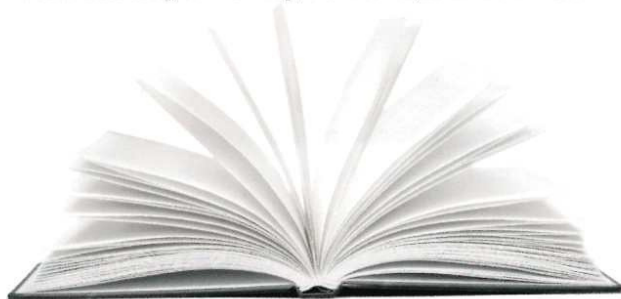
All supplies and refreshments included. RSVP encouraged.

## Book Club

**Monday evenings at 7:00pm**

The Book Club is an entertaining and educational way to help normalize conversations surrounding death. Meetings are held online using Zoom and are open to the public.

Next club begins Monday, October 2, 2021. Book TBD.





# How to Say "NO" to Scammers

By now, you know how to recognize the signs of a scam: be on the lookout for texts, phone calls, and emails that ask for your information, even if they appear to be from a legitimate source since phone numbers and email addresses can be faked. When in doubt, contact your bank or IRS or other agency claiming to need your information from their phone number listed on their official website or a legitimate bill you have received before, NOT the person who contacted you.

Be assertive! Remember, YOU direct the conversation. Any legitimate source will respect your concern for your privacy and provide you with the information you need. A government agency will NEVER threaten to issue an arrest warrant or any other drastic measure over the phone if you do not pay right away.

Here is a list to keep handy if you need to verify if a call is legitimate:

**1. "What is this in regard to?"** REMEMBER, do not volunteer ANY information! Any tidbits of information you share can be used against you by a scammer, so when in doubt, don't provide anything.



**2. "I don't feel comfortable providing this information. Let me call the main office so I can verify this is legitimate."**

This will never anger or upset a legitimate caller. If they seem irritated by your hesitation, it is more likely to be a scam!

**3. "I am going to ask my spouse/child/trusted friend/financial advisor, etc. about this before I make a decision. I will get back to you later."** This shows you are not easily rushed into making a foolish choice. Again, no legitimate caller would question your decision to do this.

You are never under any obligation to provide any information or money right away to a caller. It is always a safe choice to take your time and ask someone you trust if this seems right. If you get flustered easily, have a phrase in mind that will let you get off the call and collect yourself to make sure you're making a wise decision. Write it down. A scammer takes advantage of those who are stressed, rushed, or otherwise not thinking clearly. With a calm mind and trusted resource to help you vet decisions, you can avoid being taken advantage of by scammers!

How to report a suspected scam: AARP Fraud Watch  
1-877-908-3360 and/or your local non-emergency police line.

*Chrissy Svihus, CENTS Legal Intern*  
[www.SeniorMoneyProject.org](http://www.SeniorMoneyProject.org)

## Purpose Workshop

**Thursday, August 26th 9am-11am**  
**at the Walla Walla Senior Center - 720 Sprague St.**

Your purpose matters. People with purpose are happier, more successful, and live longer - nearly seven years longer!

With purpose, you can also focus on what matters the most to you. That means cramming fewer activities into your schedule and focusing on the things that matter most.

Our workshop will help you pinpoint your purpose, find your why, and name your gifts.

**JOIN OUR FREE AND INTERACTIVE PURPOSE WORKSHOP**

**Open to All!**  
**Invite your friends and family.**



**RSVP Appreciated**  
**call (509) 527-3775**

## In 1971... Survey #2!

The Walla Walla Senior Center opened in 1971... 50 years ago in October! In celebration, we are asking YOU to share what you remember from 1971.

**Return this survey for a chance to win a \$50 Visa gift card!**

**THE WALLA WALLA SENIOR  
CENTER IS TURNING 50!**



**Name:** \_\_\_\_\_ **Phone #:** \_\_\_\_\_

(Required if you wish to be entered to win the \$50 Visa gift card.)

