



**WALLA WALLA
SENIOR CENTER**
THE CENTER AT THE PARK
Serving Seniors since 1971

NOVEMBER 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

.....

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

WE ARE
THANKFUL
FOR YOU!



HAPPY
THANKSGIVING!

ANNOUNCEMENTS

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 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 gallon of milk is about \$3.50 in the US. Consider donating the price of milk 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
wallawallaseniorcenter.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
wallawallaseniorcenter.org

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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 VOLUNTEERS



MARIA SCAFARIELLO
VOLUNTEER

Maria was born in New Haven, CT. At 10 years old she moved with her family from the city to a home on Long Island Sound. In 1965, Maria began her career in the Computer and Data Processing field. Maria worked in different companies and States but always in the Computer and Data Processing fields. In 1978, Maria came to Walla Walla and took a temporary job with Baker Boyer Bank in their DP Department. Temporary turned into 30 years until her retirement from Baker Boyer in 2008. After retirement, Maria began working and volunteering at Regency at the Park in the Activities Department and spent some time volunteering at the Senior Center's Adult Day Center. Alex and Barb were very welcoming and she really enjoyed spending time with the clients.

During the pandemic, Maria volunteered as a substitute driver for Meals on Wheels. Maria is not a driver but she really enjoys delivering the meals and visiting with clients. Maria loves meeting new clients, seeing the returning clients, interacting with the Staff and the other volunteers. In her spare time, Maria enjoys spending time with friends. Maria also enjoys the symphony, theatre, writing and spending time with her two dogs Zoey and Max.

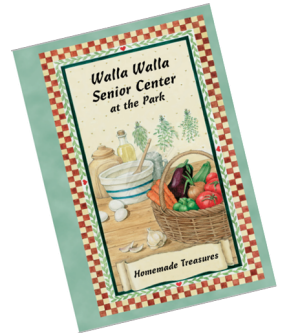
Great
gift idea!

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 50)

Sherrill's Chicken & Broccoli Stew

By Sherrill Clark

- 6 Chicken breast, cubed & browned
- 2 Envelopes dry Italian dressing mix
- 3 Cans chicken broth
- 1/2 cup ketchup
- 2 Cans shrimp, undrained
- 1 Lg. package frozen broccoli
- 2 cups sliced fresh mushrooms
- 3 T. flour
- 1 cup water

Put everything in a crock pot, mix well and cook on low for 6 hours or more. 1/2 hour before serving, mix 3 T. flour and 1 up water and add to stew to thicken. Put crock pot on high if necessary to thicken. Serve over cooked rice.





Adult Day Center & Family Support

(509) 527-3775 ext 111

adc@wallawallaseniorcenter.org

Alex Sanchez,
Program Manager



The Walla Walla Adult Day Center is back and better than ever.

Join us from 9:00am-3:00pm Monday–Thursday.

Activities not up to full operational status yet, due to Covid protocols. We miss our musical entertainers and Montessori visits but hope to reconvene soon enough as things ease up in our valley.

- Social Services
- Board and card games
- Crafts
- Light exercise and physical therapy
- Nutritious Lunch
- Movie days
- Social games
- Water colors



Thank you to Doug at McDonald Zaring Insurance for this lovely plant arrangement. Both clients and staff are ecstatic to be back enjoying each others company. We appreciate the kind gesture! Here's to being able to reopen and staying open!

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!



Walla Walla Community College presents...

Intermediate & Advanced
***WATERCOLOR
CLASSES***

At the Walla Walla Senior Center

Explore the properties of this unique medium. This class is for those with some watercolor experience who want to continue learning and growing as an artist. We will be exploring a range of techniques and subject matter. Three watercolor projects will be completed in each eight-week class.

Please register at least two weeks before class begins.

