



WALLA WALLA SENIOR CENTER

THE CENTER AT THE PARK

Serving Seniors since 1971

MAY 2022

The Bottom Line

Walla Walla Senior Center Current Hours/Operations:

Congregate Dining:
REOPENING ON
JUNE 6th, 2022!

Please see our website for
further updates at
wallallaseniorcenter.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.

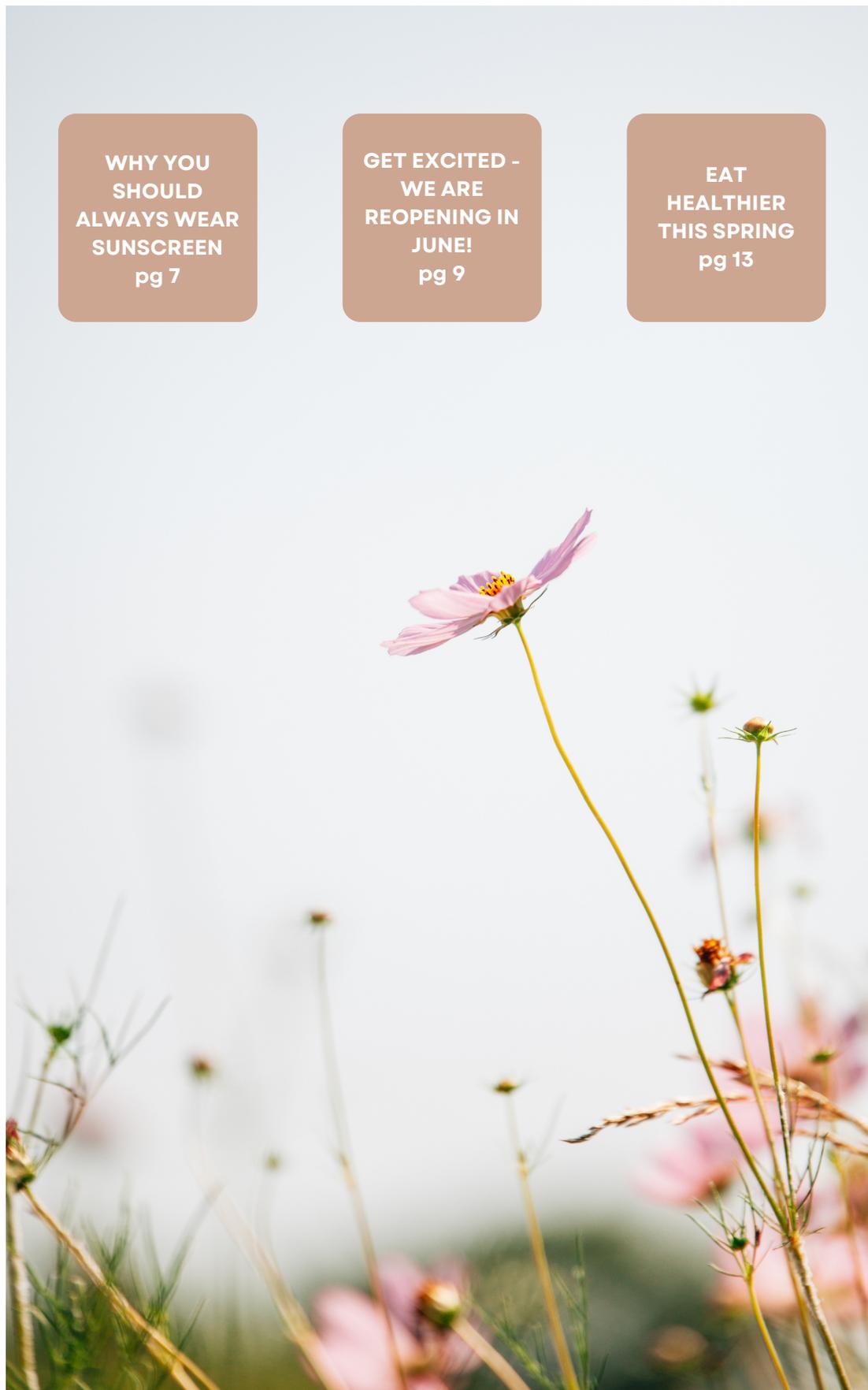
Adult Day Center - Respite Care

(509) 527-3775 ext 3
see page 12 for more
info.

