



WALLA WALLA SENIOR CENTER

THE CENTER AT THE PARK

Serving Seniors since 1971

OCTOBER 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

In this issue...

- 11 Varieties of Winter Squash... Pg 6
- Wise Ways to Keep Warm this Winter ... Pg 11
- Spooky Tales... Pg 12

ANNOUNCEMENTS

OCTOBER EVENTS AND PROGRAMMING

Due to increasing COVID-19 cases we had to postpone both the Frank Sinatra night, and the 50-year anniversary celebration. We will host these events at a future date when it is safer to bring groups of people together.

We are reviewing health and safety guidelines on an ongoing basis to assess when we can fully reopen to the public. We are all eager to open back up and are looking forward to when we can be open for all of the programming we offer.

THANK YOU TO ERNIE FILAN

We would like to thank Ernie Filan for sponsoring coffee for the month of October. We welcome the community to join us for morning coffee here at the Senior Center during the week - 7am-10am - free of charge, 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.

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 coffee is \$3.77 in the US. Consider donating the price of a coffee 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

BOARD OF TRUSTEES

PRESIDENT

Libby McCaw

VICE PRESIDENT

Brad Riordan

SECRETARY

Sarah Zessin

TREASURER

Jan Alexander

MEMBERS

Shirley Azeltine

Louise Boyer

Ron Wheeler

Kathy Hedine

Leigh Anne Adkins

Merrikay Locati

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



IAN MILLER
NUTRITION PROGRAM
ASSISTANT

Ian was born in Federal Way, Washington, and when he turned the ripe age of 4½, he moved down to Milton-Freewater, Oregon, with his family. He enjoys playing with his 2 cats, Storm and Ace. His favorite things to do in his free time are hanging out with friends, going on walks, and listening to music. He loves going to the Movie Theater and Drive-In to see the newest flicks and to eat the popcorn, of course!

Due to the pandemic, he decided to go into the workforce instead of going to college. This led him to the Walla Walla Senior Center where he found his new work family. Since he's been here he has enjoyed helping and meeting all of our clients.

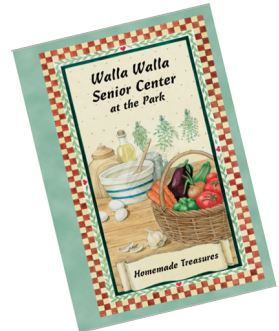
*Great
gift idea!*

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 29)

Garden Zucchini Patties Makes about 30 patties (freeze the extras)

By Shirley Azeltine

- 5 cups zucchini, shredded
- 2 onions, chopped
- 2 1/2 cups quick oats
- 1 cup flour of choice
- 1 1/2 carrots, shredded
- 1 cup nuts, ground
- 1 T salt
- 1 T onion powder
- 1 T garlic powder
- 1 T dried basil
- 1/2 T dried oregano

Heat oven to 400 degrees. Shred the zucchini, onions, and carrots in a food processor on fine setting. Combine all the ingredients in a mixing bowl. Mix well. Form into patties onto an oiled cookie sheet or parchment paper. Bake for 50 minutes, flipping patties halfway through. Enjoy with your favorite burger bun fixings or bake in a casserole dish with gravy.





Adult Day Center & Family Support

(509) 527-3775 ext 3

adc@wallawallaseniorcenter.org

Alex Sanchez,
Program Manager

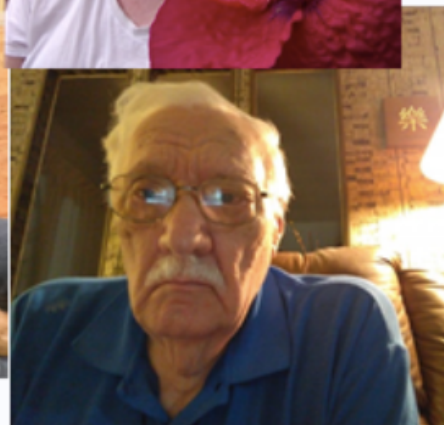


As we move closer and closer to reopening our program here at the Senior Center, we need to make sure we are doing our part in keeping our community as safe as possible. Though still no facility in-person services are permitted, we have been growing our number of participants through our "GrandPad" virtual tablet program and hoping that very soon we can all come together and meet one another.

