



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

AUGUST 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.

**A Brief History of Jazz ● Pg.
6-7**

**Take a Walk, Take It In:
A Scavenger Hunt
Challenge ● Pg.
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**A message from
Walla Walla County
Emergency Management ● Pg.
15**

And More! Read On To Find Out

ANNOUNCEMENTS

ALTC Advisory Council Thanks United Way

The ALTC Advisory Council would like to thank United Way of the Blue Mountains for a grant to support their Emergency Fund. With United Way's help and support, the Council will be able to accomplish one of their major goals for 2025, ensuring they are able to respond to emergency situations that occur among their clients. United Way support will make it possible to respond to those emergencies which threaten the dignity and independence of seniors and the disabled. Thanks to United Way and their generous support, the ALTC Advisory Council is now better prepared to support neighbors in need in the community. On behalf of the Council and the citizens it serves, they offer their profound thanks.

This thank you has been shared on behalf of the ALTC Advisory Council by Richard Best, Chariman.



End-of-Life Resources & Grief Support
brad@griefandloss.care - www.griefandloss.care - 509.386.4750



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

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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

**RESTORATIVE YOGA (FREE)****MONDAYS AND WEDNESDAYS, 10-11AM**

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

*** Please note there will be no class August 27th, September 1st, and 3rd. Classes will resume as normal on September 8th.*

**OLD TIME MUSIC MUSICIANS (FREE)****AUGUST 5TH AND 19TH, 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



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**



Healthy Eating Tips for a Fun & Fresh Summer

Article from [BMAC](#)

Fuel your body, beat the heat, and enjoy the season with nutritious choices! Summer is the perfect time to refresh your eating habits with delicious seasonal foods that are both healthy and hydrating. Whether you're spending your days outdoors, traveling, or just trying to keep up with a busy schedule, here are some simple tips to help you eat well and feel your best all summer long:

1. Load Up on Fresh Fruits & Veggies

The Walla Walla Valley has an abundance of produce during the summer months. Farmers markets and grocery stores are bursting with colorful produce during the summer months. Watermelon, berries, cucumbers, tomatoes, corn, and leafy greens are packed with vitamins, antioxidants, and water to help you stay energized and hydrated. Make your way down to the College Place Farmers Market on Thursday evenings at Lions Park, or the Downtown Walla Walla Farmers Market on Saturday mornings. You'll likely run into a few friends too!

Tip: Keep pre-cut veggies and fruit in the fridge for quick snacks or add them to salads, smoothies, or wraps.

2. Eat Local!




If you don't feel like cooking, there are several restaurants in town that offer healthy, affordable options. See below for a list of Blue Zones Approved Restaurants. In addition, you can hop onto the [Walla Walla Food HUB website](#) to order locally grown and harvested items.

Try these places for some healthier options:

- Graze
- Rogers Bakery
- Happy Wanderer
- Bon Appetite (at Whitman College)
- Stone Soup



Bottom Line

Eating healthy in the summer doesn't have to be boring or complicated. With just a few simple swaps and a little creativity, you can enjoy delicious, nutrient-rich meals that fuel your body and keep you feeling your best all season long. Stay cool, eat well, and enjoy the summer!   

3. Lighten Up Your Meals

Heavy meals can leave you feeling sluggish in the heat. Instead, opt for lighter proteins like grilled chicken, fish, tofu, or legumes, and pair them with whole grains and fresh veggies.

Summer swap idea: Trade in fried foods for grilled, roasted, or raw options to keep meals light and nutritious.

4. Choose Smart Summer Treats

Craving something sweet? It's easy to go overboard on frozen treats, but you can enjoy cool desserts without the sugar crash. Look for fruit-based popsicles, frozen yogurt, or make your own smoothies at home.

DIY idea: Blend frozen bananas with a splash of almond milk for a creamy, one-ingredient "nice cream."

5. Get the Whole Family Involved

Summer is a great time to teach kids (and adults!) about healthy eating. Let them help pick out produce, prepare meals, or plant a small herb or veggie garden at home.



Photo via [wallawallafoodhub.com](#)

A Brief History of Jazz

Article via Levinemusic.org



“Jazz is messy,” historian Ted Gioia told NPR after the release of the third edition of his book, *The History of Jazz*. “The trends are complex and often go back and forth in surprising ways. Even in the midst of writing a history of jazz, I wanted to make sure people knew that fitting this thing into a historical progression could mislead them.”

