



**WALLA WALLA
SENIOR CENTER**
THE CENTER AT THE PARK
Serving the Community Since 1971

NOVEMBER 2025

The Bottom Line

Walla Walla Senior Center Current Hours/Operations:

Please see our website for
further updates at
wallawallaseniorcenter.org

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• **CENTER OPENING HOURS**

8am-3pm

Monday through Thursday.

See pages 3-4 for current
activities.

• **CONGREGATE DINING**

11am - 1pm

See menu for serving days
(page 8).

• **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 SERVICES - RESPITE CARE**

(509) 527-3775 ext 3. See
page 13 for more info.



**Save the Date:
Holiday Bazaar 2025**

Pg.
5

**It's time to get your Fall
vaccinations**

Pg.
10

**Nutrition is an Addition
Problem (not subtraction)**

Pg.
15

And More! *Read On To Find Out*

ANNOUNCEMENTS



Save the date

HOLIDAY BAZAAR 2025

Our Holiday Bazaar will take place on December 6th. At this time, we are looking for more contributions to the bake sale! Please let us know if you'd be able to bake or buy something for the bake sale. See page 5 for more details.

VALLEY GIVING GUIDE 2025

Valley Giving Guide 2025 will begin on December 2nd. This is our community's annual fundraiser for local nonprofits. We hope you will support the Senior Center if you are able. Take a sneak peak at our theme for this year on page 14.



SENIOR CENTER AS A RESOURCE FOR LOST SNAP BENEFITS

With SNAP Benefits potentially not getting paid out beginning November 1st, we want our community to know that **we are a resource for anyone 60+ to receive free meals.** Please, tell your neighbors friends, and other connections, that the Senior Nutrition Program is here to support our older adult community.

If you know someone who is under 60, they are still welcome to eat with us for a discounted rate of \$8.50/meal.

ATTENTION:



Advertise in our newsletter, submit a story, suggest a recipe, and more!

Send us an email at development@wallawallaseniorcenter.org to learn more.

WALLA WALLA SENIOR CENTER, INC.

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

EXECUTIVE DIRECTOR

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WALLA WALLA SENIOR CENTER MISSION STATEMENT

Our mission is to empower our community members, specifically older adults, to live healthy and happy lives by fostering intergenerational connections, building community, and combating social isolation and hunger.

Southeast Washington Aging and Long Term Care Council of Governments is a funding agency. The Walla Walla Senior Center does not discriminate in admission, access to, treatment or employment in its programs on the grounds of race, color, religion, national origin, sex, gender identity or expression, sexual orientation, age, marital status, pregnancy, status as a parent, economic status, political affiliation, expunged juvenile record, mental or physical disability, military service or veteran status, family medical history or genetic information, and/or any other characteristic or status protected by national, federal, state or local law.

Board Meetings are on the 4th Thursday of each month at 1pm



Music



Education



Fitness



Community



Art



THANKSGIVING: CARD-MAKING CLASS WITH PAULA (FREE)

TUESDAY NOVEMBER 18TH, 10AM IN THE MAXSON ROOM

Join in the holiday fun. We are making a Thanksgiving card and a home decor display.

Please sign up at the front desk or call 509-527-3775.



COFFEE SOCIAL WITH VETERANS HOME RESIDENTS (FREE)

TUESDAY, NOVEMBER 18TH, 9:30AM IN THE DINING ROOM

Join us for a coffee social with our community of Senior Center participants and Walla Walla Veterans Home residents. Open to the community! Coffee and treats will be provided.



RESTORATIVE YOGA (FREE)

MONDAYS AND WEDNESDAYS, 10-11AM IN THE MAXSON ROOM

Come join us for a free restorative yoga class complete with breathing, stretching, and balance. Please bring a yoga mat.



OLD TIME MUSIC MUSICIANS (FREE)

NOVEMBER 4TH AND 18TH, 6:30-8:30PM IN THE DINING ROOM

Do you miss the music from the good ole days? Join the Old Time Music Musicians at the Senior Center and be taken back in time with the music that you love. Every month: first and third Tuesday.