**What was your favorite song from the 70's?**

\_\_\_\_\_

**What was your favorite movie from the 70's?**

\_\_\_\_\_

**What sort of clothing did you wear in the 70's?**

\_\_\_\_\_

**What was your favorite toy to play with?**

\_\_\_\_\_

**What did you eat often, or what restaurants did you frequent?**

\_\_\_\_\_

**What is something that was common in the 70's that now has disappeared?**

\_\_\_\_\_

***Please return surveys to the Center by August 24th, 2021***

We will draw a winner at the end of August.

Thank you for participating!

cut along this line and return to the Senior Center



**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)**

## 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**



### EXERCISE FOR PEOPLE OVER 60

Begin by standing on a comfortable surface, where you have plenty of room at each side.

With a 5-lb potato bag in each hand, extend your arms straight out from your sides and hold them there as long as you can. Try to reach a full minute, and then relax.

Each day you'll find that you can hold this position for just a bit longer.

After a couple of weeks, move up to 10-lb potato bags. Then try 50-lb potato bags and eventually try to get to where you can lift a 100-lb potato bag in each hand and hold your arms straight for more than a full minute. (I'm at this level).

After you feel confident at that level, put a potato in each bag.

## OPEN FELLOWSHIP BIBLE STUDY



**THURSDAYS AT 6:30 PM**  
**WALLA WALLA SENIOR CENTER**  
**720 SPRAGUE ST.**  
**WALLA WALLA, WA**

**Returning to the pattern of the early church**  
**Seeking the Lord together**

**FOR INFO, CALL RICHARD 541-240-9462**



## What is the WA Cares Fund?

WA Cares is a new fund to which we all contribute when we're working. Through it we can access long-term care when we need it.

A Long-Term  
Care Fund  
For Everyone.

## How Does WA Cares Work?

### Benefits

You can receive services and supports worth up to \$36,500 (adjusted annually up to inflation) over your lifetime. You choose how to use your benefits – for example, you can hire a home-care aide, pay a family member, make home modifications, or receive care in a residential setting or nursing home. Anyone who needs help with at least three activities of daily living, such as eating, bathing, or toileting, who has met the vesting requirements below is eligible.

### Contributions

WA Cares is self-funded entirely by worker contributions. The premium is 0.58% (your wages x 0.0058). For the typical worker earning \$52,075, it is \$302/year. To earn benefits, you must contribute at least 10 years (without a break of 5 or more years) or have contributed 3 of the past 6 years at time of application for benefits.

## We've Got Tomorrow Covered

### Protect Your Retirement Savings



7 in 10 of us will need long-term care. Medicare doesn't pay for it. With WA Cares, most of us will no longer need to deplete our life savings to get care.

Employees who do not wish to participate in WA Cares will need to purchase private insurance. Private premiums can be much more expensive and are owed till the day you die or need care and can be hard to afford on a fixed income. WA Cares offers affordable coverage, and you stop contributing the day you retire. When comparing cost, compare lifetime – not annual – cost.

### Protect Your Family



Most of us can't afford long-term care when we need it. Our loved ones end up having to pay for – or provide – the care we need.

Family caregivers often have to reduce work hours, turn down promotions, or leave the workforce, sacrificing their own economic and retirement security. With WA Cares, you and your family will have money to hire a professional caregiver if you so desire, or a loved one can be your paid caregiver.

### Key Dates

**October 1, 2021 – December 31, 2022**

Window to apply for coverage exemption.

**October 31, 2021**

Deadline for having private insurance to qualify for a lifelong exemption.

**January 1, 2022**

Premiums begin for employees.

Self-employed can opt in to coverage.

**January 1, 2025**

Benefits become available to qualified, eligible individuals.

