



# WALLA WALLA SENIOR CENTER

THE CENTER AT THE PARK

Serving Seniors since 1971

JULY 2023

## *The Bottom Line*

### Walla Walla Senior Center Current Hours/Operations:

Please see our website for  
further updates at  
[wallawallaseniorcenter.org](http://wallawallaseniorcenter.org)

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#### • CENTER OPENING HOURS

8am-3pm  
Monday through Thursday.

#### • CONGREGATE DINING

11:30 - 1pm  
See menu for serving days  
(pg. 8).

#### • SENIOR-TO-GO-MEALS VIA DRIVE-THRU

10:30am - 11:30am Tuesdays  
ONLY. You may pick up 1 hot  
meal and 2 frozen.

#### • 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 6 for more info.

### In this edition...

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with Chipotle  
Black Beans  
Recipe  
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10 important  
life lessons we  
are often  
taught too late  
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# Strawberry Waffle Dinner



with sausage,  
coffee and tea!

July 20th, 2023  
5-7pm

Dining Room,  
The Walla Walla Senior Center

\$10 per person

Join us for an evening of  
delicious Strawberry Waffles  
and a 50-50 Raffle to raise  
money to support senior  
programs in Walla Walla.

SPONSORED BY



# ANNOUNCEMENTS & EVENTS

## **CONTRIBUTE TO THE MONTHLY NEWSLETTER**

Do you have a story, a recipe, a resource to share? Send us an email at [admin@wallawallaseniorcenter.org](mailto: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!

## **RENT OUR SPACES**

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. Prices start at \$50/hour.

## **SPECIAL EVENT VOLUNTEERS WANTED**

Are you interested in volunteering with the Senior Center but can't commit to an ongoing schedule? No problem! Volunteering at our events is a great way to get involved. Help us with things like fundraiser dinners, lunch celebrations, and more! Give us a call today: (509) 527-3775.



## **MEALS ON WHEELS SPONSORSHIP**

Thank you to Aetna for sponsoring our Meals on Wheels program. Their contribution covers hundreds of meals for homebound seniors. We are so grateful!



## **WALLA WALLA SENIOR CENTER, INC.**

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

### **EXECUTIVE DIRECTOR**

Brian Berry

### **BOARD OF TRUSTEES**

#### **PRESIDENT**

Sarah Zessin

#### **SECRETARY**

(Vacant)

#### **TREASURER**

Charlton Winchester (Skip)

#### **MEMBERS**

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Ron Wheeler

Merrickay Locati

Maria Scafariello

Shirley Azeltine

Brad Riordan

Jan Alexander

*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.



## **THE WALLA WALLA OLD TIME MUSIC MUSICIANS**

**July 18th only this month due to Independence Day.** 1st and 3rd Tuesday of each month from 6:30-8:30pm. \$3 admission at the door. Donations appreciated.