Any attempt to describe the history of jazz in a linear format is misleading because jazz didn’t—and doesn’t—happen that way. A style of music known for its improvisation and spirit, it was born in New Orleans, but took on life in countless new directions. Free jazz, cool jazz, bebop, post-bop, and electro swing: all of these and more have rich, tangled roots that defy delineation—and definition. Here is a sampling of those roots from geographical and musical perspectives, and a glimpse at a few of the jazz musicians who championed the genre.

GEOGRAPHICAL AND CULTURAL ORIGINS

Though the history of jazz music is complicated and often debated, the one point historians reliably agree on is the geography of jazz origins. Jazz started as a uniquely American sound, forged in the melting pot of cultures in the south, particularly in New Orleans. The port city was a blend of Creole culture and African traditions, peppered with European influences.

These cultural influences and musical traditions informed the new style of music originally known as “jass.” Developed by the African American community, the nascent music genre caught on and spread, picked up by musicians of other ethnicities and locales. Los Angeles, Denver, Baltimore, New York City, and even mining towns in Colorado became hubs of jazz music. By the Roaring Twenties, jazz was the sound of the decade, and its popularity blossomed throughout the US and overseas.

MUSICAL ORIGINS

While the genre blends the styles of many musical traditions, two key styles of music influenced early jazz: blues and ragtime. The more informal style of blues music and the syncopated rhythms of ragtime meshed together in jazz, along with various other historical influences. The field hollers and work songs of African slaves in the US, the hymns and gospels of the American south, and New Orleans’ popular brass bands all contributed to the development of jazz.

INFLUENTIAL JAZZ COMPOSERS AND MUSICIANS

In the early years of jazz and as it grew into more specific styles like swing and orchestral jazz, jazz composers and musicians played monumental roles in jazz history. Here are just a few of these legendary figures.

- Louis Armstrong, a world-renowned jazz trumpeter and vocalist who popularized swing.
- Fletcher Henderson, an arranger, bandleader, and pianist who pioneered big band jazz.
- Duke Ellington, a jazz pianist and master composer who brought innovation, flavor, and emotional depth to jazz.
- Charles Parker, Jr., a.k.a. “Bird” or “Yardbird,” a saxophonist, bandleader, and composer who led the development of bebop.
- Count Basie, a jazz pianist, organist, bandleader, and composer who popularized big band and orchestral jazz.

These artists’ influences are still felt in jazz today, even as the genre continues to evolve and grow. “The worst thing that could happen,” says Ted Gioia, “is for jazz to end up like the symphony orchestra, where you go to a concert and almost everything they play is 100 years old... History must always be tempered with an understanding of how we use these songs and sounds to revitalize the music ecosystem we currently live in.”



***Louis Armstrong,
1953.***



***In 1924, Fletcher Henderson hired
a young trumpeter who
reinvented his band's rhythmic
concept. His name was Louis
Armstrong.***


