POTTERY PAINTING STUDIO POP - UP HOURS

The Pottery Painting Studio is open to the community. No reservation required. There are many items to choose from at various price points.

Or, join the Pottery Painting Studio during their regular hours:

**Thursday & Friday
4:00 PM - 7:00 PM**

**Saturday & Sunday
11:00 AM - 3:00 PM**

Every week

At the Walla Walla Senior Center...

BRIDGE

TUESDAYS AND THURSDAYS AT 1PM



CARD GROUPS

PINOCHLE

MONDAYS AT 1PM

GAME AREA

At the East end of the dining room. Choose from games supplied by the Center, or bring your own!

- Puzzles
- Dominoes
- and more!

MONDAY-THURSDAY, 8AM-3PM



ALZHEIMER'S ASSOCIATION®

Free Education Presentations Available

Do you have a group or club you need a presenter at?

We can provide free education and awareness presentations for your next event or meeting! We have several programs to choose from. General topics and specialized topics about Alzheimer's and Dementia are available. For more information or to schedule a presentation:

Julie Hooley at (509)412-2371 or jmhooley@alz.org

Memory Café Open!

We are very excited to announce that the Walla Walla Memory Café is now open! At a Memory Café, persons living with Alzheimer's or other dementias and their loved ones enjoy socializing in a relaxed café setting. There is no set agenda. Families and friends meet and socialize in an environment that is accepting and non-judgmental.

The Memory Café will meet the 2nd Monday of the month
10am – 12pm



Hot Mama's Espresso
1447 W Pine St, Walla Walla, WA 99362
Facilitator Kay Lehmann (509)520 -1046
Or Julie Hooley (509)412-2371

Alzheimer's Association - 24/7 Helpline
800.272.3900

Walla Walla Senior Center - SALON

Haircut

- Women - \$30 / Men - \$18
- Cut, shampoo, and blow dry - \$35-\$40

Perm

- Starts at \$75

Nails

- Basic (cut and file) - \$10
- Foot care (soak, cut, and file) - \$18



***Prices are for ages 60 and over.**

Cash or check only.

**Tuesday, Wednesdays,
and Thursdays.**

**Schedule your appointment
by calling (509) 240-6034**





**WALLA WALLA
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Serving the Community Since 1971

HOLIDAY BAZAAR

SATURDAY ● DECEMBER 6TH, 2025 ● 9AM-3PM

At the Walla Walla Senior Center, 720 Sprague St.



CELEBRATE THE SEASON WITH US!

Shop local vendors, enjoy holiday cheer, and help support programs that keep our community's seniors active and connected.

Vendors • Bake Sale • Silent Auction • Lunch

NOW THROUGH NOVEMBER:

Please call 509-527-3775 for more information

- *Sign up as a Vendor: \$30/table*
- *Contribute to the Bake Sale*
- *Donate to the Silent Auction*





We've all felt time racing by faster and faster as we age but here's why:

Your perception of time slipping away faster with each passing year isn't just in your head. Recent research using brain scans while participants watched Alfred Hitchcock reveals something startling about aging minds. In the study, 577 people aged 18 to 88 viewed an eight-minute clip while scientists tracked their neural activity. Younger brains flickered through mental states like a strobe light, registering distinct moments rapidly. Older brains lingered longer in each state, carving fewer mental bookmarks into the same stretch of footage.

Your brain is actually chunking life into bigger pieces as you age, which scientists call neural dedifferentiation. The regions that once lit up sharply for faces versus objects versus scenes start treating everything more alike, with less crisp distinction between experiences. You still catch the wedding, the hospital scare, the new grandkid. But the texture between those peaks gets smoothed over, written into longer continuous takes instead of quick cuts. When you look back later, whole seasons feel compressed because fewer distinct

events got filed away. Aristotle suggested millennia ago that time stretches when notable moments pile up, and this research confirms it at the neural level.

So here's how you fight back against time's acceleration. Chase novelty relentlessly because new experiences force your brain to carve fresh neural boundaries, creating more mental events that stretch time in retrospect. Keep your body moving because movement keeps you here long enough to remember anything at all. Aging compresses time by smoothing your neural landscape into fewer distinct moments. Filling those moments with movement and newness stretches it back out, giving you more life in your years and more years to live it.