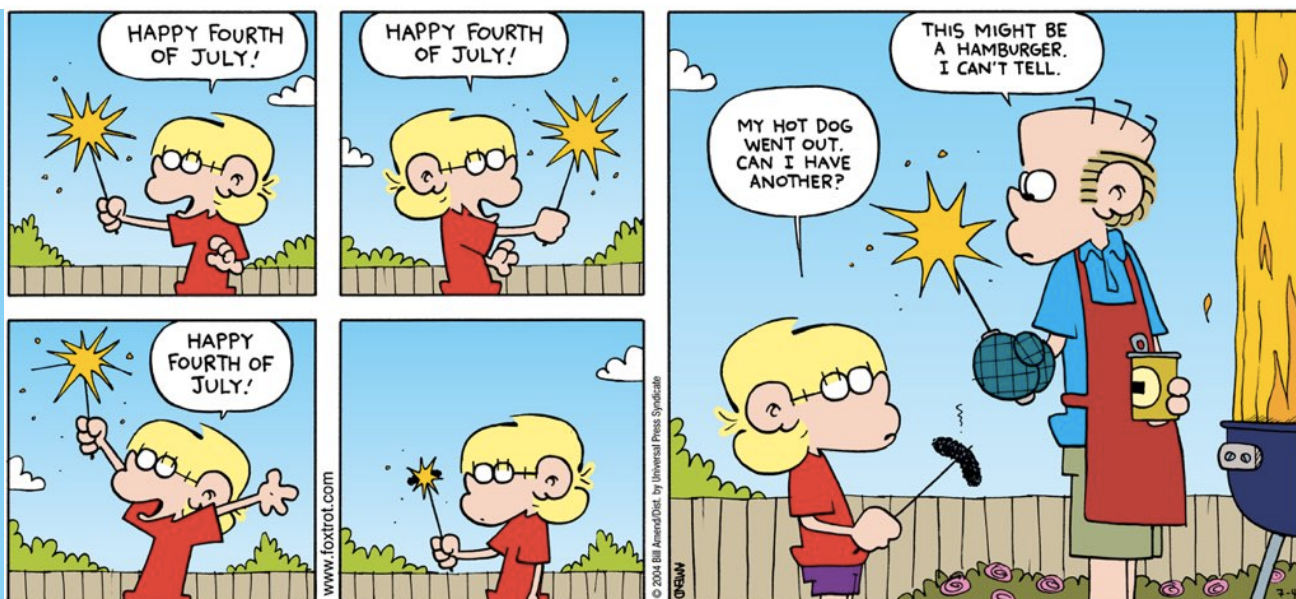


## **SWITCH TO THE DIGITAL NEWSLETTER**

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. Feel free to give us a call at (509) 527-3775 or send us an email today at [admin@wallawallaseniorcenter.org](mailto: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.





# MEET RON "HACK" HACKBARTH



Ron "Hack" HackbARTH grew up in Colorado where his love for animals, the great outdoors and sports were discovered. He enjoyed hunting, fishing, hiking, football and the basketball seasons of his childhood.

Ron excelled in high school athletics and it was during this time, he decided to become a high school history teacher and a coach. In order to pay for college though, he was provided the opportunity to work as part of a construction crew to build missile silos in Greenland for two summers. He also worked in Colorado coal mines and nights at a "filling station".

With his degree in hand, Ron went on to teach history and coach athletics to thousands of students over the next fifty-one years at schools in Wyoming, Oregon and Washington.

Ron never intended to move into school administration but his supervisors insisted as he had become a leader in public education. He enjoyed his career as a principal and later as superintendent for several school districts before retiring. He and his wife Lori moved to Walla Walla in 2019 to be closer to their grandchildren.

When a diagnosis of dementia affected Ron's health, the Walla Walla Senior Center's Adult Day Center became an excellent resource for daily social interactions and nutritious meals. He enjoys the varied activities that are available which include exercise, music, painting, educational programs, entertainment and especially his poker group buddies!

Fun fact:

Ron had a pet porcupine named Porky as a child that would return home from the forest each night to sleep on his bed for many years.



**FROM OUR SENIOR CENTER COOKBOOK... (PG 48)**

*By Libby McCaw*

## Mushroom Pecan Burgers

- 1 1/2 c. chopped onions
- 1 T. vegetable oil
- 1/4 c. chopped thyme
- 4 c. chopped mushrooms
- 2 t. soy sauce
- 1 c. whole wheat breadcrumbs
- 1 c. cooked rice
- 3/4 c. rolled oats
- 1 t. chopped dill
- 1 t. miso
- 16 oz firm tofu
- Salt and pepper to taste

Preheat oven to 350°. Generously oil baking dish. Sauté onions in oil in medium skillet. Cook at medium heat until they are softened. Add thyme and mushrooms. Cook, stirring often, until mushrooms are tender, 5-10 minutes more. Spoon mixture into bowl, add pecans, soy sauce, breadcrumbs, rice, oats, dill, and miso. Mix in tofu, mashing it with your hands or a potato masher. Season with salt and pepper and mix well. Shape into six patties and place them on the prepared baking sheet. Bake for 30 minutes, until golden brown. Serve on toast or bun.