A few changes have been taken place in the Adult Day Center room itself, together with Aging and Long Term Care of Eastern Washington, our board of directors, and program staff. We have configured the room in a way where more individuals can access and enjoy our program in a safe manner, in case of lingering cases of Covid or other infectious diseases

We want to be prepared in case of another outbreak and be able to keep our doors open should that occur. Some of the changes include: having medical-grade air purifiers that will filter out the air in the room taking away dust, pollen, and bacteria from the air replacing it with fresh clean air, new tables and chairs that will go a long way in keeping participants safe and distanced if ever need be, new recliners and recliner covers that are easier to clean and sanitize when needed, and many more small changes. We are very excited to share this redesigned space with you. Hope to see you all very soon!

Quick reminder: The Adult Day Center program will be expanding its hrs of operation once we reopen. New hrs. will be Mon-Thurs 9:00am-3:00pm. Program services are for adults, 18+ with any cognitive or physical impairment that live at home with spouse or loved ones.



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!

9 Impressive Health Benefits of Pumpkin

1. Highly Nutritious and Particularly Rich in Vitamin A

Pumpkin is high in vitamins and minerals while being low in calories. It's also a great source of beta-carotene, a carotenoid that your body converts into vitamin A.

2. High Antioxidant Content May Reduce Your Risk of Chronic Diseases

Pumpkin contains the antioxidants alpha-carotene, beta-carotene, beta-cryptoxanthin and many others, which may protect your cells against damage by free radicals.

3. Packs Vitamins That May Boost Immunity

Pumpkin is high in vitamins A and C, which can help boost your immune system. Its supply of vitamin E, iron and folate may strengthen your immunity as well.

4. Vitamin A, Lutein and Zeaxanthin May Protect Your Eyesight

Pumpkins' high vitamin A, lutein and zeaxanthin contents may protect your eyes against sight loss, which becomes more common with age.

5. Nutrient Density and Low Calorie Count May Promote Weight Loss

Pumpkin is packed with nutrients and yet has under 50 calories per cup (245 grams). This makes it a nutrient-dense food. It's also a good source of fiber, which may suppress your appetite.

6. Antioxidant Content May Lower Your Risk of Cancer

Pumpkins contain carotenoids, which function as antioxidants. These compounds are linked to lower risks of stomach, throat, pancreas and breast cancers.

7. Potassium, Vitamin C and Fiber May Benefit Heart Health

Pumpkin is a good source of potassium, vitamin C, fiber and antioxidants, which have been linked to heart health benefits.

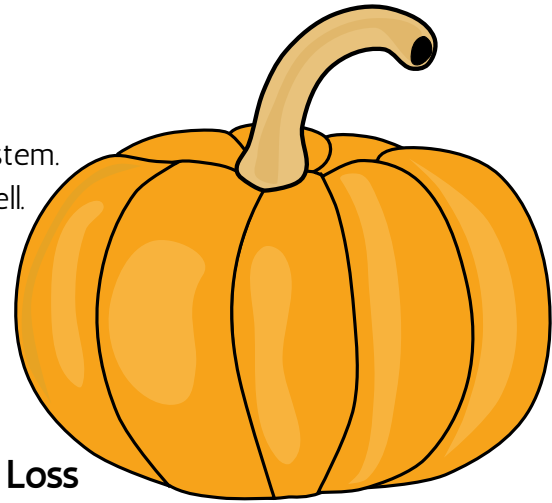
8. Contains Compounds That Promote Healthy Skin

Pumpkin is high in beta-carotene, which acts as a natural sunblock. It also contains vitamins C and E, as well as lutein and zeaxanthin, which can help keep your skin strong and healthy.

9. Incredibly Versatile and Easy to Add to Your Diet

Pumpkin, once sliced and cut, can be easily roasted, puréed into soup or baked into pies. Its seeds are also edible and highly nutritious.

Overall, Pumpkin is rich in vitamins, minerals and antioxidants, and is incredibly healthy. What's more, its low-calorie content makes it a weight-loss-friendly food. Its nutrients and antioxidants may boost your immune system, protect your eyesight, lower your risk of certain cancers and promote heart and skin health. Pumpkin is very versatile and easy to add to your diet in both sweet and savory dishes. Try incorporating pumpkin into your diet today to reap its health benefits.