WHY YOU
SHOULD
ALWAYS WEAR
SUNSCREEN
pg 7

GET EXCITED -
WE ARE
REOPENING IN
JUNE!
pg 9

EAT
HEALTHIER
THIS SPRING
pg 13



ANNOUNCEMENTS

THE SENIOR CENTER TO REOPEN

We are reopening! See pages 9 and 11 for more information. We can't wait to have you back!

CONTRIBUTE TO THE MONTHLY NEWSLETTER

Do you have a story, a recipe, a resource to share? Send us an email at 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 and we will make the switch!

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.

Monthly Donations Made Easy

Showing your support and donating is easy!
By signing up for our monthly donation program, you don't need to remember to write the check.

Pledge an amount and it will automatically be donated each month.

Sign up today at
wallawallaseniorcenter.org/donate or give us
a call at (509) 527-3775.



Scan me with your
Smartphone!



WALLA WALLA SENIOR CENTER, INC.

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

BOARD OF TRUSTEES

PRESIDENT
Libby McCaw
VICE PRESIDENT
Brad Riordan
SECRETARY
Jan Alexander
TREASURER
Sarah Zessin
MEMBERS
Louise Boyer
Ron Wheeler
Leigh Anne Adkins
Merrikay Locati
Skip Winchester
Maria Scafariello

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.

Walla Walla Senior Center



SALON

Gift certificates available!



Haircut

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

Perm

- Starts at \$60

Nails

- Basic (cut and file) - \$10
- Manicure - \$20
- Foot care (soak, cut, and file) - \$18

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

Schedule your appointment by calling (509) 240-6034

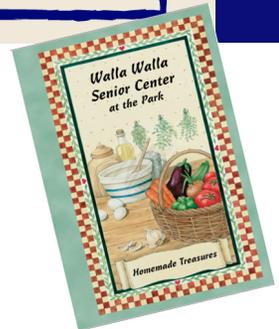
Great gift idea!

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 46)

By Floth Family

Hawaiian Meatballs

MEATBALLS

- 1 1/2 lbs. hamburger
- 1 sm. onion, minced
- 1 1/2 c. bread crumbs
- 1 1/2 tsp. corn starch
- 1 egg
- 1 1/2 tsp. salt
- 1 c. milk

SAUCE

- 1/4 c. brown sugar
- 2 T. corn starch
- 1/2 c. water
- 1 c. pineapple juice
- 1 T. soy sauce
- 1/3 c. vinegar
- 1/2 c. green pepper
- 1/4 c. sliced onion
- 1 c. pineapple chunks



Combine meatball ingredients and form into balls. Pan fry or bake in oven at 350° until cooked through. Combine sugar, corn starch, salt, water, pineapple juice, vinegar and soy sauce. Cook over low heat until thick, stirring constantly. Pour over meatballs and let stand for 10 minutes. Add peppers, pineapple and onion. Cook 5 minutes more. Serve over rice. Serves 12.



Adult Day Center & Family Support

Adult Day Center

(509) 527-3775 ext 3
adc@wallallaseniorcenter.org

Alex Sanchez,
Program Manager



A Day in the Adult Day Center (ADC)

As soon as you walk in the door you are greeted by our friendly staff. As you settle down, the first question of the day will always be: "what would you like to drink this morning?" Options are: Coffee, hot chocolate, hot tea, water, or juice. Mornings are a time for sharing and reflecting. Having good conversation is one of our favorite aspects of the ADC.

Light exercise plays a vital role in our program. Everyday, 30-40 minutes are spent stretching, weight bearing, and, resistance band training, all while enjoying music that we all love, from the 50's and 60's, of course.

The day would not be complete without our delicious meals, provided by our Senior Center's nutrition program. We share our meals together eating in a group environment.

Afternoons are for activities! Whether it's a good game of cards, dominoes, trivia, bingo, jingo, water colors, special musical guests, show and tell, walks in the park (for those able), bowling, basketball shootout, brain teasers, and other cognitive activities to give our minds a workout of their own.