# Adult Day Center & Family Support

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## 3 Canines Who Served With Honor

### Smoky - Yorkshire terrier saw action in the Pacific

Bill Wynne, who was serving with the 5th Air Force, bought Smoky from a motor pool sergeant after she was found abandoned in a foxhole in the jungles of New Guinea in February 1944. The Yorkshire terrier took part in 12 air-sea rescue and photo reconnaissance missions, survived 150 air raids on New Guinea and made it through a typhoon on Okinawa. She would howl when Wynne played his harmonica. Her finest hour came on the island of Luzon when communication wires had to be laid in a ditch dug across a 70-foot section of a runway that was exposed to aerial bombardment. Wynne explained in his book *Yorkie Doodle Dandy*: “Kite string was attached to Smoky’s collar and I set her at one end of the culvert, ordering her to ‘sit/stay;’ I went to the far end and started calling, ‘Smoky, come, come!’ It seemed to take forever, but soon I saw her amber eyes glowing inside the culvert about 10 feet away.” Smoky went home with Wynne to Cleveland, Ohio, after the war and lived until 1957. Wynne died in 2021 at age 99.



### Sergeant Stubby - Terrier mix served in trenches in France

Found wandering the grounds of the Yale University campus in New Haven, Connecticut, in July 1917, Stubby was smuggled in a corporal’s overcoat to Europe in a troop ship. He served in 17 battles during four offensives with the 26th Division.

In the Argonne, Stubby sniffed out a German spy and held onto the seat of his pants until soldiers completed the capture. Gassed and injured by a grenade, Stubby was given the rank of sergeant and allowed to wear the spy’s Iron Cross on his cloak. After World War I, Stubby became a national hero and was presented with a Humane Education Society medal by Gen. John “Black Jack” Pershing in 1921. He stayed at New York’s Majestic Hotel and met with three U.S. presidents.

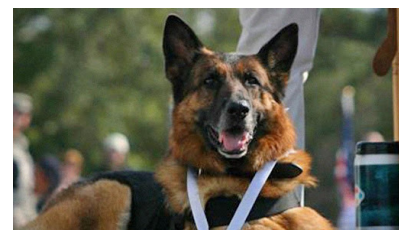
Stubby received a long obituary in The New York Times when he died in 1926 and was stuffed and mounted. He is an exhibit at the Smithsonian.




### Lex - German shepherd stayed faithful when Marine handler killed.

After Lex was wounded in a mortar attack in Fallujah in 2007, he refused to leave the side of his Marine handler, Cpl. Dustin Lee, 20, who had been killed. The pair had slept next to each other and posed in Santa hats for a holiday photo.

The strong bond prompted Lee’s family to adopt the 8-year-old German shepherd, who was released from military service two years early. “We knew that’s what Dustin would have wanted out of this,” said Lee’s father. “He knew that we would take care of Lex and love him, just like our own.” Lex struggled with mobility issues due to his injuries. He had about 50 pieces of shrapnel in his body. He died of cancer in 2012.





# 10 Health Tips for the Fourth of July

Sunshine! Barbecues! Fireworks! Who doesn't love a good Independence Day celebration? To many of us, it's not just about celebrating our great nation and proudly displaying our red, white, and blue but it's also about spending time with family and friends, being outdoors, and of course, seeing the fireworks! Here are Health Fitness Revolution's 10 Health Tips for your July 4th:

- **Wear Sunscreen:**

Although being outside in the sun is a great way to absorb some healthy Vitamin D, make sure to use sun protection from harmful UVA and UVB rays. Studies show that sunburns increase the risk of skin cancer by 12 times!

- **Eat Light:**

No one wants to eat a heavy meal when you're outside in the heat. To make sure your food doesn't weigh down your festivities, make salads and sides to balance the main course, maybe grill your meal! You might be snacking all day too, so make sure healthy snacks like veggie sticks are readily available.

- **Stay Hydrated with Water:**

No matter where you are in America, July is hot! Be sure to drink plenty of water and keep your body from overheating, and stay away from caffeinated and sugary drinks that dehydrate you. Keep plenty of fresh fruit on hand too, as fruits are packed with vitamins, fiber, and water.