Article via [@science](#) Instagram

November Poetry

SONG FOR AUTUMN

Mary Oliver

Don't you image the leaves dream now
how comfortable it will be to touch
the earth instead of the
nothingness of the air and the endless
freshets of wind? And don't you think
the trees, especially those with
mossy hollows, are beginning to look for

the birds that will come -- six, a dozen -- to sleep
inside their bodies? And don't you hear
the goldenrod whispering goodbye,
the everlasting being crowned with the first
tuffets of snow? The pond
stiffens and the white field over which
the fox runs so quickly brings out
its long blue shadows. The wind wags
its many tails. And in the evening
the piled firewood shifts a little,
longing to be on its way.

“November comes
And November goes,
With the last red berries
And the first white snows.

With night coming early,
And dawn coming late,
And ice in the bucket
And frost by the gate.

The fires burn
And the kettles sing,
And earth sinks to rest
Until next spring.”

~ Elizabeth Coatsworth, November

NOVEMBER,

I WILL PREPARE MYSELF FOR
THE CHANGE THAT YOU BRING.
THE KIND THAT IS NEEDED
TO HEAL AND REBUILD.
I WILL GIVE YOU A CHANCE
TO SHOW THAT YOU CAN HOLD
LIGHT AND HOPEFUL MOMENTS STILL.

-JENNAE GEGELIA-

AUTUMN IS MY SEASON,
DEAR. IT IS, AFTER ALL,
THE SEASON OF THE
SOUL.

Virginia Woolf, from a letter to Violet
Dickinson written c. July 1907

Senior Round Table Menu NOVEMBER 2025 Walla Walla Senior Center				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 SHEPHERD'S PIE VEGETABLE FRUIT ROLL COOKIE	4 CHICKEN FRIED BEEF STEAK BREAD, COOKIE MOW: POTATO VEGETABLE FRUIT IN HOUSE: SALAD BAR	5 HAMBURGER WITH BUN LETTUCE, TOMATO, ONION VEGETABLE POTATOES CAKE IN HOUSE: ICE CREAM	6 BEEF & BARLEY SOUP COOKIE MOW: VEGETABLE FRUIT ROLL IN HOUSE: SALAD BAR	7 CLOSED
10 MEAT LOAF & GRAVY POTATOES VEGETABLE BREAD FRUIT COOKIE	11 CLOSED	12 CHILI TOTS VEGETABLE FRUIT BREAD BROWNIE	13 MOW: CHICKEN STEW VEGETABLE, FRUIT ROLL IN HOUSE: GRAND-SALAD BAR COOKIE	14 CLOSED
17 ROAST PORK POTATOES VEGETABLE FRUIT ROLL COOKIE	18 SPAGHETTI & MEAT SAUCE GARLIC BREAD FRUIT MOW: VEGETABLE COLESLAW IN HOUSE: SALAD BAR	19 STUFFED PEPPER CASSEROLE VEGETABLE SALAD FRUIT COOKIE	20 CHEESE POTATO SOUP MOW: VEGETABLE FRUIT ROLL IN HOUSE: SALAD BAR COOKIE	21 CLOSED
24 SALISBURY STEAK POTATOES VEGETABLE FRUIT BREAD COOKIE	25 ROAST BEEF SCALLOPED POTATOES MOW: VEGETABLE FRUIT BREAD IN HOUSE: SALAD BAR	26 TURKEY & STUFFING POTATOES GREEN BEAN CASSEROLE ROLL PUMPKIN PIE	27 CLOSED	28 CLOSED
MOW = MEALS ON WHEELS IN HOUSE = CONGREGATE DINING ROOM 				

Free for persons 60+ years. Donations appreciated. Under 60 years \$8.50 charge. **Hours: Mon-Thur 11:00-1:00.** Substitutions may occasionally occur. Milk served with all meals. Vegetarian option daily. *Be advised that our food may have come into contact or contain peanuts, tree nuts, sesame, 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 ext. 1
(509) 527-3776 Fax
srt@wallawallaseniorcenter.org