***WINTER QUARTER
(REGISTRATION OPEN EARLY DECEMBER)***

Instructor: Joyce Anderson
Thurs, 1/6-2/24 from 1-4pm
Fri, 1/7-2/25 from 1-4pm

Location: Senior Center
\$95
\$95

REGISTER ONLINE AT WWCC.EDU/COMMUNITY
OR OVER THE PHONE AT 509-527-4331.

This Month in History

November 1, 1848 - The first medical school for women opened in Boston. The Boston Female Medical School was founded by Samuel Gregory with just twelve students. In 1874, the school merged with the Boston University School of Medicine, becoming one of the first co-ed medical schools.

November 2, 1721 - Peter I was proclaimed Emperor of all the Russias.

November 3, 1957 - Soviet Russia launched the world's first inhabited space capsule, Sputnik II, which carried a dog named Laika.

November 4, 1922 - King Tut's tomb was discovered at Luxor, Egypt, by British archaeologist Howard Carter after several years of searching. The child-King Tutankhamen became pharaoh at age nine and died around 1352 B.C. at age 19. The tomb was found mostly intact, containing numerous priceless items now exhibited in Egypt's National Museum in Cairo.

November 5 - Remembered as Guy Fawkes Day in Britain, for the anniversary of the failed "Gunpowder Plot" to blow up the Houses of Parliament and King James I in 1605.

November 6, 1861 - Inventor of the game of basketball, James Naismith (1861-1939) was born in Almonte, Ontario, Canada.

November 7, 1867 - Polish chemist Marie Curie (1867-1934) was born in Warsaw, Poland. In 1903, she and her husband received the Nobel Prize for physics for their discovery of the element Radium.

November 8 - Jane Kaminsky, the Walla Walla Senior Center Nutrition Director was born. She is awesome. Wish her a happy birthday!

November 9, 1872 - The Great Boston Fire started in a dry-goods warehouse then spread rapidly in windy weather, destroying nearly 800 buildings. Damage was estimated at more than \$75 million. The fire's bright red glare could be seen in the sky for nearly 100 miles.

November 10, 1942 - Following the British victory at El Alamein in North Africa during World War II, British Prime Minister Winston Churchill stated, "This is not the end. It is not even the beginning of the end. But it is, perhaps, the end of the beginning."

November 11, 1992 - The Church of England voted to allow women to become priests.

November 12, 1867 - A major eruption of Mount Vesuvius in Italy began, lasting several months.

November 13, 1956 - The U.S. Supreme Court ruled that racial segregation on public buses was unconstitutional.

November 14, 1666 - The first experimental blood transfusion took place in Britain, utilizing two dogs.

November 15, 1777 - The Articles of Confederation were adopted by Continental Congress.

November 16, 1918 - Hungary was proclaimed an independent republic following the break up of the Austro-Hungarian Empire.

November 17, 1558 - Queen Elizabeth I ascended the throne of England at the age of 25, reigning until 1603 when she was 69. Under her leadership, England became a world power, defeating the Spanish Armada, and witnessed a golden age of literature featuring works by William Shakespeare, Edmund Spenser and others.

November 18, 1789 - Photography inventor Louis Daguerre (1789-1851) was born in Corneilles, near Paris. In 1839, at a meeting of the French Academy of Sciences, he announced his daguerreotype process, the first practical photographic process that produced lasting pictures.

November 19, 1939 - Construction of the first presidential library began as President Franklin D. Roosevelt laid the cornerstone next to his home in Hyde Park, New York. Roosevelt donated the land, but public donations funded the library building which was dedicated on June 30, 1941.

(Continued on page 13)

8 Ways To Have More Gratitude Every Day

This month, on top of celebrating Thanksgiving on Nov. 25th, we challenge you to practice gratitude all month long. Here are some ways to do so!

Adapted from Forbes.com

1. Don't be picky: appreciate everything

Gratitude doesn't have to be saved for the "big" things in life. The habit of being grateful starts with appreciating every good thing in life and recognizing that there is nothing too small for you to be thankful for. Even if it is as simple as appreciating the clear weather or how quickly your mailman delivered your mail last Friday, don't leave anything out when practicing your gratitude.