***Duke Ellington,
Scurlock
Photographic
Collection,
National
Museum of
American
History***



***Charlie Parker at the Three Deuces
jazz club, New York, 1947***



***Count Basie and band, with
vocalist Ethel Waters, from the
film Stage Door Canteen (1943)***

Senior Round Table Menu		2025		Walla Walla Senior Center	
AUGUST					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
4 SWEDISH MEATBALLS OVER NOODLES VEGETABLE PEA SALAD FRUIT COOKIE	5 CHICKEN FRIED BEEF STEAK BREAD, COOKIE MOW: POTATOES, VEGETABLE FRUIT IN HOUSE: SALAD BAR	6 HAMBURGER WITH BUN LETTUCE, TOMATO, ONION VEGETABLE, POTATOES CAKE IN HOUSE: ICE CREAM	7 MOW: GREEK BROWN RICE SALAD WITH PORK VEGETABLE CORN SALAD, FRUIT IN HOUSE: GRAND-SALAD BAR, COOKIE	8 CLOSED	
11 STUFFED PEPPER CASSEROLE VEGETABLE 3 BEAN SALAD FRUIT ROLL	12 MEATLOAF & GRAVY POTATOES BREAD, COOKIE MOW: VEGETABLE FRUIT IN HOUSE: SALAD BAR	13 CHILI FRIES VEGETABLE BREAD FRUIT BROWNIE	14 CHICKEN BURGER COOKIE MOW: POTATO SALAD VEGETABLE IN HOUSE: SALAD BAR	15 CLOSED	
18 SALISBURY STEAK POTATOES VEGETABLE BREAD, FRUIT COOKIE	19 LASAGNA GARLIC BREAD FRUIT MOW: VEGETABLE COLESLAW IN HOUSE: SALAD BAR	20 BBQ CHICKEN VEGETABLE BAKED BEANS BREAD FRUIT CAKE	21 MOW: SLOPPY JOE VEGETABLE POTATOES FRUIT IN HOUSE: GRAND-SALAD BAR, COOKIE	22 CLOSED	
25 PINEAPPLE HAM SCALLOPED POTATOES VEGETABLE BREAD COOKIE	26 ROAST BEEF POTATOES ROLL, COOKIE MOW: VEGETABLE, FRUIT IN HOUSE: SALAD BAR	27 MOW: BAKED FISH VEGETABLE CORN BREAD SALAD IN HOUSE: TACO BAR FRUIT, COOKIE	28 BEEF DOG ON A BUN MOW: POTATOES VEGETABLE IN HOUSE: SALAD BAR FRUIT COOKIE	29 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, 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**

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(509) 527-3776 Fax
srt@wallawallaseniorcenter.org



Bruschetta Rigatoni alla Vodka

Serves 8. \$16.97 total / \$2.12 per serving. Recipe via budgetbytes.com

Ingredients

- 1 Tbsp vegetable oil (\$0.04)
- 16 oz ground tomato, basil, and garlic chicken (\$6.99*)
- 2 beefsteak tomatoes (chopped, \$2.86)
- 1 onion (small dice, \$0.78)
- 2 ½ cups vodka sauce (\$2.40)
- 16 oz uncooked rigatoni pasta (\$0.98)
- 1.5-2 cups water (\$0.00)
- 10 oz fresh spinach (\$1.98)
- 13.4 oz organic garbanzo beans (drained and rinsed, \$0.86)
- ¼ tsp salt (\$0.01)
- ¼ tsp freshly cracked black pepper (\$0.04)
- ¼ tsp red pepper flakes (\$0.03)

Directions

1. Gather and prepare all ingredients.
2. Heat the oil in a medium sauté pan over medium heat. Add the ground chicken, break it into small pieces, and sauté for 4-5 minutes, until cooked. Then, remove the chicken from the pan and set aside.
3. Add the diced tomatoes and onion and cook for 5 minutes, gently scraping the bottom of the pan.
4. Add the vodka sauce, uncooked pasta, and 1.5 cups of water to the pan. Bring to a simmer and cover. Simmer for 10 minutes, stirring periodically.
5. Add the chicken, spinach, garbanzo beans, salt, pepper, and red pepper flakes. Continue to cook for 8-10 minutes while covered, stirring occasionally, until the pasta is done. If the pasta is not fully cooked, add the last ½ cup of water and continue cooking until the pasta is done.



6 Sneaky Signs You Might Need to Take Electrolytes



Just because you're constantly sipping doesn't necessarily mean you're fully hydrated. Hydration isn't just about water; it's also about electrolytes.

"Electrolytes are minerals that carry electric charges in the body, helping to regulate essential functions like fluid balance, muscle contraction and pH levels," says Dana Angelo White, a sports dietitian. "Replenishing electrolytes is critical for maintaining energy, performance and overall hydration." Sodium, potassium, calcium, magnesium, chloride and phosphorus are the body's major electrolytes.

But how do you know if you're getting enough or if you're running low? There are several factors that can cause a loss of electrolytes, including excessive sweating after physical activity, exposure to heat, humid weather, air travel or illness. Below, we reveal six sneaky signs you might be overlooking that could suggest you need more electrolytes.

1. Fatigue

We all feel tired sometimes, whether from a poor night's sleep, stress or skipping meals. But if you've covered all bases and still feel sluggish, an electrolyte imbalance could be to blame.

"Imbalances or deficiencies in electrolytes can disrupt cellular and organ functions, leading to neuromuscular and cognitive issues," says Briana Butler. "This disruption can contribute to feelings of fatigue and confusion."

Fatigue is a common sign of an electrolyte imbalance. For instance, low sodium can cause fatigue—as can low magnesium and potassium levels.

