



WALLA WALLA
SENIOR CENTER

THE CENTER AT THE PARK

Serving Seniors since 1971

DECEMBER 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

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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



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ANNOUNCEMENTS

CENTER CLOSED EVERY FRIDAY STARTING IN JANUARY 2022

The Senior Center will be closed every Friday starting in January 2022. Please see page 9 for more information.

CONTRIBUTE TO THE MONTHLY NEWSLETTER

Do you have a story, a recipe, a resource to share? Send us an email at admin@wallallaseniorcenter.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@wallallaseniorcenter.org and let us know.

VOICE CARE PROGRAM

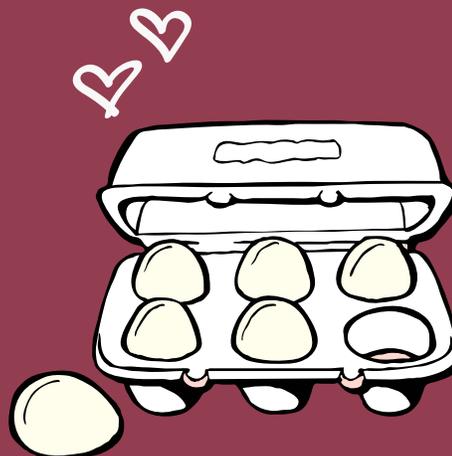
Do you have a loved one who lives alone? Consider getting them set up with a Personal Emergency Response System so that they can have access to emergency support if necessary. These systems allow seniors to live independently in their homes.

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

Pocket Change for a Change

The average price of a dozen eggs is \$1.48 in the US. Consider donating the price of a dozen eggs once a month, once a week, or even every day, to the Senior Center. For us, it adds up and helps us keep our programs up and running for everyone to enjoy.

Donate today at
wallallaseniorcenter.org/donate or give us
a call at (509) 527-3775



WALLA WALLA SENIOR CENTER, INC.

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

BOARD OF TRUSTEES

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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



DAN BIAGI
BOOKKEEPER

Dan is a native of Walla Walla and graduated from DeSales High School. After graduation Dan moved to Spokane and attended Kinman Business University where he earned a degree in Accounting. After working for a large corporation for a few years in Spokane he decided to go back to school and earn a degree in Business Education from Eastern Washington University. After receiving his degree, Dan moved to Lake Oswego Oregon and taught business courses at the high school, along with coaching girls basketball. After a year of teaching, Dan began working for an auto transport company in Portland as the Accounting manager, a job he held for three years. In 1981, Dan moved back to Walla Walla to accept a job at Walla Walla Community College as a business instructor. His career at WWCC lasted 33 years until his retirement in 2014.

Since retirement, Dan has been involved in a variety of volunteer work and middle school sports, once again coaching girls basketball. His volunteer work has included Junior Achievement, Helpline, Powerhouse Theatre, Christian Aid Center, Mediation for Neutral Ground Dispute Resolution Center, and Meals on Wheels driver for the Senior Center. For the past year and a half, Dan has been on the staff of the Senior Center as the bookkeeper.

Dan's favorite things are his dogs, electric bike, racquetball, wine, and good friends.

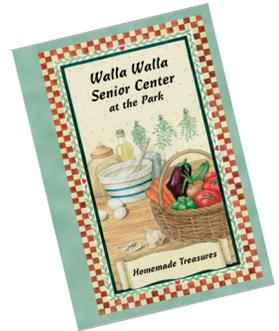
*Great
gift idea!*

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 53) *By LoAnn MacDougall*

Vegetarian Lasagna

- 6 oz lasagna noodles (dry)
- 1/2 can vege-burger
- 1 garlic clove (crushed)
- 2 T. oil
- 1 (8 oz) can tomato sauce
- 1 #2 can tomato juice
- 1/2 small onion
- 1/2 tsp. oregano
- 1/2 c. parmesan cheese
- 1/2 c. mozzarella cheese (grated)
- 1/2 c. cottage cheese
- salt to taste

Cook noodles for 30 minutes in boiling water. Stir occasionally. Drain. While noodles are cooking, brown burger in oil, stir in garlic, onion, tomato sauce, tomato juice, and oregano. Cover and simmer for 15 to 20 minutes. Remove from heat and add cottage cheese. Spread a small amount of tomato mixture in the bottom of a casserole dish. Alternate layers of noodles, tomato mixture, mozzarella cheese, and then parmesan cheese, ending with a layer of cheese on top. Bake at 375 degrees for 30 minutes.