2. Find gratitude in your challenges

Gratitude is not only about being thankful for positive experiences. In fact, sometimes thinking about negative or difficult situations can help to really nail down what you have to be thankful for. Dig a little deeper into some of your own past experiences and try to figure out how they have helped shape you into the person you are today.

3. Practice mindfulness

Sit down daily and think through five to ten things you are grateful for. The trick is that you need to picture it in your mind and sit with that feeling of gratitude in your body. Doing this every day will rewire your brain to be naturally more grateful, and you'll start feeling happier after every session.

4. Keep a gratitude journal

After your mindfulness session, write down your positive thoughts! Keeping a journal of all of the things you are thankful for can help you keep track of and refer back to the positives in your life. Write down your positive thoughts to further focus your attention on the subject. You can journal every day after your gratitude practice, or you can come back to the journal on a regular schedule weekly or monthly.

5. Volunteer

For many people, the key to having more gratitude is to give back to others in their local community. Not only will it make you more grateful for the things that you may take for granted, but studies have shown that volunteering for the purpose of helping others increases our own well-being, and thus our ability to have more gratitude. In other words: helping others helps you!

6. Express yourself

Sometimes it's not enough to simply keep your gratitude to yourself. You can increase your feelings of gratitude by expressing that same gratitude to the people you care about. Not only does expressing your gratitude for someone make their day a little brighter, but it can do wonders for increasing your own levels of gratitude and happiness in the long run.

7. Spend time with loved ones

If you're struggling with feeling the gratitude in the moment, go spend time with your friends and family. Of course it will help you grow closer to them and strengthen your relationship, but it will also give you a chance to practice your acts of gratitude on people that you care about.

8. Improve your happiness in other areas of your life

Being grateful can make you happy, but being happy can also make you grateful. There are plenty of other ways to get your mood up, including exercising or participating in a hobby you enjoy. Once you are feeling the endorphins flow, showing gratitude will become even easier and you'll start to be able to make list after list of all of the things in your life you're thankful for.

NOVEMBER

Senior Round Table Menu








2021
FRIDAY

THURSDAY

WEDNESDAY

TUESDAY

MONDAY

1 CHILI CHEESE TOPPED POTATO VEGETABLE (CHEF'S CHOICE) BREAD FRUIT COOKIE 	2 CHICKEN FRIED BEEF STEAK POTATOES VEGETABLE (CHEF'S CHOICE) ROLL FRUIT COOKIE	3 LASAGNA VEGETABLE (CHEF'S CHOICE) COLESLAW GARLIC BREAD FRUIT	4 BBQ CHICKEN POTATOES VEGETABLE (CHEF'S CHOICE) GREEN SALAD BREAD POKE CAKE	5 EAST HAMPTON CLAM CHOWDER FRESH BAKED SOURDOUGH BREAD COOKIE FRUIT
8 ROAST BEEF POTATOES VEGETABLE (CHEF'S CHOICE) BREAD FRUIT COOKIE 	9 SALISBURY STEAK MASHED POTATOES VEGETABLE (CHEF'S CHOICE) BREAD FRUIT COOKIE	10 BAKED CHICKEN POTATOES VEGETABLE (CHEF'S CHOICE) BREAD FRUIT JUICE CAKE	11 CLOSED Veteran's Day	12 CLOSED
15 MEATBALL SUBMARINE SANDWICH POTATOES VEGETABLE (CHEF'S CHOICE) FRUIT 	16 MEATLOAF POTATOES VEGETABLE (CHEF'S CHOICE) BREAD FRUIT COOKIE	17 HAM WITH PINEAPPLE SCALLOPED POTATOES VEGETABLE (CHEF'S CHOICE) BREAD BROWNIE	18 FIESTA CORNBREAD PIE POTATOES VEGETABLE (CHEF'S CHOICE) BREAD FRUIT	19 BEEF & BARLEY SOUP FRUIT FRESH BAKED LIGHT RYE ROLL
22 SWEET & SOUR CHICKEN WITH ONIONS & PEPPERS OVER RICE VEGETABLE (CHEF'S CHOICE) FRUIT COOKIE 	23 SPAGHETTI & MEAT SAUCE VEGETABLE (CHEF'S CHOICE) CAESAR SALAD GARLIC BREAD FRUIT	24 TURKEY & GRAVY STUFFING MASHED POTATOES GREEN BEAN CASSEROLE ROLL FRUIT PIE	25 CLOSED Thanksgiving	26 CLOSED
29 TUNA CASSEROLE VEGETABLE (CHEF'S CHOICE) POTATO SALAD ROLL FRUIT 	30 CHICKEN & DUMPLINGS VEGETABLE (CHEF'S CHOICE) PEA SALAD FRUIT JUICE BROWNIE	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.