### Learn More

Visit [wacaresfund.wa.gov](https://wacaresfund.wa.gov) and get answers to your questions at [wacaresfund.wa.gov/learn-more](https://wacaresfund.wa.gov/learn-more)

Attend a live webinar. Sessions are held weekly. View dates at [wacaresfund.wa.gov/learn-more](https://wacaresfund.wa.gov/learn-more)



Washington State  
Department of Social  
& Health Services

Transforming lives



## Senior Round Table Menu

AUGUST







2021  
FRIDAY

THURSDAY

WEDNESDAY

TUESDAY

MONDAY

|   |   |  |   |  |
|---|---|--|---|--|
| <b>2</b><br>TUNA CASSEROLE<br>VEGETABLE (CHEF'S CHOICE)<br>POTATO SALAD<br>ROLL<br>FRUIT<br>                               | <b>3</b><br>LASAGNA<br>VEGETABLE (CHEF'S CHOICE)<br>COLESLAW<br>GARLIC BREAD<br>FRUIT                     | <b>4</b><br>BAKED CHICKEN<br>MASHED POTATOES<br>VEGETABLE (CHEF'S CHOICE)<br>BREAD<br>FRUIT JUICE<br>CAKE                              | <b>5</b><br>BEEF HOTDOG WITH BUN<br>VEGETABLE (CHEF'S CHOICE)<br>BAKED BEANS<br>FRUIT<br>COOKIE           | <b>6</b><br>CHEF'S SALAD<br>FRESH FRUIT<br>ROLL<br>POKE CAKE                   |
| <b>9</b><br>FIESTA CORN BREAD PIE<br>POTATOES<br>VEGETABLE (CHEF'S CHOICE)<br>BREAD<br>FRUIT<br>                           | <b>10</b><br>ROAST BEEF<br>POTATOES<br>VEGETABLE<br>BREAD<br>FRUIT<br>COOKIE                              | <b>11</b><br>HAM WITH PINEAPPLE SLICES<br>SCALLOPED POTATOES<br>VEGETABLE (CHEF'S CHOICE)<br>BREAD<br>BROWNIE                          | <b>12</b><br>CHICKEN FRIED BEEF STEAK<br>POTATOES<br>VEGETABLE (CHEF'S CHOICE)<br>ROLL<br>FRUIT<br>COOKIE | <b>13</b><br><b>CLOSED</b>   |
| <b>16</b><br>MEATBALL SUB<br>POTATOES<br>VEGETABLE (CHEF'S CHOICE)<br>FRUIT<br>  | <b>17</b><br>SPAGHETTI & MEAT SAUCE<br>VEGETABLE (CHEF'S CHOICE)<br>CAESAR SALAD<br>GARLIC BREAD<br>FRUIT | <b>18</b><br>TURKEY & GRAVY<br>STUFFING<br>MASHED POTATOES<br>GREEN BEANS<br>ROLL<br>PUMPKIN BARS                                      | <b>19</b><br>BBQ CHICKEN<br>VEGETABLE (CHEF'S CHOICE)<br>POTATOES<br>PASTA SALAD<br>FRUIT<br>COOKIE       | <b>20</b><br>MEXICAN CEMITA PULLED<br>PORK SANDWICH<br>COLESLAW<br>FRESH FRUIT |
| <b>23</b><br>SALISBURY STEAK<br>POTATOES<br>VEGETABLE (CHEF'S CHOICE)<br>BREAD<br>FRUIT<br>COOKIE<br>                    | <b>24</b><br>MEATLOAF<br>POTATOES<br>VEGETABLE (CHEF'S CHOICE)<br>BREAD<br>FRUIT<br>COOKIE                | <b>25</b><br>BAKED FISH<br>VEGETABLE (CHEF'S CHOICE)<br>CORNBREAD<br>PEA SALAD<br>FRUIT JELLO<br>BREAD                                 | <b>26</b><br>BEEF STEW<br>VEGETABLE (CHEF'S CHOICE)<br>GREEN SALAD<br>ROLL<br>CAKE                        | <b>27</b><br><b>CLOSED</b>   |
| <b>30</b><br>SWEET & SOUR CHICKEN<br>WITH ONIONS & PEPPERS ON<br>RICE<br>VEGETABLE (CHEF'S CHOICE)<br>FRUIT<br>BREAD<br> | <b>31</b><br>CHICKEN & DUMPLINGS<br>VEGETABLE (CHEF'S CHOICE)<br>COLESLAW<br>JUICE<br>BROWNIE             | <b>Free pet food handed out<br/>on Mondays</b><br> |   |  |