- **Start an Active Tradition:**

Be it an annual family kickball tournament, neighborhood volleyball game, or a pre-dinner hike, an annual activity will be a welcome event to any July 4th celebration. Not only will it get everyone's blood pumping (and put them in a good mood) but it will also give you stories to share for years to come!

- **Wear Some Earplugs:**

The sounds of summer—such as fireworks and marching bands—can definitely damage your hearing. In fact, fireworks have a sound decibel of 150, and ear protection is recommended for decibels above 85.

- **Make Sure you're Using a Clean Grill:**

A dirty grill can be a breeding ground for germs and bacteria. After you are done grilling, do a quick clean up of any visible debris and food, then turn up the heat and let the grill burn off a bit.

- **Keep Hot food Hot and Cold food Cold:**

Be sure you cook all of your food to the recommended temperature to destroy any harmful bacteria and keep things that should be refrigerated in a cooler over ice. If this is not possible, consider taking such items off the menu so that no one gets sick.



- **Play Lawn Games:**

Encourage your party guests to bring their favorite lawn game instead of yet another dessert. Then you can take turns trying out all the different games. Plus, it encourages everyone to be active and fit!

- **Skip Sugary Deserts:**

This is the season when tons of fresh fruit is available from the grocery, farmers markets, and fruit stands! Cut up strawberries and melon or grill peaches, pineapple, or bananas to satisfy your sweet tooth without adding unnecessary processed sugar.

- **Make Healthy Drinks:**

Instead of providing sugar-filled sodas to guests, make healthy variations such as home-made iced tea sweetened with agave nectar, or even sparkling cucumber water!

**HAPPY**  
*4<sup>th</sup> of*  
*July*

*Article via [healthfitnessrevolution.com](http://healthfitnessrevolution.com)*





## Senior Round Table Menu

JULY



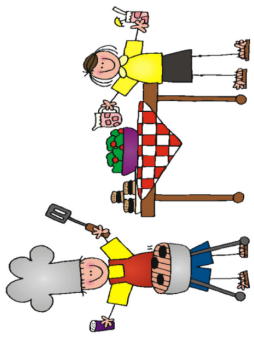
2023  
FRIDAY

THURSDAY

WEDNESDAY

TUESDAY

MONDAY

<b>3</b> PINEAPPLE HAM SCALLOPED POTATOES VEGETABLE (CHEF'S CHOICE) BREAD COOKIE	<b>4</b>  <b>CLOSED</b>	<b>5</b> HAMBURGER WITH BUN LETTUCE, TOMATO, ONION VEGETABLE (CHEF'S CHOICE) POTATOES CAKE IN HOUSE: ICE CREAM	<b>6</b> CHICKEN TZATZIKI PITA FRUIT COOKIE MOW:VEGETABLE IN HOUSE: SALAD BAR	<b>7</b>  <b>CLOSED</b>
<b>10</b> MEAT LOAF MASHED POTATOES VEGETABLE (CHEF'S CHOICE) BREAD FRUIT COOKIE	<b>11</b> SALISBURY STEAK POTATOES VEGETABLE (CHEF'S CHOICE) PEA SALAD BREAD COOKIE	<b>12</b> PORK FRIED RICE VEGETABLE (CHEF'S CHOICE) GREEN SALAD FRUIT CRUMBLE	<b>13</b> MOW: TACO SALAD VEGETABLE (CHEF'S CHOICE) CORN SALAD IN HOUSE: TACO & SALAD BAR COOKIE	<b>14</b>  <b>CLOSED</b>
<b>17</b> CHICKEN FRIED BEEF STEAK MASHED POTATO VEGETABLE (CHEF'S CHOICE) ROLL FRUIT COOKIE	<b>18</b> LASAGNA VEGETABLE (CHEF'S CHOICE) COLESLAW GARLIC BREAD FRUIT	<b>19</b> TURKEY & STUFFING MASHED POTATOES GREEN BEANS ROLL PUMPKIN BAR	<b>20</b> BEEF DOG WITH BUN AND SAUTEED ONIONS & PEPPERS FRUIT MOW:VEGETABLE IN HOUSE: SALAD BAR	<b>21</b>  <b>CLOSED</b>
<b>24</b> CHILI & CHEESE TOPPED BAKED POTATO VEGETABLE (CHEF'S CHOICE) BREAD FRUIT COOKIE	<b>25</b> CHICKEN & DUMPLINGS VEGETABLE (CHEF'S CHOICE) CORN SALAD FRUIT BROWNIE	<b>26</b> MOW:BAKED FISH VEGETABLE (CHEF'S CHOICE) CORN BREAD MANDARIN SPINACH SALAD IN HOUSE: HAY STACKS FRUIT, COOKIE	<b>27</b> HUMMUS, BACON, LETTUCE, TOMATO WRAP FRUIT COOKIE MOW: VEGETABLE IN HOUSE: SALAD BAR	<b>28</b>  <b>CLOSED</b>
<b>31</b> SPAGHETTI & MEAT SAUCE VEGETABLE (CHEF'S CHOICE) COLESLAW GARLIC BREAD FRUIT				MOW = MEALS ON WHEELS  IN HOUSE = CONGREGATE DINING ROOM