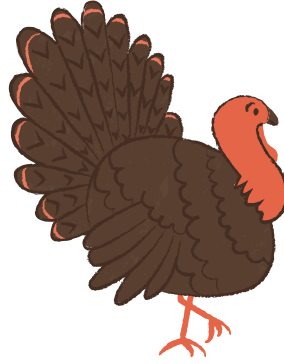
**NUTRITION PROGRAM
MEALS-ON-WHEELS
MEALS IN CONGREGATE
SETTINGS**

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



Turkey: A Thanksgiving Tradition

By the turn of the 19th century, turkey had become a popular dish to serve on special occasions. There were a few reasons for this. First, the bird was rather plentiful. One expert estimated that there were at least 10 million turkeys in America at the time of European contact. Second, turkeys on a family farm were almost always available for slaughter. While live cows and hens were useful as long as they were producing milk and eggs, respectively, turkeys were generally raised only for their meat and thus could be readily killed. Third, a single turkey was usually big enough to feed a family. Turkey was later adopted as the traditional meat served on Thanksgiving.

Did you know?

- Turkey is a very rich source of protein, niacin, vitamin B6 and the amino acid tryptothan. Apart from these nutrients, it also contains zinc and vitamin B12. The skinless white meat of turkey is low on fat and is an excellent source of high protein.
- Turkey also contains anti-cancer properties. It is a very good source of the trace mineral selenium, which is an essential component required for thyroid hormone metabolism, antioxidant defence systems, and immune function. Scientific studies have suggested that selenium intake can bring down cancer incidence.
- Light, skinless roasted turkey is low on saturated fat and total fat. It also contains less cholesterol than chicken, pork or beef.
- Turkey is believed to have mood-enhancing properties. It contains tryptothan, which produces serotonin, a neurotransmitter that helps improve your mood. Tryptothan also plays an important role in strengthening the immune system, as suggested by scientific evidence.
- The vitamin B6 and niacin present in turkey are essential for energy production in the body. Niacin is also important for converting the proteins, fats and carbohydrates in the body into usable energy.
- Being a rich source of vitamin B6, turkey facilitates methyl donation in the basic cellular process of 'methylation'. Through this process methyl groups are transferred from one molecule to another which results in the formation of a wide range of active molecules that are important for the body.
- The tryptothan present in turkey is effective in treating chronic insomnia. It promotes sleep and is therefore, recommended to those suffering from insomnia.