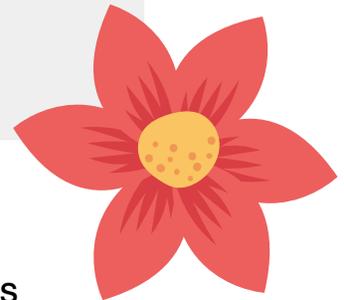
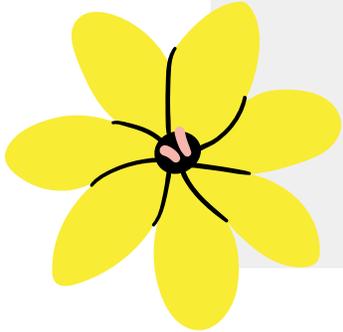
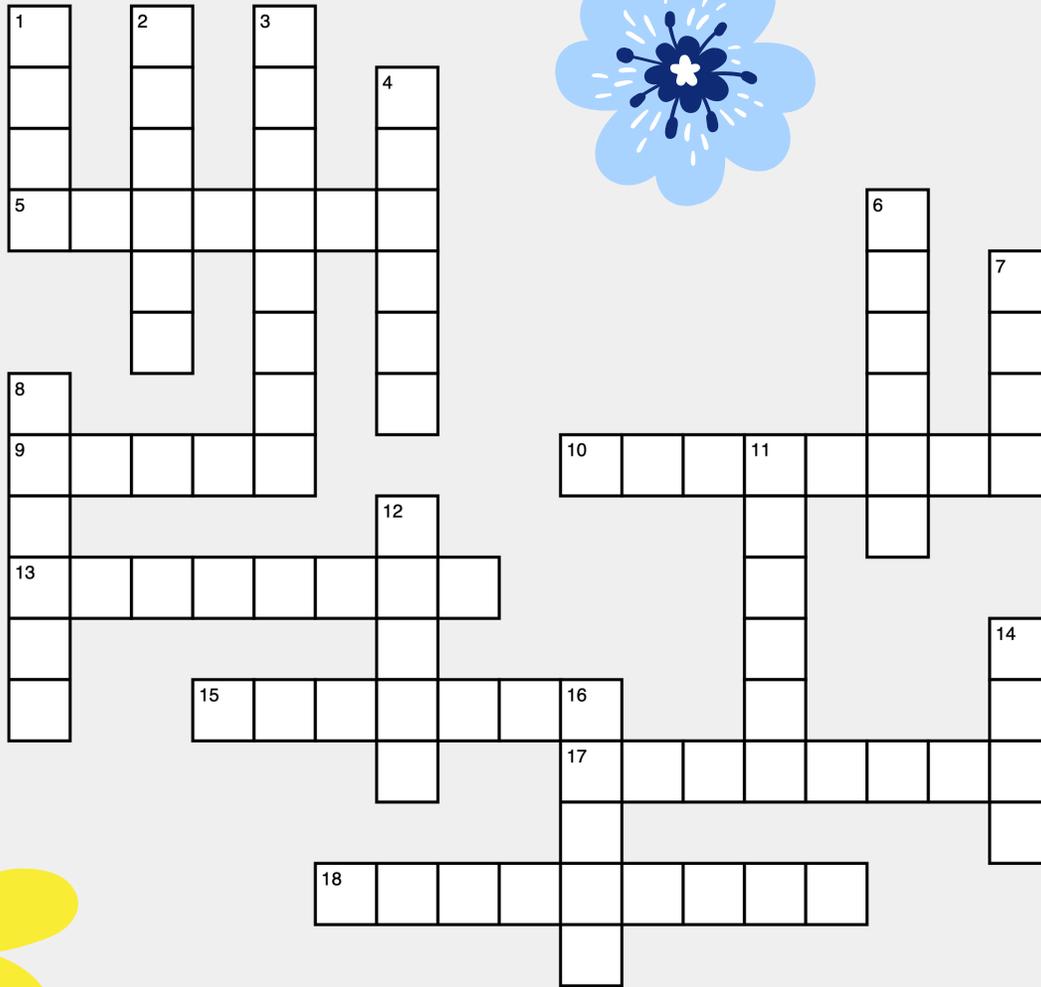
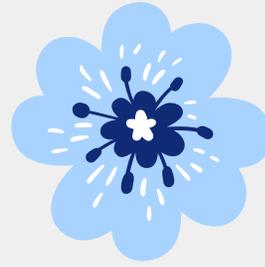
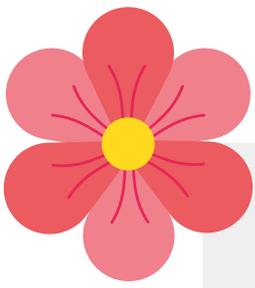
Snacks are also provided and shared in a group setting, and brought to us by our kitchen staff. We love it all!