Creamy Wild Rice Chicken Soup with Roasted Mushrooms

Serves 6. Recipe via halfbakedharvest.com

Ingredients

- 1 pound boneless, skinless chicken breasts
- 1 1/2 cups dry wild rice blend
- 6 carrots, chopped
- 3 stalks celery, chopped
- 2 medium shallots, chopped
- 6 cups low-sodium chicken broth
- 2 tablespoons chopped fresh thyme or 2 teaspoons dried
- 1 tablespoon chopped fresh sage or 1 teaspoon dried
- 1/2 teaspoon crushed red pepper flakes
- 2 cups fresh baby spinach or kale
- 2 tablespoons chopped fresh parsley
- 1 cup heavy cream or whole milk
- 1/2 cup grated parmesan, plus more for serving
- kosher salt and black pepper
- 6 tablespoons salted butter, melted
- 2 pounds mixed mushrooms, roughly torn
- 2 sprigs fresh rosemary
- 4 cloves garlic, smashed
- zest from 1 lemon



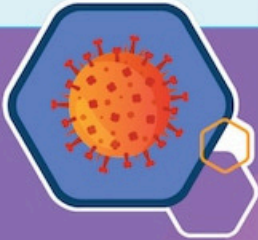
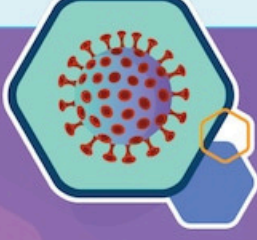
Directions

1. In a large soup pot, melt 2 tablespoons butter. Add the carrots, celery, shallots, and a pinch each of salt and pepper. Cook until fragrant and caramelized, about 3-5 minutes. Stir in the broth, chicken, wild rice, thyme, sage, crushed red pepper, and season with salt and pepper. Bring to a bowl over high heat. Once boiling, cover and reduce the heat to low, cook 35-45 minutes, until the rice is tender.
2. Shred the chicken with 2 forks. Stir in the cream, parmesan, and spinach. Cook over medium heat until warmed through, about 10 minutes. Stir in the parsley.
3. To make the mushrooms. Preheat the oven to 425 degrees F. On a baking sheet, combine the butter, mushrooms, garlic, rosemary, lemon zest, and a pinch each of salt and pepper. Transfer to the oven and roast for 25-30 minutes, stirring halfway through cooking, until the mushrooms are golden and crisp.
4. Mash the garlic with a fork, then stir in the mushrooms, mashed garlic, and any butter left into the soup.
5. Divide the soup among bowls and top with rosemary and additional parmesan.

View the recipe online for how to make this with a slow cooker or instant pot!

Immunizations to Protect Against Flu, Covid, and RSV this Fall

Where to get your vaccines: most pharmacies offer these vaccinations and will take your insurance. You can also speak to your doctor to schedule your shots.

Disease	What Products are Available?	Who Should Use These Products?	What Are the Benefits?
 Flu	Updated flu vaccines for 2024-2025 are available, including flu shots and a nasal spray flu vaccine	Everyone six months and older should get an updated flu vaccine. People 65 and older should get a high-dose or adjuvanted flu vaccine, if available.	Flu vaccines reduce the risk of flu illness, severe illness, hospitalization, and death.
 COVID-19	Updated 2024-2025 COVID-19 vaccines are available for 2024-2025.	Everyone six months and older should get an updated vaccine. Some groups may need additional doses to stay up to date .	COVID-19 vaccines are effective at protecting people from serious illness, hospitalization, death from COVID-19; they also reduce the risk of Long COVID .
 RSV	RSV vaccines	Adults aged 60 and older	Vaccination against RSV can help prevent severe RSV illness, hospitalization, and death.
	RSV vaccine	People who are 32 through 36 weeks pregnant during RSV season	Vaccination against RSV while pregnant can help protect babies from severe RSV illness, hospitalization, and death.
	RSV immunization	Infants entering or born during RSV season	Immunization against RSV from monoclonal antibodies can help prevent severe RSV illness, hospitalization, and death.