Info via turkeyfed.com.au and britannica.com



QUESTIONS *about* MEDICARE



AYRIN HARRIS

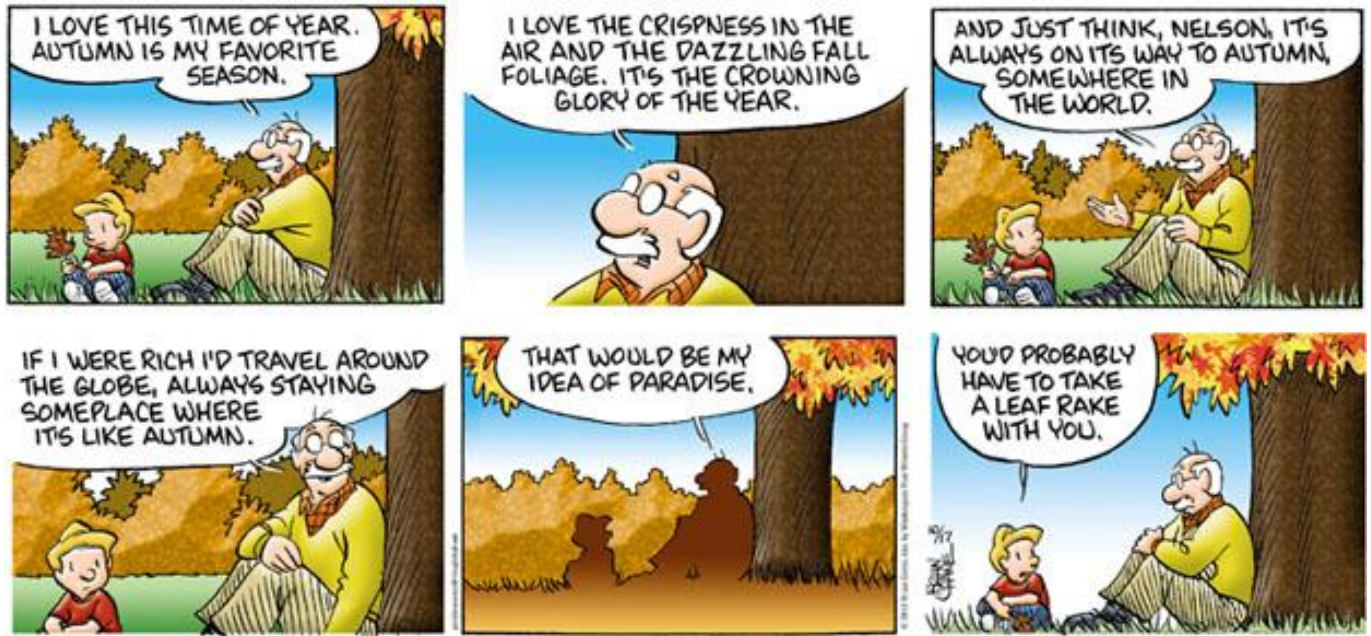
509 981 4547

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.



alzheimer's association®

Newly Diagnosed with Early Memory Loss? We have resources for you!

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.

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.

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

BEFORE LUNCH CRAFTERS

Wednesday, November 10th at 11:00am

Join us to make Christmas cards for you to share with your friends and family this holiday season!

This group is a great opportunity to get your fingers moving and your creativity flowing.

Lunch is included and will be served after the activity.

Hosted by: Ruth Broman

**Sign up by calling
(509) 527-3775**



Coming Soon! Support local non-profits this holiday season.

All donations are matched. We hope you choose to include the Walla Walla Senior Center in your year-end giving. More information in next month's newsletter.

Valley Giving Guide 2021



(Continued from page 6)

November 20, 1917 - The first use of tanks in battle occurred at Cambrai, France, during World War I. Over 300 tanks commanded by British General Sir Douglas Haig went into battle against the Germans.

November 21, 1783 - The first free balloon flight took place in Paris as Jean Francois Pilatre de Rozier and Marquis Francois Laurent d'Arlandes ascended in a Montgolfier hot air balloon. Their flight lasted about 25 minutes and carried them nearly six miles at a height of about 300 feet over Paris. Benjamin Franklin was one of the spectators.

November 22, 1975 - Juan Carlos was sworn in as King of Spain, following the death of General Francisco Franco who had ruled as dictator since 1939.

November 23, 1890 - Ten-year-old Princess Wilhelmina became Queen of the Netherlands upon the death of her father William III. Her mother Queen Emma acted as Regent until 1898.

November 24, 1874 - Joseph Glidden patented his invention of barbed wire.