On-site social services and RN bi-weekly visits are also a key part of our daily program.



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!

Spring Crossword



ACROSS

- 5) They're usually found in beds
- 9) Time for showers
- 10) Gloom's opposite
- 13) Yellow spring flower
- 15) Day for diamonds and dreams
- 17) Shower apparel?
- 18) Monarch, e.g.

DOWN

- 1) Sport with tees
- 2) Fledgling plant
- 3) America's pastime
- 4) ___ egg
- 6) Eating outing
- 7) When spring ends
- 8) Vegetable plot
- 11) One of four in a year
- 12) Breezy
- 14) Flying toy with a tail
- 16) Verdant

Solution on page 10

10 Crazy Facts You Didn't Know About Space

There is so much about space, our solar system, and the galaxy that we still don't know! Space is vast. With billions of galaxies and stars, and planets in our own solar system yet to be fully explored or understood, scientists' knowledge of space is always evolving. There are, however, some really cool things we know about space right now!

1. SPACE IS COMPLETELY SILENT

There is no atmosphere in space, which means that sound has no medium or way to travel to be heard.

2. THE HOTTEST PLANET IN OUR SOLAR SYSTEM IS 450° C (~842°F).

Venus is the hottest planet in the solar system and has an average surface temperature of around 450° C. Did you know that Venus isn't the closest planet to the sun? That is Mercury. You would think that Mercury would then be the hottest, but Mercury has no atmosphere (which regulates temperature), resulting in big fluctuations.

3. A FULL NASA SPACE SUIT COSTS \$12,000,000.

While the entire suit costs a cool \$12m, 70% of that cost is for the backpack and control module. However, the space suits that NASA uses were built in 1974. If these were priced by today's pricing, they would cost an estimated 150 million dollars!

4. THE SUN'S MASS TAKES UP 99.86% OF THE SOLAR SYSTEM.

The Sun accounts for 99.86% of the mass in our solar system with a mass of around 330,000 times that of Earth. Did you know that the Sun is made up of mostly hydrogen (three quarters worth) with the rest of its mass attributed to helium. If the Sun had a voice would it be high and squeaky from all that helium?

5. ONE MILLION EARTHS CAN FIT INSIDE THE SUN

The Sun is large enough that approximately 1.3 million Earths could fit inside (if squashed in) or if the Earths retained their spherical shape then 960,000 would fit. But can you visualise that number of Earths?

6. THERE ARE MORE TREES ON EARTH THAN STARS IN THE MILKY WAY

There are about three trillion trees on Planet Earth, and between 100-400 billion stars, approximately, in the galaxy.

7. THE SUNSET ON MARS APPEARS BLUE

Just as colors are made more dramatic in sunsets on Earth, sunsets on Mars, according to NASA, would appear bluish to human observers watching from the red planet. Fine dust makes the blue near the Sun's part of the sky much more visible, while normal daylight makes the Red Planet's familiar rusty dust color the most perceptible to the human eye.

8. THERE ARE MORE STARS IN THE UNIVERSE THAN GRAINS OF SANDS ON EARTH

The universe extends far beyond our own galaxy, The Milky Way, which is why scientists can only estimate how many stars are in space. However, scientists estimate the universe contains approximately 1,000,000,000,000,000,000,000 stars, or a septillion. While no one can actually count every single grain of sand on the earth, the estimated total from researchers at the University of Hawaii, is somewhere around seven quintillion, five hundred quadrillion grains. That is an awfully big sand castle!