2. Muscle Cramps

Muscle cramps or spasms can creep up at the worst of times—such as in the middle of a race or when you're trying to fall asleep. While the exact cause of cramps isn't fully understood, researchers agree that those brought on by exercise or heat are likely linked to sweat and electrolyte loss.

"Muscle cramps, particularly during or after exercise, can be a sign of low sodium, potassium, calcium or magnesium levels," explains Amy Goodson. "Electrolytes help regulate muscle contractions, and when they're out of balance—especially sodium during heavy sweat loss—muscles can become overly excitable, leading to cramping."

3. Headaches

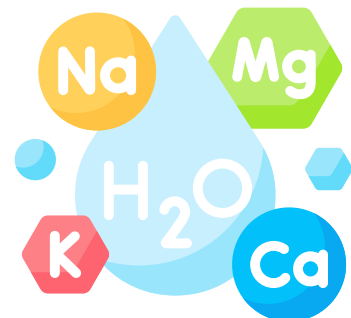
Did you know that dehydration can shrink your brain? When you're dehydrated, your body loses both fluid and electrolytes, including fluid in your brain. These losses can cause your brain to "slightly shrink," says Jenna Braddock. This impacts the nerve function and sensitivity of the brain, causing pain."

Besides dehydration, low blood pressure and shifts in electrolyte balance in the brain can also cause headaches, adds Goodson. Specifically, being low in sodium and magnesium can lead to headaches or even migraines, says Butler.

4. Feeling Dizzy

When the room starts spinning even though you're sitting still, it's far from fun. "Dizziness, especially after workouts or time spent in the heat, can be a sign of low sodium levels or fluid depletion. Sodium helps maintain blood volume and pressure; when it drops, circulation to the brain may be temporarily reduced, causing lightheadedness," says Goodson.

She notes this happens when someone drinks a lot of water without replacing sodium. Endurance athletes and anyone doing exercise for extended periods are at risk for exercise-associated hyponatremia, or low sodium.



Took a few rest days from the gym, but still feeling unexplained muscle weakness? Lack of electrolytes may be to blame. “Muscle weakness can occur due to low potassium levels, as potassium is crucial for proper muscle contraction and relaxation at the cellular level by facilitating electrical impulses,” explains Butler.

6. Overheating

Your body cools itself and maintains core temperature by sweating. However, sweat contains both water and electrolytes, so excessive sweating can lead to a drop in levels. If these aren't replaced quickly, your body's ability to cool itself can become impaired, leading to overheating. "Without enough electrolytes, your body can't regulate its core temperature properly, increasing the risk of heat illness," explains White.

While many of us reach for electrolyte drinks or powders, there are plenty of natural food and drink sources rich in electrolytes. Here's a guide to replenishing electrolytes naturally:

- **Sodium:** Sodium is found in salty snacks like pretzels, crackers and salted nuts. It's also found in canned or packaged foods like soups and beans, as well as many condiments and sauces like soy sauce. Chloride, another key electrolyte, is found alongside sodium in salty foods—hence the name sodium chloride (table salt).
- **Potassium:** Many fruits and vegetables are a great source of potassium, like squash, bananas, potatoes, prunes, raisins and spinach.
- **Calcium:** Many dairy products, like yogurt, cheese, milk, tofu and cottage cheese, are rich in calcium. Other sources include fish, such as salmon and sardines, as well as dark leafy greens like spinach and kale.



- **Magnesium:** Magnesium-rich foods include seeds, nuts and legumes, such as pumpkin seeds, chia seeds, almonds, cashews, black beans and edamame.
- **Phosphorus:** Yogurt, dairy milk, cheese, chicken, beef and seafood like salmon and scallops are rich in phosphorus.

Keep in mind that many of these six sneaky signs could also be due to other health-related issues. For example, being dizzy could be a sign that you have low blood pressure or anemia. If you experience any of these signs or symptoms, it's best to consult a health care provider to rule out underlying health issues.