WE PROVIDE THE BEST HOME CARE Solution

Why Families Trust Solutions In-Home Care

Choosing care for a loved one is never easy — but it should feel right. At Solutions, we provide more than just help at home. We bring comfort, connection, and peace of mind to families like yours.



WHY CHOOSE US?

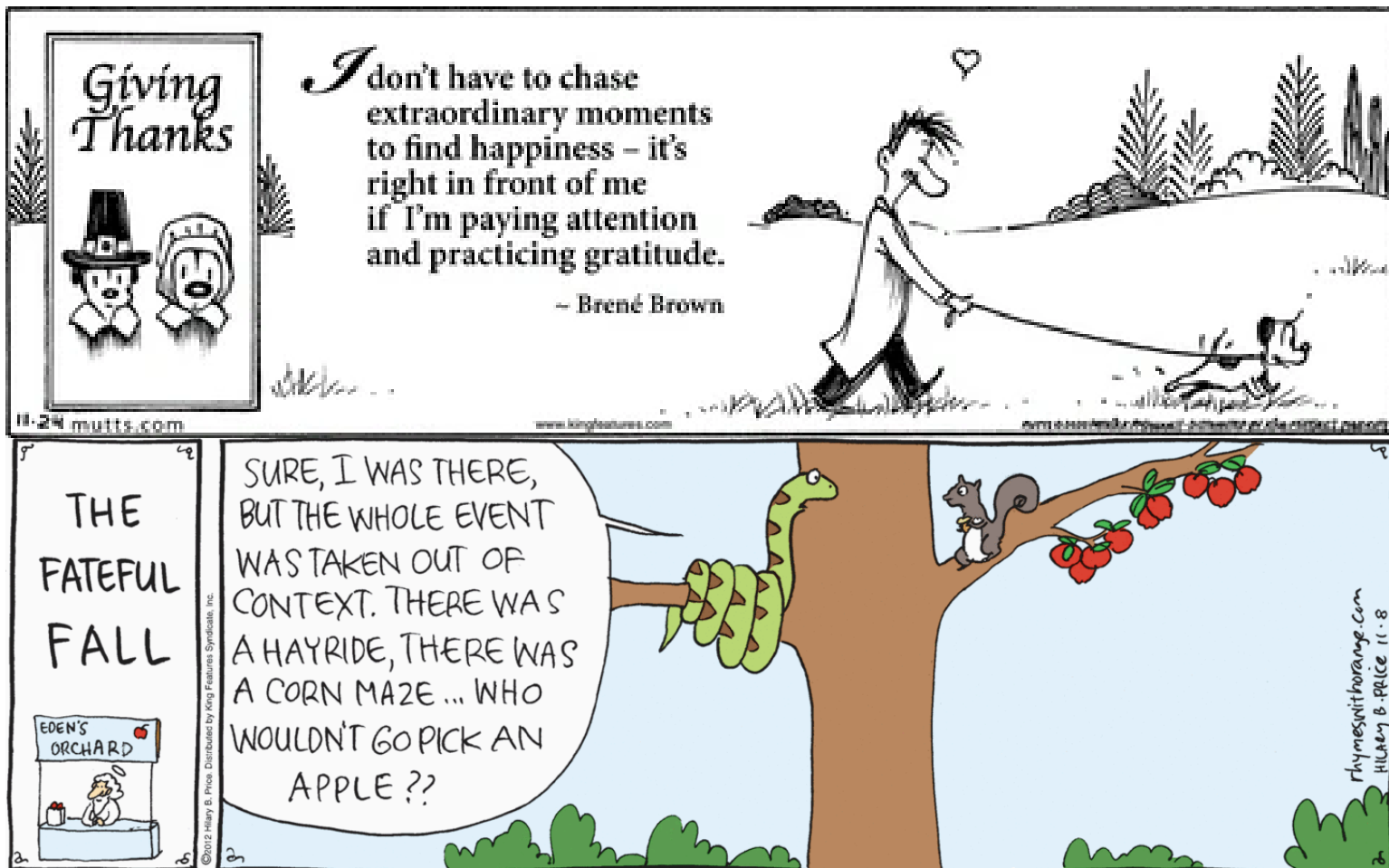
- **Peace of Mind:** Your loved one is in caring, capable hands — we treat every client like family.
- **A Better Daily Life:** We bring joy, companionship, and purpose to each day, helping seniors thrive at home.
- **Independence with Heart:** We honor each person's independence while offering just the right support to keep them safe and confident.
- **Always Here for You:** We keep you informed and involved, with open communication and compassionate support, every step of the way.