Article via childwellbeing.asu.edu



**ASTRONOMY DAY
MAY 7, 2022
GET OUT THERE
AND SEE SPACE!**

9. ONE DAY ON VENUS IS LONGER THAN ONE YEAR.

Venus has a slow axis rotation which takes 243 Earth days to complete its day. The orbit of Venus around the Sun is 225 Earth days, making a year on Venus 18 days less than a day on Venus.



10. THERE IS A PLANET MADE OF DIAMONDS

There's a planet made of diamonds twice the size of earth. The "super earth," aka 55 Cancri e, is most likely covered in graphite and diamond. Paying a visit to that planet would probably pay for the \$12 million dollar space suit needed to get there!

Why You Should Always Wear Sunscreen

Even on Cloudy Days Up to 80 percent of the sun's rays can pass through clouds, so if you assume it's OK to forgo protection on an overcast day, think again. Sunscreen is an important preventive health care habit that should be maintained all year, including the winter months. Snow can reflect up to 80 percent of ultraviolet (UV) rays, increasing your risk of exposure to sun damage. Also, the higher the altitude, the greater the UV exposure, so sunscreen is crucial for family ski vacations, too. When in doubt: always wear sunscreen!

Here are the top five reasons why applying sunscreen should be a daily habit year round:

1) It Protects Your Skin from UV Rays: The depletion of the ozone layer has increased our risk of sun damage from harmful UV rays. Sunscreen blocks these rays, greatly reducing the likelihood of sunburn. Look for products with an SPF (Sun Protection Factor) of at least 15 (some doctors recommend nothing below 30), and use each and every day. For full body coverage you'll want to apply about an ounce.

2) It Lowers Your Skin Cancer Risk: Skin cancer is the most common form of cancer in the United States. According to the Centers for Disease Control and Prevention (CDC), 71,943 people were diagnosed with melanomas of the skin in 2013, and 9,394 of these cases were fatal. By applying sunscreen each day, you cut your risk of contracting skin cancers in half.

3) It Prevents Premature Aging of the Skin: Sun damage from UV rays causes photoaging of the skin, which is characterized by a thick, leathery look; discoloration; and a breakdown of collagen, which contributes to lines, sagging and wrinkles. Studies show that those below age 55 who apply sunscreen regularly have 24 percent less chance of developing these signs of aging than those who don't. It's never too late to start protecting your skin.

4) It Helps Maintain an Even Skin Tone: Sunscreen helps prevent discoloration and dark spots from sun damage, helping you maintain a smoother and more even skin tone.

5) Your Chances of Skin Cancer are Higher if Your Hair is Red: Scientists used to think the reason for this increased risk was due to the fair skin tone of redheads. In 2013, however, researchers discovered the MC1R gene mutation which creates red hair and fair skin. This mutation also creates a cancer causing pathway which, when exposed to UV radiation, promotes a genetic propensity towards cancer.

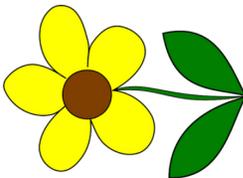
As the weather gets better and the sun stays out longer, don't forget your sunscreen!

Article via ehe.health.