WALLAWALLASENIORCENTER.ORG

Burger Bowls with Caramelized Onion Aioli

Recipe via snackonmeat.com



INGREDIENTS

For the Caramelized Onion Aioli:

- 2 tbsp olive oil
- ½ large yellow onion, finely diced
- 1½ tsp brown sugar
- ¼ cup mayonnaise
- ¼ cup plain Greek yogurt
- 1 tsp apple cider vinegar
- ½ tsp garlic powder
- Kosher salt and freshly ground black pepper, to taste

For the Burger Patties:

- 1 lb ground beef (80–85% lean)
- Kosher salt and freshly ground black pepper

For Serving:

- Roasted potatoes or French fries (homemade or frozen)
- Cherry or sliced tomatoes
- Chopped romaine lettuce

DIRECTIONS

1. Make the Caramelized Onion Aioli

Heat olive oil in a skillet over medium heat. Add diced onion and a pinch of salt. Sauté for about 10 minutes, stirring occasionally. Stir in the brown sugar and continue cooking for another 5–10 minutes, until the onions are golden brown and jammy. If the onions begin to burn or dry out, lower the heat and add a splash of water to the pan.

Transfer onions to a bowl and stir in mayonnaise, Greek yogurt, vinegar, and garlic powder. Season with salt and pepper. Chill until ready to use.

2. Cook the Burger Patties

Divide ground beef into 5–6 portions and shape into patties. Season both sides with salt and pepper. Wipe out the skillet, return it to medium-high heat, and sear the patties for 2–3 minutes per side, or until cooked to your preference.

3. Assemble the Bowls

In serving bowls, layer chopped romaine lettuce, sliced tomatoes, and crispy fries. Add your burger patties and a generous dollop of caramelized onion aioli. Customize with your favorite toppings!



Adult Day Services & Family Support

Alex Sanchez,
Program Manager



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

Are you thinking about buying a long-term care insurance policy? If so, you may be making a wise decision. As we age, we may need help with daily tasks - nearly 70% of Americans do at some point after they turn 65. And, long-term care insurance can help you cover the cost of that help. But, as with any other type of insurance, it's important to consider policy coverages and how the policy's coverage relates to your needs. For example, some older adults would prefer to age at home with friends and family.

A 2021 AARP survey said 77% of adults older than 50 wanted to remain in their home and a 2022 University of Michigan poll said 88% of adults felt it important to remain in their home for as long as possible. But, even with friends and family members who are willing to help with their care, those who age at home may need Adult Day Services occasionally. These services can provide care, meals, social activities, recreation and more for those in need. But, according to statistics, those services will average more than \$25,000 annually. So, does long-term care insurance cover adult day care?

"Long-term care insurance absolutely covers adult day services, and most policies have for a very long time," explains Bill Comfort, CLTC, director of training at Certification for Long-Term Care. "New policies are 'comprehensive,' meaning they cover the entire care continuum including home care, adult day, assisted living and memory care facilities and nursing homes." But, if you have a policy you purchased in the 1990s, your coverage may be different. "With older policies, particularly those sold in the 1990s, adult day services were part of the home care or 'home and community care'

benefit, which was often sold as a separate rider."

It's also important to read the policy details before you purchase it as some may consider adult day services as informal care. "Adult day care, where long-term care services are being provided, certainly meets the requirement for reimbursement, assuming the policy provides for informal care," explains Larry Nisenson, CGO at Assured Allies. "Most new long-term care policies, including traditional and hybrid policies, certainly cover these types of facilities but it's always prudent to check your policy or call the carrier to confirm coverage details."

The bottom line: Long-term care insurance typically provides a wide array of coverage, including coverage for adult day services as well as other forms of long-term care - like nursing homes, assisted living communities and home health aides. Compare your coverage options and purchase a policy today to make sure you have access to the care you may need.

By Joshua Rodriguez, Edited By Matt Richardson, CBS News



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!

Take a Walk, Take It In: A Scavenger Hunt Challenge

There's something special about getting outside and feeling the fresh air, stretching your legs, and noticing the little things around you. Whether you're walking alone or with a friend, this simple scavenger hunt is a fun way to slow down and take in your surroundings.

See how many of the items you can spot on your next walk around the neighborhood or through town. You might be surprised by what you notice when you're really looking!