Adult Day Center & Family Support

Adult Day Center

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

Alex Sanchez,
Program Manager



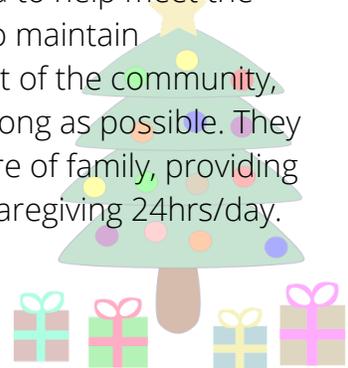
The Adult Day Center has been open and operating for the last month and a half. Things have been going exceptionally well. Both staff and clients are happy to be sharing each other's company, even if it means still having to wear a mask - being together makes it all worth it.

We still have room for in-person services and financial assistance may be available if qualifications are met. If interested, do not hesitate.

Join us for coffee, tea, hot chocolate, or a morning beverage of your choice. Catch up on current and historical events. Exercise in a group setting. Share a nutritious lunch. Play card games galore. Practice cognitive exercises and brain games. Eat snacks. Receive social services.



Adult day centers are designed to help meet the needs of individuals wanting to maintain independence, keep being part of the community, and stay living at home for as long as possible. They also help loved ones taking care of family, providing respite, a sort of break, from caregiving 24hrs/day.



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!



QUESTIONS *about* MEDICARE



AYRIN HARRIS

509 981 4547

AYRIN.HARRIS@FORTIPHI.COM

MONDAY-THURSDAY:9-5 FRIDAY:9-3

CALLING THE NUMBER ABOVE WILL CONNECT YOU WITH A LICENSED SALES AGENT.

LEARN MORE ABOUT
YOUR MEDICARE HEALTH
PLAN OPTIONS.

IT'S OKAY,
THEY WILL JUST THINK
SANTA ATE THEM



LINGVISTOV.COM

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

WHY DOES TIME SEEM TO SPEED UP WITH AGE?

Via scientificamerican.com
By James M. Broadway, Brain
Sciences, and Brittiney
Sandoval



“Where did the time go?” middle-aged and older adults often remark. Many of us feel that time passes more quickly as we age, a perception that can lead to regrets. According to psychologist and BBC columnist Claudia Hammond, “the sensation that time speeds up as you get older is one of the biggest mysteries of the experience of time.” Fortunately, our attempts to unravel this mystery have yielded some intriguing findings.

In 2005, for instance, psychologists Marc Wittmann and Sandra Lenhoff, both then at Ludwig Maximilian University of Munich, surveyed 499 participants, ranging in age from 14 to 94 years, about the pace at which they felt time moving—from “very slowly” to “very fast.” For shorter durations—a week, a month, even a year—the subjects' perception of time did not appear to increase with age. Most participants felt that the clock ticked by quickly. But for longer durations, such as a decade, a pattern emerged: older people tended to perceive time as moving faster. When asked to reflect on their lives, the participants older than 40 felt that time elapsed slowly in their childhood but then accelerated steadily through their

teenage years into early adulthood. There are good reasons why older people may feel that way. When it comes to how we perceive time, humans can estimate the length of an event from two very different perspectives: a prospective vantage, while an event is still occurring, or a retrospective one, after it has ended. In addition, our experience of time varies with whatever we are doing and how we feel about it. In fact, time does fly when we are having fun. Engaging in a novel exploit makes time appear to pass more quickly in the moment. But if we remember that activity later on, it will seem to have lasted longer than more mundane experiences.

The reason? Our brain encodes new experiences, but not familiar ones, into memory, and our retrospective judgment of time is based on how many new memories we create over a certain period. In other words, the more new memories we build on a weekend getaway, the longer that trip will seem in hindsight.

This phenomenon, which Hammond has dubbed the holiday paradox, seems to present one of the best clues as to why, in retrospect, time seems to pass more quickly the older we get. From childhood to early adulthood, we have many fresh experiences and learn countless new skills. As adults, though, our lives become more routine, and we experience fewer unfamiliar moments. As a result, our early years tend to be relatively overrepresented in our autobiographical memory and, on reflection, seem to have lasted longer. Of course, this means we can also slow time down later in life. We can alter our perceptions by keeping our brain active, continually learning skills and ideas, and exploring new places.