CALL TODAY

 509-876-0129

1410 Plaza Way Suite B
Walla Walla, WA 99362
SolutionsInHomeCare.com


Your expert in aging well



Improve Your and Your Loved Ones' Brain Health

It's never too early or never too late to improve your brain health. Join us to learn more.

- Learn about and reflect on brain health and dementia in our communities
- Understand potentially modifiable risk factors and the benefits of early detection for dementia
- Explore resources for further learning, action, and support around brain health and dementia



Save The Date – Join Us At The Senior Center

THURSDAY NOVEMBER 13TH, 10AM-12PM
WALLA WALLA SENIOR CENTER
720 SPRAGUE ST. WALLA WALLA, WA 99362

Please sign up at the front desk or call 509-527-3775. Limited to 15 people – Secure your spot today!



Adult Day Services & Family Support

Alex Sanchez,
Program Manager



(509) 527-3775 ext 3 • adc@wallawallaseniorcenter.org • wwadc.org

Veterans Day

Veterans Day: occurs on November 11 every year in the United States in honor of the “eleventh hour of the eleventh day of the eleventh month” of 1918 that signaled the end of World War I, known as Armistice Day. In 1954, President Dwight D. Eisenhower officially changed the name of the holiday from Armistice Day to Veterans Day. In 1968, the Uniform Holidays Bill was passed by Congress, which moved the celebration of Veterans Day to the fourth Monday in October. The law went into effect in 1971, but in 1975 President Gerald Ford returned Veterans Day to November 11, due to the important historical significance of the date. Veterans Day commemorates veterans of all wars. Great Britain, France, Australia and Canada also commemorate the veterans of World War I and World War II on or near November 11th: Canada has Remembrance Day, while Britain has Remembrance Sunday (the second Sunday of



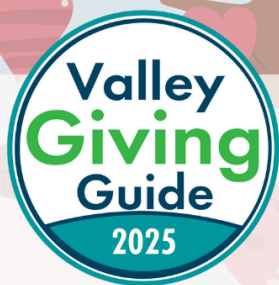
November). In Europe, Great Britain and the Commonwealth countries it is common to observe two minutes of silence at 11 a.m. every November 11. Every Veterans Day and Memorial Day, Arlington National Cemetery holds an annual memorial service. The cemetery is home to the graves of over 400,000 people, most of whom served in the military.

THANK YOU!!

Veterans Today:

- The military men and women who serve and protect the U.S. come from all walks of life; they are parents, children, grandparents, friends, neighbors and coworkers, and are an important part of their communities.
- 18.2 million living veterans served during at least one war as of 2018.
- 9 percent of veterans are women.
- 7 million veterans served during the Vietnam War.
- 3 million veterans have served in support of the War on Terrorism.
- Of the 16 million Americans who served during World War II, about 496,777 were still alive as of 2018.
- Connecticut was home to the highest percentage of World War II veterans as of 2018 at 7.1 percent.
- 2 million veterans served during the Korean War.
- As of 2017, the top three states with the highest percentage of Veterans were Alaska, Maine and Montana, respectively.