**Free for persons 60+ years. Donations appreciated.** Under 60 years \$ 7.00 charge. **Hours: Mon-Thur 11:30-1:00.** 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



# Burrito bowl with chipotle black beans

This healthy burrito bowl is chock full of veggies and greens, perfect for a filling lunch. This is one vegetarian meal that tastes just as good as it looks.

### Ingredients for 2 servings:

- 125g basmati rice
- 1 tbsp olive oil
- 2 garlic cloves, chopped
- 400g can black beans, drained and rinsed
- 1 tbsp cider vinegar
- 1 tsp honey
- 1 tbsp chipotle paste
- 100g chopped curly kale
- 1 avocado, halved and sliced
- 1 medium tomato, chopped
- 1 small red onion, chopped

### To serve (optional)

- chipotle hot sauce
- coriander leaves
- lime wedges

### Directions:

1. Cook the rice following pack instructions, then drain and return to the pan to keep warm. In a frying pan, heat the oil, add the garlic and fry for 2 mins or until golden. Add the beans, vinegar, honey and chipotle. Season and warm through for 2 mins.
2. Boil the kale for 1 min, then drain, squeezing out any excess water. Divide the rice between big shallow bowls and top with the beans, kale, avocado, tomato and onion. Serve with hot sauce, coriander and lime wedges, if you like.



Recipe & photo via bbcgoodfood.com

# 10 important life lessons we are often taught too late

Life is a continuous learning experience. Throughout our lives we keep rising and falling, picking up important lessons along the way. Some of these lessons come from experience, yet there are others that we learn watching others or reading in books for example. No matter how much we learn from the books there is a significant difference between practical and theoretical experience. Furthermore, there are many life lessons that we simply cannot learn until we face certain situations in our life. Most people would say that there are some lessons that come too late, catching us off-guard and unprepared. The following list unveils some of the most important lessons in life that people learn the hard way.

## 1. Walk your own path

People like to judge other people. This peer pressure can make you stray from the path you started to carve for your future. Don't mind other people's aspirations, don't ever let someone else's goals and dreams influence your vision of life. It's your path and you decide where it takes you and how long it takes you to see it through.

## 2. Don't hesitate when you should act

There is an old Roman proverb that people often quote – “Carpe diem” – meaning “Seize the day”. More often than not, we fail to act due to lack of confidence or courage. This hesitation keeps us from moving forward and puts us in a cage of wondering what might have been. Whenever you feel it's time to act, take action. No matter the outcome, you will end up smarter than before.

## 3. Experience what you have learned

No matter how much we think we know about some topic, it's only after we have put that knowledge into use that we get confirmation of the actual level of understanding that we possess. Sure, we could read about painting, learn all the techniques and brush types, color palettes, etc. but only when we get in front of a canvas and start painting we put our knowledge

to the test. As EduGeeksClub's career expert, Julia Smith once wrote: “Young people often face difficulties when it comes to putting what they have learned into practice; therefore all this knowledge becomes useless when it should be the fuel that propels their careers”.