**Free for persons 60+ years. Donations appreciated.** Under 60 years \$ 7.00 charge. **Hours: Drive-thru, pick-up Lunch 11:00-12:00** Substitutions may occasionally occur. Milk served with all meals. Vegetarian option daily. \*Be advised that our food may have come in contact or contain peanuts, tree nuts, soy, milk, eggs, wheat, shellfish or fish.



**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



## ONE POT BEEF AND MUSHROOM STROGANOFF

*Recipe from Budget Bytes*

This super easy one pot Beef and Mushroom Stroganoff is a delicious and comforting weeknight dinner that requires just a few ingredients. Eating well on a budget is possible!

Total Cost: \$5.54 recipe / \$1.39 serving

Prep Time: 10 mins; Cook Time: 20 mins

Total Time: 30 mins; Servings: 4

Nutrition: Serving: 1.5 Cups •

Calories: 476 kcal • Protein: 22 g

Carbohydrates: 44 g • Fat: 24 g •

Sodium: 614 mg • Fiber: 3 g



### INGREDIENTS

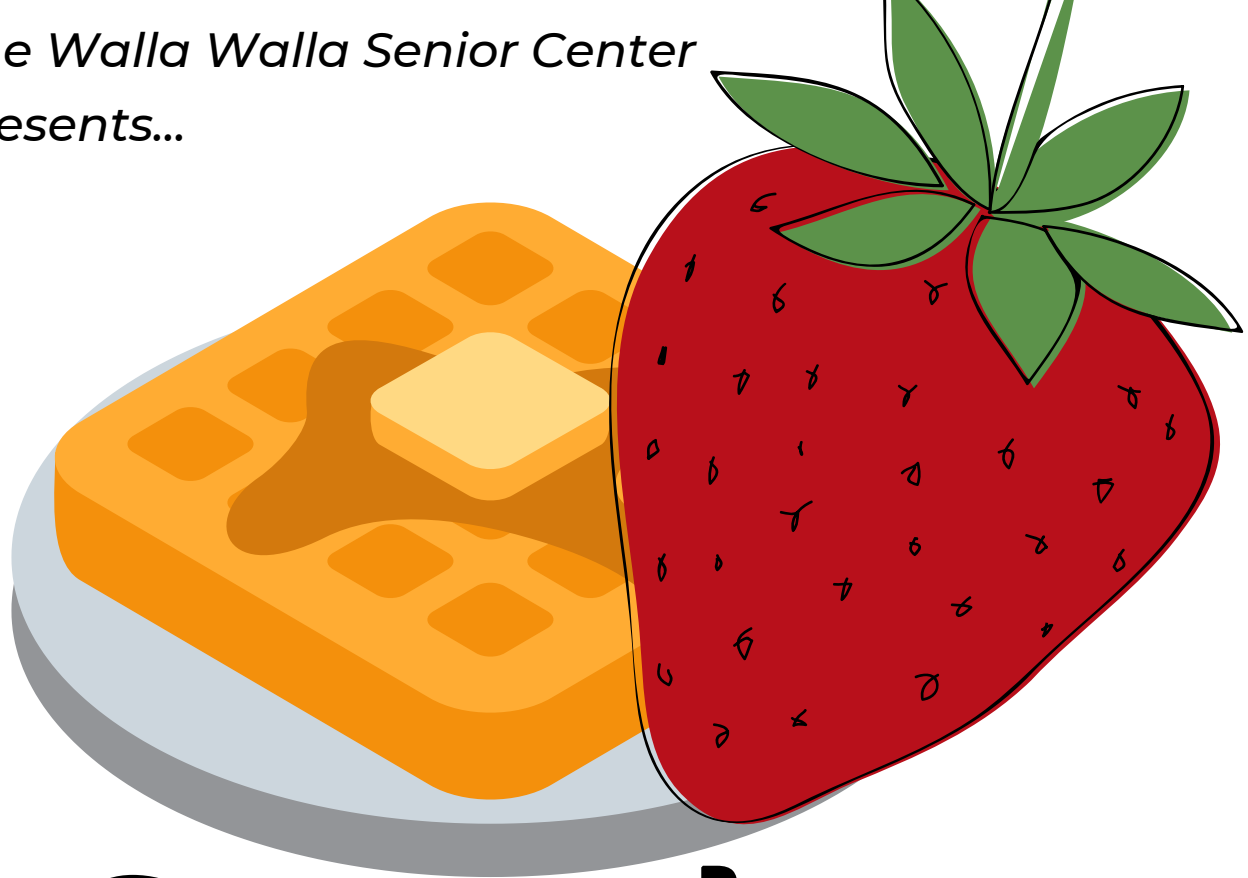
- 2 cloves garlic **(\$0.16)**
- 2 Tbsp butter **(\$0.22)**
- 1/2 lb. ground beef **(\$2.50)**
- 8 oz. mushrooms **(\$1.49)**
- 1/8 tsp Freshly cracked black pepper **(\$0.01)**
- 2 cups beef broth **(\$0.26)**
- 1 Tbsp Worcestershire sauce **(\$0.03)**
- 1/2 tsp Dijon mustard **(\$0.02)**
- 8 oz. wide egg noodles **(\$0.60)**
- 1/3 cup sour cream **(\$0.15)**
- 1 Tbsp chopped parsley (optional) **(\$0.10)**