DECEMBER

2021
FRIDAY

Senior Round Table Menu

THURSDAY

WEDNESDAY

TUESDAY

MONDAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Free pet food handed out on Mondays.</p> 		<p>1 HOLIDAY HAMBURGERS SWEET POTATOES VEGETABLE (CHEF'S CHOICE) FRUIT</p>	<p>2 CHILI CHEESE TOPPED POTATO VEGETABLE (CHEF'S CHOICE) GREEN SALAD BREAD BROWNIE</p>	<p>3 CLOSED</p>
<p>6 CHICKEN FRIED BEEF STEAK MASHED POTATOES VEGETABLE (CHEF'S CHOICE) ROLL FRUIT COOKIE</p> 	<p>7 LASAGNA VEGETABLE (CHEF'S CHOICE) COLESLAW GARLIC BREAD FRUIT</p>	<p>8 BAKED CHICKEN POTATOES VEGETABLE (CHEF'S CHOICE) BREAD FRUIT JUICE CAKE</p>	<p>9 STUFFED GREEN PEPPER CASSEROLE VEGETABLE (CHEF'S CHOICE) ROLL FRUIT</p>	<p>10 CLOSED</p>
<p>13 BEEF AND BROCCOLI OVER RICE VEGETABLE (CHEF'S CHOICE) FRUIT COOKIE</p> 	<p>14 MEATLOAF MASHED POTATOES VEGETABLE (CHEF'S CHOICE) BREAD FRUIT COOKIE</p>	<p>15 TURKEY & GRAVY POTATOES STUFFING GREEN BEANS BREAD PUMPKIN BAR</p>	<p>16 SALISBURY STEAK POTATOES VEGETABLE (CHEF'S CHOICE) BREAD FRUIT COOKIE</p>	<p>17 CHICKEN POT PIE FRUIT FRESH BAKED FRENCH ROLL</p>
<p>20 CHICKEN FETTUCCHINE ALFREDO VEGETABLE (CHEF'S CHOICE) COLESLAW ROLL FRUIT</p> 	<p>21 ROAST BEEF POTATOES VEGETABLES (CHEF'S CHOICE) BREAD FRUIT COOKIE</p>	<p>22 SPAGHETTI & MEAT SAUCE VEGETABLE (CHEF'S CHOICE) CEASAR SALAD GARLIC BREAD FRUIT</p>	<p>23 HAM WITH CRANBERRY SAUCE SCALLOPED POTATOES VEGETABLE (CHEFS CHOICE) BREAD CHRISTMAS COOKIE</p>	<p>24 CLOSED</p>
<p>27 SLOPPY JOE WITH BUN POTATOES VEGETABLE (CHEF'S CHOICE) FRUIT</p> 	<p>28 CHICKEN & DUMPLINGS VEGETABLE (CHEF'S CHOICE) PEA SALAD FRUIT JUICE BROWNIE</p>	<p>29 BAKED FISH VEGETABLE (CHEF'S CHOICE) GREEN SALAD CORNBREAD FRUIT JELLO COOKIE</p>	<p>30 CREAMY TURKEY CASSEROLE VEGETABLE (CHEF'S CHOICE) ROLL FRUIT</p>	<p>31 CLOSED</p>

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



Maintain Energy with Nutrition this Winter

Article adapted from UPMC.com

Focus on Healthy Carbs - The longer hours of darkness during the winter can lead to drops in serotonin levels, which may cause the sad feelings known as the winter blues. It can even bring on some food cravings. Eating healthy carbohydrates can boost serotonin. Try nuts, whole grains, beets, sweet potatoes, yams, and squash.

Consider Adding Vitamins C, D, and Zinc Supplements to Your Diet - Vitamin supplements, like vitamin C, D, and zinc, can help meet the challenges of staying healthy in the winter. Vitamin C, found naturally in fruits and vegetables, can help boost your immune system and prepare you to fight a cold or the flu. Our bodies usually absorb vitamin D from the sun's rays, but in the winter natural absorption becomes more challenging. Adding supplements to your diet this winter may help reduce your risk of developing depression and unhealthy cravings. Zinc, naturally found in fish, dairy, eggs, and some cereals, can also help ward off infections.