## 4. Good things don't come easy

If you want to have a good life with a successful career, emotional satisfaction, and trustworthy friends you have to work hard. Luck can take you only so far and the rest is entirely up to you, the amount of effort you put in every day, and the ability to learn from your mistakes. Don't think for a moment that someone else is going to fight your battles with the same vigor and devotion as you would.

## 5. Never fail to try more

Even when we're feeling most prepared there is a chance we fail in accomplishing our goal. An athlete could lead the entire race only to fall just in front of the finish line and lose. This doesn't mean the athlete should stop competing; on the contrary, he would work even harder for the next competition. The results will come, eventually.





## **6. Take care of your health early**

When we're young we can push our body to its limits day after day. It seems as nothing can touch us and we are invincible. However, as we grow older all the parties, drinking, smoking, and eating fast food take a toll on our health. Start developing healthy habits while you're still young and healthy. Take regular checkups with your doctor and dentist in order to prevent future problems.

## **7. Make every moment count**

Life goes by faster than we think. When you're in your twenties you think you'll stay there forever but before you know it you are in your thirties and it's too late for the things you wanted to do as a young person. Live your life to its full extent because life is short and we never know what tomorrow brings.

## **8. Live and let live**

We often try to help people when we see they're making a mistake. This type of behavior can lead us into all kinds of troubles and misunderstandings. Don't force your ideas onto others, let those who want your help and guidance seek you out. Sometimes it's best to stay away and let them come to you or you might seem intrusive to others.

## **9. Be flexible with your goals**

Sometimes we feel it's the right time to take action and put our plans in motion only to realize that we were wrong. It's important to analyze our current position and how our activities could influence our future. Sometimes it's better to postpone a certain goal or even change it for the time being. Accepting a promotion in a bad time could get us in more trouble than good if the time is not right.

## **10. For every action, there's an equal opposite reaction**

Before you say something or act in a certain way, think about the consequences. A person could be unprepared to hear some truth or won't respond well to our gesture, no matter how good our intentions are. Treat each word with caution. Take these pieces of advice as guidance, not as a rule. Your life is your own and you know what's best for you. However, keep in mind that morning is wiser than the evening. Enjoy life!

*What do you think? Do you agree with these life lessons? What life lessons have you learned yourself? What advice would you give to someone in their teens?*

Article via [theladders.com](http://theladders.com)



## HEALTHY AGING WALLA WALLA

The Healthy Aging Consortium has been meeting for over a year. Thank you to our Consortium partner organizations for making this work possible!

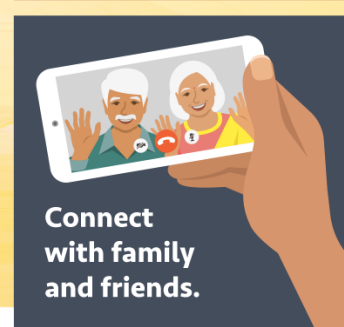
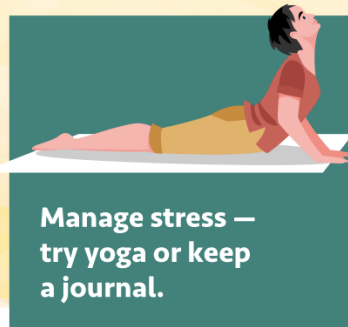
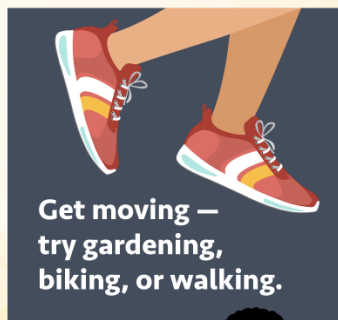
- Aging and Long-Term Care
- Anchor Point Counseling
- BMAC
- Blue Zones
- Greater Health Now
- Home and Community Services
- Veterans Administration Services
- Walla Walla Senior Center
- Walla Walla County Emergency Management
- Walla Walla County Community Health
- Walla Walla Fire Department
- YMCA

This year the Consortium focused on data collection to find what Older Adults (50+) wanted and needed via the Healthy Aging Survey. The finalized survey results will be available in July 2023. Survey results will be used to direct the information, resources, and programming the Consortium will promote via collaboration, on the [Healthy Aging Webpage](#), on social media, and in print.