MAY

2022
FRIDAY

Senior Round Table Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 FIESTA CORNBREAD PIE POTATOES VEGETABLES (CHEF'S CHOICE) BREAD FRUIT 	3 MEAT LOAF MASHED POTATOES VEGETABLES (CHEF'S CHOICE) BREAD FRUIT COOKIE	4 FRITTATA VEGETABLE (CHEF'S CHOICE) ROLL FRUIT BROWNIE	5 TUNA CASSEROLE VEGETABLE (CHEF'S CHOICE) GREEN SALAD ROLL FRUIT	6 CLOSED
9 SWEET & SOUR PORK OVER RICE PEPPERS & ONIONS VEGETABLE (CHEF'S CHOICE) ROLL FRUIT 	10 LASAGNA VEGETABLES (CHEF'S CHOICE) COLESLAW GARLIC BREAD FRUIT	11 BAKED CHICKEN MASHED POTATOES VEGETABLE (CHEF'S CHOICE) BREAD FRUIT JUICE CAKE	12 CHICKEN FRIED BEEF STEAK POTATOES VEGETABLE (CHEF'S CHOICE) ROLL FRUIT COOKIE	13 CLOSED
16 ROAST BEEF POTATOES VEGETABLE (CHEF'S CHOICE) BREAD COOKIE 	17 BBQ CHICKEN BAKED BEANS VEGETABLE (CHEF'S CHOICE) POTATO SALAD BREAD SMORE'S BAR	18 TURKEY & GRAVY STUFFING POTATOES GREEN BEANS BREAD PUMPKIN BAR	19 MEAT BALL SUBMARINE SANDWICH VEGETABLE (CHEF'S CHOICE) POTATOES FRUIT	20 CLOSED
23 HAM WITH PINEAPPLE SCALLOPED POTATOES VEGETABLE (CHEF'S CHOICE) BREAD FRUIT COOKIE 	24 CHICKEN & DUMPLINGS VEGETABLE (CHEF'S CHOICE) PEA SALAD FRUIT JUICE BROWNIE	25 SPAGHETTI & MEAT SAUCE VEGETABLE (CHEF'S CHOICE) COLE SLAW GARLIC BREAD FRUIT	26 BAKED POTATO WITH CHILI & CHEESE VEGETABLE (CHEF'S CHOICE) BREAD FRUIT COOKIE	27 CLOSED
30 CLOSED	31 SALISBURY STEAK MASHED POTATOES VEGETABLE (CHEF'S CHOICE) BREAD FRUIT COOKIE	Free pet food handed out on Mondays. 		

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 ext. 1
(509) 527-3776 Fax
srt@wallawallaseniorcenter.org



WE ARE REOPENING!

Mark your calendars...

Congregate Dining will be reopening on Monday, June 6th.



11:30AM - 1PM

Monday - Thursday

Meals are free to those 60 or older,
although donations are gladly accepted and
greatly appreciated.

Meals are \$7 for those under 60.

We ask everyone to keep in mind that we are still in a pandemic:

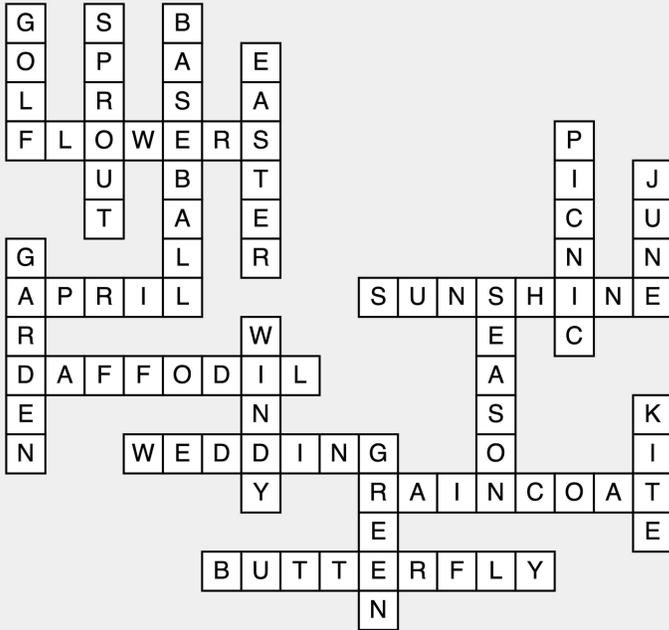
- please do not come inside the Senior Center if you have any symptoms at all such as headache, cough, runny nose, sore throat, fever, nausea, or diarrhea
- please wash hands frequently and before eating
- please respect others' space and practice safe distancing
- please protect yourself if you have any high risk or underlying health issues since there is no longer a mask mandate in place

****Please note: Drive-Thru hours will change to
10:30-11:30am beginning June 6th.****

We can't wait to have you all back here with us!

See page 5 for puzzle.