November 25, 1995 - By a margin of less than one percent, Ireland voted to legalize divorce, the closest vote in the nation's history.

November 26, 1607 - Harvard College founder John Harvard (1607-1638) was born in London.

November 27, 1701 - Anders Celsius (1701-1744) was born in Sweden. He invented the centigrade (Celsius) temperature scale commonly used in Europe.

November 28, 1821 - Panama declared itself independent from Spain and joined the fledgling nation of Gran Colombia.

November 29, 1929 - American explorer Richard Byrd and Bernt Balchen completed the first airplane flight to the South Pole.

November 30, 1874 - Winston Churchill (1874-1965) was born in Blenheim Palace, Oxfordshire, England. Before World War II, he held a number of high level political offices in Britain including First Lord of the Admiralty, and later, Prime Minister.

Facts via historyplace.com

Senior Center Friendship Network!

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.



WALLA WALLA
SENIOR CENTER

The great thing
about new
friends is that
they bring new
energy to your
soul.

Welcome to Fall, the Two Days Between Summer and Winter

By Eli Grober at The New Yorker

Ah, fall! That beautiful time of year when leaves take on the orange glow of the setting sun, acorns crunch under booted feet, crisp air cools hot cider from the local market, and—oh, it's over, there it goes, it's winter now.

Yes, it's finally that autumnal season! Gather the harvest for the cornucopia! Roast butternut squash and braise pork shoulder with good friends 'round the hot wood fire as you—O.K., is that sleet? It's sleeting now. And it says that tomorrow it's supposed to be in the eighties. Then it's going to snow. How is that possible?

Never mind. Breathe in that clean, cool scent of pine! Pull out your favorite cardigan and let's go apple-picking! Pumpkin-picking! Corn-husking! I—I think I have a sunburn. It just got really hot, right? And these apples are swarming with bees. I thought that the bees were dead or hibernating or something. Why does it just get randomly hot like this?

A hayride? Why, yes, of course, a hayride! What better way to roll into the equinox? Pile on, everyone! We'll sip mulled cider and tell ghost stories as we roll along—hmm, we're not moving. What do you mean, "we're stuck"? The wheels of the tractor are lodged in frozen mud? The driver has perished of hypothermia? What is happening?

All right, let's head home! We'll gather on the porch and let the day fade to night. We'll see that awesome autumn sunset and—wait, it's already dark? It's, like, 4 p.m. How is it completely dark outside?

Who cares—throw a scarf 'round your neck and gather under this plaid wool blanket so that we may gaze upon the autumn stars! Ow, what was that—OW! Those aren't stars! That's hail! Oh, my God, those are massive balls of hail! Run! Everybody, run for cover!

As we crouch here, hiding from a torrent of monstrous hail, wondering if these are our final moments, let us appreciate what the season has given us. One, perhaps even two days of picturesque fall weather. Crunchy piles of leaves for about a week. I'll be the first to say it: this is my favorite season that lasts eighteen to thirty-six hours.

Now on to that cozy, warm, wondrous holiday season! Cold, wintry nights full of family and roaring fires and stockings and candles and cookies and—oh, that's over now, too. Great. Get ready for five months of February!

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**

BECOME A MEMBER OF THE WALLA WALLA SENIOR CENTER BOARD OF TRUSTEES



A great opportunity to give back to the community and to be more involved in the Walla Walla Senior Center.

Time Commitment:

One meeting a month and assist with fundraising events.

To get a job description and application, please call (509) 527-3775 or email hr@wallawallaseniorcenter.org



WALLA WALLA
SENIOR CENTER
THE CENTER AT THE PARK
Serving Seniors since 1971

Game Area - Open!

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



Monday-Friday

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

7am-3pm



NEW!



Morning Coffee

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

MONDAY-FRIDAY

7AM-10AM

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

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

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wallaseniorcenter
.org

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24 hour emergency service

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



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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



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

Clyde Watson

Incredible