Later in the summer the Consortium will hold a planning meeting on fall prevention. Give us a call or email if you are interested in joining the Consortium. You can reach Amy Osterman email - [aosteraman@co.walla-walla.wa.us](mailto:aosteraman@co.walla-walla.wa.us) phone - 509-524-2683 or Lori Richert at email- [lori.richert@dshs.wa.gov](mailto:lori.richert@dshs.wa.gov) phone -509-529-6470.

# Tips To **BOOST** Your Health as You Age

Did you know that making lifestyle changes can help you live longer and better? Try these tips to get started.



Learn more about steps you can take to promote healthy aging at [www.nia.nih.gov/healthy-aging](http://www.nia.nih.gov/healthy-aging).



## (Alzheimer's Association)

### Walla Walla Senior Center

## SALON

#### Haircut

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

#### Perm

- Starts at \$65

#### 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



# The 5 Parts of a Weight Gain Food List

## 1.) FATS



**Examples:** Nuts (almonds, walnuts, pistachios), peanut butter, olive oil, avocado oil, canola oil, butter.

**Why?** Fats are very high in calories.

## 2.) MILK AND ALTERNATIVES

**Examples:** Whole milk, powdered milk, yogurt, cheese, soymilk, almond milk, oat milk.



**Why?** Dairy and dairy alternative products provide high amounts of protein and moderate fat.

## 3.) MEAT AND PROTEIN



**Examples:** Beef, pork, poultry, fish, tofu, beans, lentils, nuts, seeds, eggs.



**Why?** These foods will give your body enough protein to maintain lean muscle mass.

## 4.) FRUITS AND VEGETABLES

**Examples:** Avocados, bananas, dried fruit, potatoes, green peas, edamame.



**Why?** Certain fruits and vegetables are high in calories while also providing healthy vitamins and minerals.

## 5.) GRAINS



**Examples:** Brown rice, wild rice, quinoa, whole grain pasta, oatmeal.

**Why?** Not only will grains give you much needed calories, but they also contain fiber for a healthy gut!



## Morning Coffee

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

**MONDAY-THURSDAY  
8AM-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  
8am-3pm**



# Every week

*At the Walla Walla Senior Center...*

### BRIDGE!

Join us every Tuesday and Thursday at 1 pm at the Senior Center to play Bridge. All are welcome.



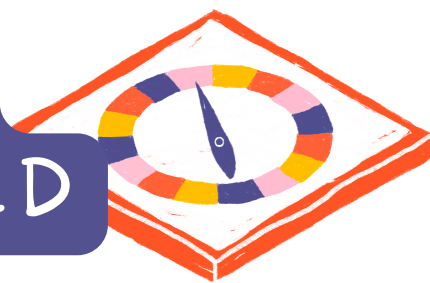
### CARD GROUPS



### PINOCHLE!

Join us every Monday at 1 pm at the Senior Center to play Pinochle. Bring a friend!

## GAMES WITH FRED



Do you like playing card and board games? On Wednesdays, Fred hosts a game event in which he brings different games to play and to teach. Play old favorites and learn new ones! This program is free and open to all

**MONDAYS &  
WEDNESDAYS  
10AM-3PM**

**(INCLUDES A BREAK FOR LUNCH  
FROM NOON TO 1:00PM.)**

# Walla Walla Senior Center

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

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@wwseniorcenter

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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

Walla Walla Senior Center - Voice Care

**Emergency Response System**

**LIVE INDEPENDENTLY AT HOME**

We have pendants that connect to landline phones,  
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