11 Varieties of Winter Squash

It's winter squash season! Learn about the different varieties and how to cook them.

Via thekitchn.com

1. Acorn Squash

Acorn squash is small in size, typically weighing between one and two pounds, with orange-yellow flesh and thick, dark green and orange skin. Choose acorn squash that have a firm exterior, are free from soft spots and blemishes, and feel heavy for their size. Store them in a cool, dry place and they will keep for at least one month. Acorn squash has a mild, subtly sweet and nutty flavor. This skin is also edible. Like most varieties of winter squash, acorn squash is really versatile. It can be baked, roasted, steamed, sautéed, or even cooked in the microwave.

2. Banana Squash

This large, elongated squash can grow two to three feet in length and weigh as much as 40 pounds. It has smooth orange, pink, or blue skin and firm, brilliant orange flesh. Banana squash is sold whole, and can also be found in more manageable pre-cut portions with the seeds removed. When cooked, banana squash has a rich, sweet, earthy taste. Use banana squash in place of other varieties, like butternut or kabocha. It's great for roasting and in soups and stews.

3. Buttercup Squash

Buttercup squash is squat and round with an inedible dark green rind that has green-gray striations. It has firm, dense, vibrant orange flesh. It resembles kabocha squash, though is distinguished by a round ridge on its bottom. Choose a squash that's heavy for its size, with even coloring. Avoid squashes with blemishes, soft spots, or dull skin. Buttercup squash can be stored in a cool, dry place for up to three months. Buttercup squash has a sweet, creamy flavor and is considered sweeter than other winter squash varieties. The flesh tends to be dry, so steaming and baking are the best methods for cooking this squash. And its firm texture makes it ideal for a curry.

4. Butternut Squash

This pear-shaped squash has a smooth, cream-colored exterior with bright orange flesh and comparatively few seeds. Look for squash that's firm, heavy for its size, and free from cracks and soft spots. This is the sweetest variety of winter squash. Butternut squash is extremely versatile. It's perfect for roasting and sautéing, or making a smooth purée or soup.

5. Delicata Squash

Also known as sweet potato squash, this small cylindrical squash has thin cream- to yellow-colored skin with green stripes, and orange-yellow flesh. Delicatas are smaller than most winter squash, so they're quite easy to prepare and cook. Choose squash that are heavy for their size, and free from blemishes and soft spots. Delicata has creamy flesh with a mild flavor akin to sweet potatoes. The skin on this small squash is edible, so don't worry about cutting it off. Cut the squash in half and scoop out the seeds, then you can either bake it as is, or cut it into slices which can be roasted, sautéed, or steamed. Delicata squash is also ideal for stuffing.

6. Hubbard Squash

Hubbard squash is one of the largest varieties of winter squash. It has a hard, firm exterior that can range in color from deep green to gray or blue. Look for a squash that's hard and firm, heavy for its size, and free from soft spots. You'll find whole hubbard squash at farm stands and farmers markets, though because of its size, it's generally sold pre-cut and seeded in grocery stores. Hubbard squash has a rich, sweet pumpkin flavor. While the hard exterior is generally discarded, the sweet orange flesh can be substituted for any other variety of winter squash. It's ideal for both cooking and baking, and is especially great for making pie.

7. Kabocha Squash

Kabocha squash is squat and round, and similar in size and shape to buttercup squash, though the base points out. It has a dull finish with dark green skin that sometimes has small lumps, and bright yellow-orange flesh. Look for a squash with dull coloring that's firm and heavy for its size, and free from soft spots. Store it in a cool, dry place for up to one month. Kabocha squash is remarkably sweet with a nice nutty flavor, and texture that's similar to a blend of sweet potato and pumpkin. Kabocha squash is very versatile and can be used as a substitute for any other winter squash. It can be roasted or steamed, added to soup, or used for a pie filling.

8. Pumpkin

Pumpkins suited for cooking and baking are smaller than the field pumpkins used for decoration. They're round with a firm exterior that can range in color from pale to bright reddish-orange, with vibrant orange flesh. For the best flavor and texture, choose pumpkins grown specifically for eating rather than carving, such as sugar pumpkins, sweet pumpkins, cheese pumpkins, and different heirloom varieties. Large field pumpkins – ones you'd put on your front porch – are best left for decoration since they're dry and flavorless. Sugar pumpkins, and like varieties, have a sweet, earthy taste. You can use smaller pumpkins just as you would other varieties of winter squash – bake, roast, or purée them. Pumpkin is ideal for soup, curries, and of course, pies!