SCAVENGER HUNT LIST:

- A red car
- A street sign with a number
- A bench
- A dog being walked
- A flower growing (wild or planted)
- A stoplight
- A bird (bonus: name the kind!)
- A business with an "Open" sign
- Someone riding a bike
- A tree with interesting bark
- A crosswalk
- A bus or bus stop
- A store window with a display
- A piece of public art (sculpture, mural, etc.)
- A mailbox
- A license plate from another state
- A building with more than 3 stories
- A "Help Wanted" sign
- A child's drawing in a window
- A flag (any kind)

Double Olive Salad

FROM OUR SENIOR CENTER COOKBOOK... (P. 41)

By Libby McCaw

INGREDIENTS:

Double Olive Salad:

- $\frac{3}{4}$ c. green pimento stuffed olives, chopped
- $\frac{3}{4}$ c. kalamata olives, chopped
- 10 T. olive oil
- $\frac{1}{2}$ c. thinly sliced celery
- $\frac{1}{3}$ c. minced parsley
- 2 T. red wine vinegar
- 2 cloves garlic, minced
- 2 tsp. dried oregano
- 1 tsp. dried thyme
- $\frac{1}{2}$ tsp. sugar
- freshly ground pepper

Sandwich Filling:

- $\frac{1}{2}$ lb genoa salami
- $\frac{1}{2}$ lb cotto salami
- $\frac{1}{2}$ lb turkey ham
- $\frac{1}{2}$ lb provolone
- $\frac{1}{2}$ lb mozzarella

DIRECTIONS:

Combine all ingredients for the salad, cover and refrigerate at least 24 hours. You can chop the ingredients and then chop a bit more using a food processor which provides a more even chop and makes it easier to spread on the loaf. Assemble the sandwich fixings and spread olive salad on bread. The olive salad is also good to stir in steamed vegetables after cooking them.



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



A message from Walla Walla County Emergency Management

Recent news has highlighted how disasters can strike suddenly, making clear communication with residents essential for their safety. This is especially important for families with vulnerable members who may need extra time to evacuate.

In Walla Walla County, hazards like flooding and wildfires can lead to evacuation notices. Level three evacuations “GO” (Life Safety), require immediate action and are communicated through a federal system that contacts cell towers in the area. However, level 1 (“Ready”) and level 2 (“Set”) alerts depend on a database of residents who subscribe to our Emergency Notification System. Despite efforts to raise awareness, we need more subscriptions to ensure timely alerts during emergencies.

Walla Walla County Emergency Management uses the **Everbridge** system to inform the public about critical situations, including evacuation orders and shelter-in-place notices. Timely notifications can save lives and protect property.

For Everbridge to be truly effective, participation is essential — and that starts with us. Signing up is quick and easy, requiring just a few minutes to complete an online form. Once registered, you can add multiple locations you'd like to receive alerts for, such as your workplace, your child's school or daycare, a family member's home, or any other address important to you. Adding additional locations does not prevent others from registering the same address, so everyone stays informed.

Please sign up for Everbridge by visiting the link below:
<https://member.everbridge.net/892807736724315/new>

Walla Walla County Emergency Management is always working on public outreach to promote Everbridge enrollment. Take a moment at your next family gathering to show, encourage, or assist your loved ones with signing up for Everbridge. If we're going to encourage the public to take this important step, we should lead by example and ensure we and those around us are also signed up.



***Emergency Management
Walla Walla County***



WALLA WALLA SENIOR CENTER

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

YOU ARE LOVED

NEED HELP?

Call 2-1-1 for
community resources.



MONTHLY BRAIN TEASER

What kind of running means
walking?

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

FIND US ON SOCIAL MEDIA!



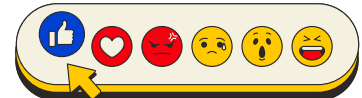
facebook.com/wallawallaseniorcenter.org



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

READ THE NEWSLETTER DIGITALLY!

(Unless you already are!)



Better colors, better photos,
easier to read, saves paper!
Switch on our website
or send us an email at
admin@wallawallaseniorcenter.org

♥ Donate ♥

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*We are able to do what we do thanks to donors like you.
Support your local older adult programs. Thank you!*

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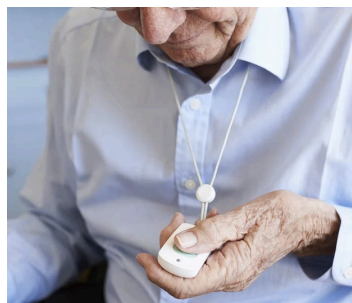
VoiceCare

Emergency Response System Live Independently at Home

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To Learn More:
Richard Clark
Voice Care Coordinator
509-527-3775 ext. 2



Choose your words wisely.



Brain teaser answer: Running out of gas.