### INSTRUCTIONS

- Mince the garlic. Add the garlic and butter to a large pot or skillet and sauté over medium heat for about one minute, or until the garlic is soft and fragrant.
- Add the ground beef and continue to sauté until it is fully browned.
- While the beef is browning, slice the mushrooms. Add the sliced mushrooms and some freshly cracked pepper to the pot with the beef. Continue to sauté until the mushrooms are soft (about five minutes).
- Add the uncooked egg noodles to the pot along with the beef broth, Worcestershire sauce, and Dijon mustard. Stir to combine. The liquid will not fully cover the noodles, but that's okay.
- Place a lid on the pot and allow the liquid to come up to a boil over medium-high heat. As soon as it reaches a boil, give the pot a stir, replace the lid, and reduce the heat to low. Allow the pot to simmer on low heat for about 7-10 minutes, stirring occasionally and replacing the lid every couple of minutes. After 7-10 minutes the pasta should be tender and most of the liquid absorbed.
- Once the noodles are tender, add the sour cream and fold it into the noodles until everything is rich and creamy. Give the noodles a taste and add extra salt or pepper, if needed. Roughly chop a handful of parsley leaves and sprinkle over top. Serve hot.



*The Walla Walla Senior Center  
presents...*



# Strawberry Waffle Dinner

*with sausage, coffee and tea!*

Featuring a 50-50 Raffle to raise money to support senior programs in Walla Walla.

SPONSORED BY  
**COMMUNITY  
BANK**  
LOCAL MONEY  
WORKING FOR LOCAL  
PEOPLE

**August 19th, 2021 at 5pm**

**Dining Room,  
The Walla Walla Senior Center**

**\$7.00 per person**

**Please call (509) 527-3775  
to RSVP**

# August Lunch Bunch Groups



## Movement Fusion

Tuesday, August 3rd  
11am activity followed by lunch

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

Hosted by: Joanie Larson

## BEFORE LUNCH CRAFTERS

Tuesday, August 10th  
11am lunch and activity

Join us to make Clothespin Lambs with yarn and other fun supplies! You don't need to bring anything, just come ready to get crafty!

Hosted by: Ruth Broman



## Women's Pool

Tuesday, August 24th  
11am lunch followed by activity

Open to all women and those that identify as female. Join others in an inclusive environment and enjoy learning about and playing pool!