SOLUTION



Care your way
when you need it

WALLA WALLA BRANCH 509.526.3860



ALZHEIMER'S ASSOCIATION®

VOLUNTEER OPPORTUNITY WITH THE ALZHEIMER'S ASSOCIATION

Caregiver Support Group Facilitator - Walla Walla

An Alzheimer's Association Caregiver Support Group is an open gathering of people with common problems, needs and interests who come together to share their feelings, thoughts and experiences in a safe environment. The facilitator encourages participants to provide assistance and emotional support to one another, presents Association materials, keeps records and interacts with Chapter staff.

For full descriptions visit www.alzwa.org/volunteer

For more information contact Community Outreach Manager Michelle Larson at 208.666.2996 or email mlarson@alz.org

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.



VOLUNTEER TODAY!

Join the walk
planning committee!

Call, text or email Erica Grissmerson
509-552-7026 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

BRIDGE!

Join us every Tuesday and Thursday at 1 pm at the Senior Center to play Bridge. Hope to see you there!



CARD GROUPS



PINOCHLE!

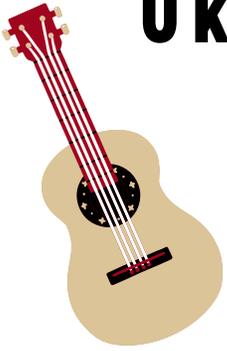
Join us every Monday at 1 pm at the Senior Center to play Pinochle. Bring a friend! Call the office at (509) 527-3775 to give us a head count. See you there!

EVENTS

at the Walla Walla Senior Center

MAY 2022

UKULELE



Fridays at 12pm. Join us to play ukulele music and enjoy each other's company. All are welcome.

THE WALLA WALLA OLD TIME MUSICIANS



May 3rd and 17th

1st and 3rd Tuesday of each month from 6:30-8:30pm. \$3 admission at the door. Donations appreciated.

DINING ROOM OPEN HOUSE

MAY 19, 4-7PM

We are getting ready to reopen our doors again. Join us for an open house to check out our new space and get excited for the official reopening day: June 6th.



6 Ways to Improve

Mental Health in Seniors

1. Play Mind Games

Just as the body needs physical activity and stimulation to stay healthy, the brain needs stimulation to stay sharp and avoid cognitive decline as we age. According to Harvard Health Publishing, brain games can help sharpen certain thinking skills such as processing speed, planning skills, reaction time, decision making and short-term memory.

Any activity that keeps the mind engaged and working towards solving problems contributes to brain health, but some of the most common and accessible activities for seniors include reading, writing, learning a new language, playing an instrument, playing puzzles and games, and more.

2. Get Physical

From taking regular walks to yoga classes and ballroom dancing, exercise and physical activity benefit both the mind and the body by boosting confidence and reducing the risk of falls. Staying active and getting enough exercise are as important for seniors' mental health and older adults' well-being, as they are at any other stage of life.

In fact, low-impact exercises like stretching and strength training are actually necessary to help seniors stay healthy and reduce the risk of common age-related problems like bone fractures, joint pain, and other chronic illnesses.

In addition to the physical benefits, exercise can also help manage stress, anxiety and depression in seniors, which can be just as detrimental to seniors' health as physical ailments and injuries. Exercising in order to maintain positive senior mental health is important.

3. Stay Connected with Friends

Time and distance can make it difficult for people to maintain close relationships with old friends, especially as they age.

For older adults, keeping in touch with the important people in their lives can help to stave off loneliness and feelings of isolation that can lead to depression, as well as mental and physical decline. And like anyone, seniors can always make new friends!

4. Pick up a New Hobby

Staying active after retirement is extremely important. Everyone has a personal wish list of dreams and activities, but sometimes those ideas are put off because life can get busy.

Retirement is the perfect time for seniors to dust off their "bucket list" and pursue lifelong goals, be it gardening, sewing, painting or French cooking! As neuronal connections in these pathways are strengthened, and new connections are established, individuals feel comforted and gain an increased sense of belonging and ultimately, improving senior mental health.

5. Volunteering

Many seniors find fulfillment and a sense of purpose in volunteering for a worthy cause.

With no shortage of organizations and causes in need of support, there are many opportunities for older adults to get involved, and in turn, feel valued and needed.

6. Caring for a Pet

Where appropriate, animals can help keep seniors active and busy and offer companionship in the process, with their unconditional love.