Keep Your Diet Full of Fruits and Vegetables - Keep your diet full of your favorite fruits and vegetables this winter. Even if your top choices are out of season, try frozen versions as opposed to canned. Frozen fruits and vegetables are generally less processed and often include less amounts of sugar. Also, consider embracing in-season fruits and vegetables. Some fruits and vegetables that are in-season during the winter include squash, broccoli, Brussels sprouts, turnips, oranges, tangerines, and pomegranates.

Drink More Water and Tea - During the winter months, it's especially important to stay hydrated. Add more water into your diet to avoid dehydration. Many feel tired during the day and in the late afternoon because they are not drinking enough water. While it's cold, your caffeine fix may seem even more attractive because it helps keep you warm. Instead of choosing high-calorie seasonal drinks, consider drinking tea. Adding tea to your diet can not only help keep you warm but also has been linked to preventing some illnesses, building up immunity, and stimulating metabolism.

Practice Moderation - Instead of avoiding your favorite desserts and decadent meals, use moderation and substitution in your diet. Instead of having multiple cookies, have one and enjoy with a cup of tea. Where possible, substitute lower-calorie options for seasonal favorites, such as low-fat whipped cream or sugar-free chocolate. Consider getting your fix of sweets with berries.

Eat On a Regular Schedule - Sticking to a schedule of three meals a day, or even six smaller meals, can help keep you full and resist the temptation of overeating. If you follow a schedule of nutritious meals, additions like cookies, cake, and buttery side dishes may seem less appealing. A regular meal schedule can also stimulate your metabolism and keep your energy levels high this winter despite the gloom outside.

Upcoming Changes to Senior Nutrition Program Schedule

We will only be open one Friday in December, December 17th. After the first of the year, we will be closed EVERY Friday. Our Meals on Wheels clients will have the option of having a frozen meal for Friday delivered with their meal each Thursday, and our pick-up clients will have the option of picking up a frozen meal for Friday when they pick up Thursday's meal.

YOUR

THOUGHTS

Newsletter Survey
Dec. 2021

Please take a few minutes to let us know your thoughts about the Senior Center monthly newsletter. We appreciate your feedback!

Please return survey to your driver, to the drive-thru window, or to our mailbox.

Por favor tome unos minutos para darnos sus pensamientos sobre nuestro boletín.
¡Apreciamos sus comentarios!

Devuelva la encuesta al conductor, a la ventana del drive-thru, o en nuestro buzón.

What is your favorite part of the newsletter?

¿Cuál parte del boletín es su favorita?

What do you not like about the newsletter?

¿Qué no le gusta del boletín?

What would you like to see more of in the newsletter?

(Article topics, educational topics, news, photos, games/activities, human interest stories, etc.)

¿Qué le gustaría ver más en el boletín?

(Temas del articulos, temas educativos, noticias, fotos, juegos/actividades, historias de interés humano, etc.)

Any other comments?

¿Otros comentarios?

Cortar/Rasgar

Cut/Rip

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!

alzheimer's  association®

Stay Active in the New Year! Physical Fitness at Home

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

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

Pre-registration required.

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

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.

Questions? Call Julie Hooley @ (509)412-2371



Join the Fight! Register today!

act.alz.org/wallawalla

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

Risks of Sitting for Too Long

We all know that sitting for long periods of time takes years off our lives, but now there's another reason it's getting us closer to our graves.

New research published in the Journal of Physical Activity and Health reports that prolonged sitting puts people over 60 at a risk for disabilities. Elderly adults in this age group spend on average two-thirds of their days sedentary, which equates to about nine hours a day. The link between age and disability held even when researchers controlled for obesity, socioeconomic status, physical activity, and other health factors.

Here are some of the reasons not getting out of your chair can do you in:

1. Disabilities are more common among sedentary people: Researchers of the new study found that for every hour spent sedentary among people aged 60 and older was linked to a 50% greater chance of being disabled.

2. Sitting too long makes us overweight: People with more sedentary jobs are more likely to be overweight than people who sit less. Research suggests that since more jobs require people to sit at a desk, Americans are burning 120 to 140 less calories a day than they did 50 years ago.

3. You're more likely to have a heart attack: Researchers studied the lifestyles and behaviors of more than 17,000 men and women over 13 years and discovered people who sit for the majority of their day have a 54% greater risk of dying from a heart attack.