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



**WALLA WALLA
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A GIFT OF GRATITUDE HONORING THE OLDER ADULTS IN OUR LIVES

VALLEY GIVING GUIDE 2025: DECEMBER 2ND-31ST

*Save the date for end of year giving and join
us in celebrating older adults near and far.*

Sour Cream Banana Bread

By Jeanne Elder **FROM OUR SENIOR CENTER COOKBOOK... (P. 71)**

INGREDIENTS:

- ½ c. butter
- 1 c. sugar
- 2 eggs
- 1 tsp. vanilla extract
- 1 ½ c. all purpose flour
- 1 tsp. baking soda
- ½ tsp. salt
- 1 c. mashed bananas (about 3)
- ½ c. chopped pecans or walnuts
- ½ c. sour cream

DIRECTIONS:

Cream the butter with the sugar. Add the eggs and vanilla. Add the dry ingredients, mix. Add the mashed bananas, nuts, sour cream. Bake in a greased loaf pan at 350 degrees for one hour.



Walla Walla Senior Center Cookbook
PICK UP YOUR COPY TODAY!

Purchase your copy (\$10/each) at the Center or give us a call at (509) 527-377

Great gift idea!





Nutrition is an Addition Problem (not subtraction)

Working on your health sometimes leads to struggling to minimize sugar, alcohol and other unhealthy things. This can make us feel exhausted, a little out of control and honestly just puffy and gross.

Oftentimes this leads to the desire to shut it down, tighten up, get back on track or whatever phrase we use to essentially take an axe to the bad. We cut carbs, cut sugar, cut fat, etc. And guess what, we feel better!

So we conclude that the “X” that we cut out really did cause all the problems and it can’t be trusted, or rather we can be trusted around it. But in actuality, ***the real health benefits come not from what you subtracted but what you added in it’s place.***

Here’s some examples:

- **We used to think: SUBTRACTING** meat/eggs/dairy lowered your cholesterol.
 - **Now we know:** It was the **ADDITION** of fiber in beans, legumes and whole grains that helped transport the cholesterol out of our bodies.
- **We used to think: SUBTRACTING** carbs was the key to weight loss.
 - **Now we know:** It is the **ADDITION** of protein (especially in women) that helped stabilize blood sugar, increase muscle mass and burn body fat.

Why is this important?

When we understand what is really moving the needle when it comes to energy, weight, health we can put our energy in the right place. This allows flexibility, sustainability and long term success. Less white knuckling and more of a partnership with you, your body and food.

What do you do with this information?

If you have already started the year by cutting something out and it feels good, keep going! As you move forward, be curious if it might not be what you took out, but rather what you put in it’s place.

Sometimes that’s not a food, but a way of relating to it. For example, maybe it ADDED a system (meal delivery, cleanses, etc.) to cut down on the mental load or ADDED commitment and community (WW, gym challenges, etc.).

If doing something restrictive doesn’t feel right to you and you are motivated to make some changes, consider ADDING in healthy foods or habits rather than focusing on taking them away. For example:

- **ADD in 2-3L of water per day**
- **ADD in vegetables at two of your meals**
- **ADD in 1 deep breath prior to eating**
- **ADD in protein at your meals and snacks**

Article via taracoleman.com



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FIND US ON SOCIAL MEDIA!



facebook.com/wallawallaseniorcenter.org



[@wwseniorcenter](https://www.instagram.com/wwseniorcenter)

MONTHLY BRAIN TEASER

Which three letters can frighten
a thief away?

*See the bottom of this page for the answer.
Riddles via parade.com*

NEED HELP?

Call 2-1-1 for community resources.



Support Our Mission

wallawallaseniorcenter.org/giving

Your support makes a real difference in the lives of the older adults we serve. It's your generosity that helps us provide nutritious meals, vital companionship, and engaging programs every day. If you're able and would like to help us continue this important work, you can make a gift today.

Consider becoming a monthly donor or give a Legacy Gift to expand your impact.



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VoiceCare

Emergency Response System

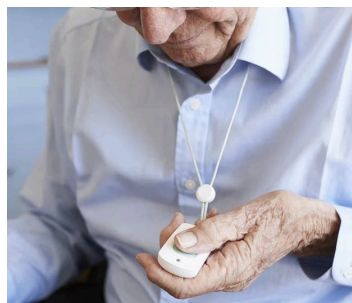
Live Independently at Home

In partnership with:



To Learn More:

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



Relax



Nothing is under control