According to the CDC, many studies have shown that the bond between humans and their pets can increase fitness, lower stress and bring happiness.

Article adapted from salmonhealth.com/blog

**MAY IS MENTAL HEALTH
AWARENESS MONTH!
YOUR MIND MATTERS.**

Ways to Eat Healthier This Spring



1) Seek Out Spring Veggies

When it comes to vegetables, the more you eat, the better. But eating a variety of them is the way to get the biggest health boost because they all supply different nutrients. Spring is a good time of year to break out of a veggie rut and try some that may not be in your normal rotation.

2) Veg Out in the Morning

A savory breakfast gives you an opportunity to weave in a serving of vegetables, which will help you meet your daily healthy quota of 2 to 3 cups.

Try a veggie omelet or whole-wheat toast topped with tomato and cucumber, tomato and mashed white beans, mashed avocado drizzled with olive oil, or chopped mango. Add spinach or peppers to your egg sandwich or breakfast burrito, or beets or dark leafy greens to a smoothie.

3) Bump Up the Berries

Eating blackberries, blueberries, strawberries, raspberries, and other berries can be a boon to health. They're packed with anthocyanins—the antioxidants that give berries their vivid red and blue colors— and other flavonoids that studies suggest may help improve brain function, reduce the risk of type 2 diabetes and heart disease, and maintain a healthy weight. Berries are also rich in fiber—especially raspberries and blackberries, which have about 8 grams of fiber (nearly a third of your daily need) per cup.

4) Make One Healthy Change a Day

Even a small tweak, such as having an extra serving of fruit or vegetables or choosing nuts instead of chips for a snack can significantly boost your health.

5) Snack From the Fridge

Fruit, vegetables, yogurt, hummus, cheese, and even leftovers are healthy options that all live in your refrigerator. Compare that with the chips, crackers, and candy that typically reside in kitchen cupboards.

6) Start an Herb Garden

Fresh herbs are easy to grow—even on a windowsill. If you think of them as more than a garnish, they can bump up the nutritional quality of your diet. They will add flavor to foods, so you can use less salt.

7) Break Out of Your Routine at Restaurants

When you eat out, try to order healthy foods you like but don't eat that often at home. For example, many people don't like to cook fish at home, so ordering a fish dish in a restaurant can help you boost your intake of heart-healthy omega-3 fatty acids.

8) Wait 5 Minutes

If you're tempted to grab a cookie as you walk by a bakery or a handful of jelly beans from a co-worker's desk, tell yourself you can have it in 5 minutes. Then distract yourself by doing something else. Much of the time, the craving will go away on its own.

9) Hydrate When You're Hungry

Another strategy to prevent overeating is to drink a glass of water before you eat. For some people, the difference between hunger and thirst can be subtle. And making sure you're getting enough liquid overall—especially now, as the weather is starting to warm up—is important, too.

This is an abridged article from [consumerreports.org](https://www.consumerreports.org). Read more and see more tips at [consumerreports.org/diet-nutrition/eat-healthier-this-spring/](https://www.consumerreports.org/diet-nutrition/eat-healthier-this-spring/)

THOUGHT PROVOKING QUESTIONS FOR YOU TO PONDER THIS MONTH...

"Talk to yourself like someone you love"
-Brene Brown

Sit down for an hour or two or however long you want and reflect on these questions. Write down your answers if you want. Share your answers with a friend, a family member, or even send them back to us!

What are you most grateful for? Try to get really specific about this one and expand upon it.

What has life taught you recently?

What small act of kindness were you once shown that you will never forget?

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.**

LIVE INDEPENDENTLY AT HOME

with a Personal Emergency Response System



These wearable pendants will give you and your loved ones peace of mind and keep you in your home for longer.

Learn more about our VoiceCare program by calling Richard at (509)527-3775 ext. 2.

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**



Morning Coffee

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

**MONDAY-THURSDAY
7AM-10AM**

Game Area



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-Thursday

7am-3pm



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 social media!

facebook.com/walla
wallaseniorcenter
.org



@wwseniorcenter

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



May the
flowers
remind us
why the
rain was
necessary.

2019