4. It impacts your mental health: Women who reported more sitting outside of work in a 2012 survey also reported poorer mental health.

5. You're at a greater risk for chronic disease: A survey of 63,048 Australian men found that men who sat for more than four hours a day were much more likely to suffer chronic ailments like heart disease and diabetes than men who sat for fewer.

6. Life expectancy is shorter: A 2011 study found that every hour of TV people watched after age 25 was linked to a deduction of 22 minutes from their overall life expectancy.

7. There's a greater risk for kidney disease: A 2012 report found that people who sat less had a lower risk of kidney disease. The finding was especially prominent among women, who had a 30% lower risk of chronic kidney disease if they sat for only three hours during the workday.

8. Your risk of dying from colorectal cancer is greater: A 2013 study found that people with colorectal cancer who spent more of their free time sitting had a greater risk of dying from the disease.



What to do?

Move more! Break up your sitting with a walk around the block or around your home. Take a moment every hour to stretch your legs and get some exercise.

Adapted from an article by Alexandra Sifferlin via time.com

Flu Season



Influenza season is here. Activity has picked up. **If you haven't gotten your flu shot, do it now.** For the most current information on Washington State's influenza status, click on "Weekly Influenza Update" from the Washington State Department of Health, or compare with CDC's "Weekly Influenza Update."

Where to get your flu shot:

- Your doctor's office has received their shipments! Call them for an appointment.
- Visit Providence Express Care in College Place by Walmart, 1705 SE Meadowbrook St, or out in the Eastgate Plaza near Albertsons and Staples, 509 N Wilbur Ave. Call 888-227-3312 to reserve your time slot so you don't have to wait. Insurance can be billed, or they are usually about \$30.
- The pharmacies in Albertsons, Bi-Mart, Rite Aid, both Safeways, Walgreens, and Walmart, and Elk Drug in Dayton, all offer seasonal flu shots for ages 7 and up, and can bill insurance. FYI: Molina insurance will not work at Walgreens.
- Kids can get a flu shot from the health department. Call 509-524-2650 for an appointment.

More questions? Call our nurse at 509-524-2650.

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.

Valley Giving Guide 2021

SEND YOUR SENIOR CENTER DONATIONS TO THE VALLEY GIVING GUIDE THIS MONTH AND WE WILL RECEIVE MATCHING FUNDS!



Support your favorite nonprofits!

Maximize your year-end giving!

ALL DONATIONS BOOSTED by bonus pool thanks to generous Valley Giving Guide sponsors!

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Anne E. Haley

www.valleygivingguide.org

RENT A SPACE AT THE SENIOR CENTER PRICES START AT \$50.00 AN HOUR.

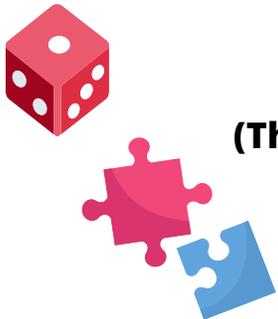
Need a place for your next meeting, wedding, reception, party, church group, dinner, or family reunion? Whatever the occasion, our spaces can meet your needs.

- 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**

Game Area - Open!

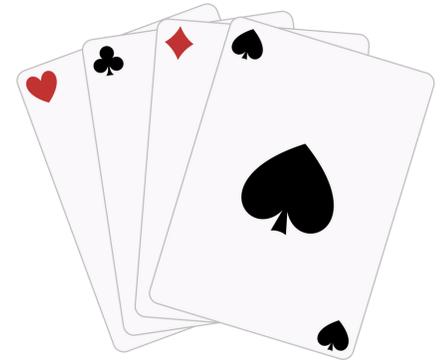
**Join others at the East end of the dining room
for games and cards. Choose from those
supplied by the Center, or bring your own!**



Monday-Friday

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

7am-3pm



Morning Coffee

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

**MONDAY-FRIDAY
7AM-10AM**

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



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

CHERISH EVERY MOMENT

Return Service Requested

Find us on
Facebook!



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wallaseniorcenter
.org

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

24 hour emergency service

Doyle ELECTRIC inc.

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



Find us on:
facebook.

WA # DOYLEEEI277CL OR # CCB 19588

Support us with
amazon smile
You shop. Amazon gives.

THE ACT
OF CREATING
something
is ALWAYS
more
important
than the
Result!!!

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