9. Spaghetti Squash

Spaghetti squash has a cylindrical shape with a firm exterior that ranges in color from pale cream to bright yellow. When you cook the squash, the moist flesh develops strands that resemble spaghetti. Look for spaghetti squash with a firm outer shell, that's heavy for its size, and free from soft spots. Store it in a cool, dry place for up to one month. No, spaghetti squash doesn't actually taste like spaghetti. It has a tender, chewy, fragile texture, and a very mild flavor. Unlike other winter squash varieties, it lacks sweetness. Roast or steam it, then scrape out the strands. Top with marinara, pesto, or mix in other veggies, and eat it as you would spaghetti.

10. Sweet Dumpling Squash

This small yellow squash, with bright orange to dark green striations, may be the cutest of the bunch. Look for squash with deep coloring, with a smooth rind that's free from soft spots, blemishes, or cracks. Stored in a cool, dry area, away from sunlight, this squash can last for up to three months. The flesh is starchy and sweet, with a flavor that's reminiscent of corn. The small, single-serving size of this squash makes it ideal for stuffing and roasting.

11. Turban Squash

This large, decorative squash has an irregular turban shape with a dull-looking, bumpy exterior that can range in color from mottled green to orange and yellow. Like other winter squash, choose one that feels heavy for its size and free from soft spots. This large squash has a very mild, nutty flavor. Turban squash is most often used as a decoration, though you can use it in recipes in just about any way you use butternut, acorn, or other winter squash. Hollowed out, it makes a beautiful soup tureen.



Senior Round Table Menu

OCTOBER









2021
FRIDAY

THURSDAY

WEDNESDAY

TUESDAY

MONDAY

 Free pet food handed out on Mondays				1 CLOSED
4 ROAST BEEF MASHED POTATOES VEGETABLE (CHEF'S CHOICE) ROLL FRUIT COOKIE 	5 LASAGNA VEGETABLE (CHEF'S CHOICE) COLESLAW GARLIC BREAD FRUIT	6 BAKED CHICKEN MASHED POTATOES VEGETABLE (CHEF'S CHOICE) BREAD FRUIT JUICE CAKE	7 TATER TOT CASSEROLE VEGETABLE (CHEF'S CHOICE) ROLL FRUIT COOKIE	8 CHICKEN & WILD RICE SOUP FRUIT FRESH BUTTERMILK BISCUIT
11 MEAT LOAF MASHED POTATOES VEGETABLE (CHEF'S CHOICE) BREAD FRUIT COOKIE 	12 CHILI TOPPED POTATO VEGETABLE (CHEF'S CHOICE) GREEN SALAD BREAD CAKE	13 CHICKEN FRIED BEEF STEAK POTATOES VEGETABLE (CHEF'S CHOICE) ROLL FRUIT COOKIE	14 SWEDISH MEATBALLS EGG NOODLES VEGETABLES (CHEF'S CHOICE) PEA SALAD FRUIT COOKIE	15 CLOSED
18 TERIYAKI CHICKEN WITH BROCCOLI & RICE VEGETABLE (CHEF'S CHOICE) FRUIT COOKIE 	19 SALISBURY STEAK MASHED POTATOES VEGETABLE (CHEF'S CHOICE) SPINACH SALAD BREAD COOKIE	20 TURKEY & GRAVY POTATOES STUFFING GREEN BEANS BREAD PUMPKIN BARS	21 CREAMY CHICKEN CASSEROLE VEGETABLE (CHEF'S CHOICE) ROLL FRUIT	22 TACO SOUP NAAN BREAD FRUIT COOKIE
25 PHILLY CHEESE STEAK SWEET POTATO VEGETABLE (CHEF'S CHOICE) FRUIT 	26 CHICKEN & DUMPLINGS VEGETABLE (CHEF'S CHOICE) BROCCOLI SALAD FRUIT JUICE BROWNIE	27 SPAGHETTI & MEAT SAUCE VEGETABLE (CHEF'S CHOICE) COLESLAW GARLIC BREAD FRUIT	28 HAM WITH PUMPKIN SCALLOPED POTATOES VEGETABLE (CHEF'S CHOICE) BREAD POKE CAKE	29 CLOSED

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.