***All lunch bunch groups include a free lunch. All ages are welcome to join, including grandkids. Bring your friends and family!***





# Adult Day Center & Family Support

(509) 527-3775 ext 111

[adc@wallawallaseniorcenter.org](mailto:adc@wallawallaseniorcenter.org)

Alex Sanchez,  
Program Manager



**ALZHEIMER'S ISN'T  
STOPPING.  
NEITHER ARE WE.**

## JOIN US FOR OUR UPCOMING EVENT!

### Walk to end Alzheimer's Walk

Walk to End Alzheimer's Walla Walla, WA is full of flowers, each carried by someone committed to raising funds and awareness for a breakthrough in the fight against Alzheimer's and all other dementia. Whether you join us in person or Walk From Home, your participation makes a difference in the lives of those facing the disease.

When: Oct 16, 2021 @ 10:00am

Where: Pioneer Park Walla Walla, WA

Registration at 10:00 a.m. | Ceremony at 11:00 a.m. | Walk at 11:30 a.m.

Join our team at the walla walla senior center "Senior Center All Stars" help us do our part in fighting Alzheimers disease. Our goal is to raise \$2,000 this year but wouldn't want to cut anything short. Join us in going above and beyond our goal. To Join the Walla Walla Senior Center team visit the link provided below.

"Walla Walla All Stars"

Alex Sanchez

<http://act.alz.org/goto/wallawallasallstars>

(509)527-3775 ext.111

[alz.org/walk](http://alz.org/walk)



**ADD YOUR FLOWER TO THE FIGHT TO END ALZHEIMER'S.**

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!

# 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.**

## Volunteer Opportunity

Join Americorps worker  
Dani to help plant,  
maintain and harvest  
the Assumption garden  
for a fresh food pantry!

Contact Dani at (612) 306-6674



**BMAC:**



## Advice from the Wilderness

"Keep a Sense of Adventure  
Listen to the Wind  
Be Taken by Wonder  
Tread Lightly on the Earth  
Immerse Yourself in Nature  
Let the Storms Pass

Take a Hike!"

- Ilan Shamir





LOVE TO TRAVEL AND LEARN?  
YOU MAY LIKE

## ROAD SCHOLAR

### ABOUT ROAD SCHOLAR:

From Road Scholar website: Not-for-profit Road Scholar is the world's largest and most innovative creator of experiential learning opportunities. We have guided generations of lifelong learners on transformative learning adventures from San Francisco to Siberia, and nearly everywhere in between.

We are a diverse community of knowledge seekers and explorers, united in the belief that lifelong learning is a vital part of overall wellbeing. We believe in living life to the fullest at every age – by experiencing the world, and not just looking at it. By meeting new people, touching history where it happened and delving deep into the cultures and landscapes we explore.

Alongside renowned experts, our participants experience in-depth and behind-the-scenes learning opportunities by land and by sea on travel adventures designed for boomers and beyond.

The breadth and depth of our offerings is unsurpassed.

Road Scholar is proud to offer 5,500 learning adventures in 150 countries and all 50 states, serving more than 100,000 participants per year. At any given time, 2,000 Road Scholars are experiencing the world on our learning adventures.

We welcome you to join them.

### OPPORTUNITIES FOR TRAVEL AND LEARNING

Road Scholar offers trips in the States and in other countries. Choose from group trips, women only trips, and even grandparent and family trips. Yes - you can take your grandkids along!

You can also select trips that offer your desired activity level - from easy going to challenging. Plus, if you aren't too keen on travelling quite yet, Road Scholar offers virtual experiences that might be perfect for you!

LEARN MORE AT [ROADSCHOLAR.ORG](https://roadscholar.org)





**THESE FLOWERS  
HAVE A LOT OF FIGHT  
IN THEM.**

JOIN US: [alzwa.org/walk](http://alzwa.org/walk)



### **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



**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**

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

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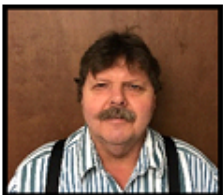
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Voice Care Coordinator  
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injured their  
eyesight by  
looking on the  
bright side.**

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