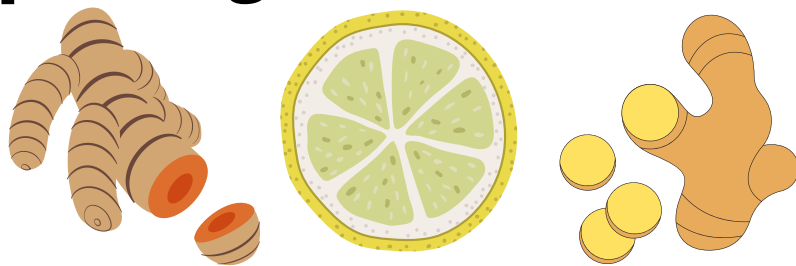


**Jane Kaminsky
Nutrition Director**

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



3 drinks to keep you warm and healthy in cold weather without packing on the calories



A warm drink packed with antioxidants and nutrients will make you feel cozy as well as help protect against various infections in the winter months.

For many people, the winter months were meant for mugs full of hot chocolate and cocktails, but those drinks aren't the healthiest option, especially if you're watching your weight. Very cold weather can affect your health in a number of ways. But a warm drink packed with antioxidants and nutrients will make you feel cozy as well as help protect against various infections by boosting your immunity.

If you're bored of drinking that plain black tea or constantly finding yourself with the jitters after drinking coffee, there are plenty of options that will keep you warm and healthy in cold weather, perhaps, without packing on the calories. Sipping one of these warm non-alcoholic drinks when you're feeling the chill will do the job - whether you're nursing a cold or you just need to warm your bones.

Golden Milk

A healthy beverage made with ingredients such as coconut milk, black pepper, turmeric, and other spices, including cinnamon and ginger. This drink is packed with anti-inflammatory, antioxidant properties that help boost the immune system, improve digestion, stabilise blood sugar levels, and maintain a healthy heart.

Hot Lemon Water

One of the most popular health drinks, hot lemon water can help flush the liver and kidneys of toxins. It promotes digestion, increases the metabolic rate, and help fight a sore throat and respiratory tract infections.

Ginger Tea

Loaded with healing properties, it's a great idea to begin your day with a warm cup of ginger tea, especially during the peak season of cold and flu. It is also a great drink to improve digestion and increase the absorption of food. Keep sipping ginger tea to keep your body in winters.

Via timesnownews.com



QUESTIONS *about* MEDICARE



AYRIN HARRIS

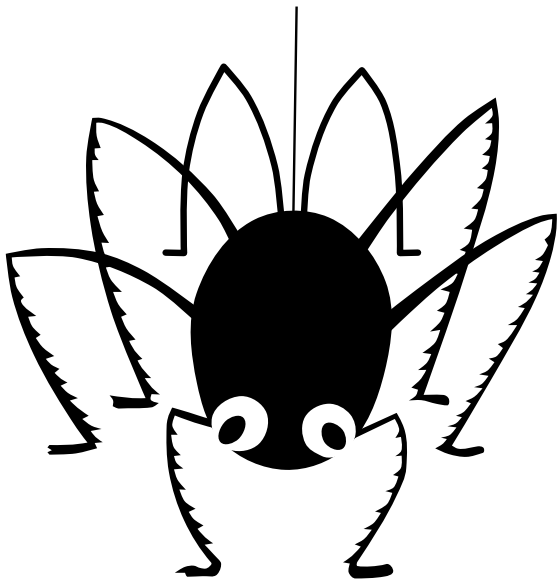
509 981 4547

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.



Advice from a Spider

"Make Good Connections
Be Web-Savvy
Patience Pays Off
Let Go of Your Hang-ups
Show Your Artistic Side
Dew Your Best
Don't Get Strung Out"

- Ilan Shamir

Wise ways to keep warm this winter

1. Wrap up warm

Dress in layers and wear a hat, gloves and scarf. Clothes made from wool, cotton or fleecy fabrics are warmest. When you're indoors, wear warm socks and slippers to keep your feet cosy.

2. Keep the cold out

Close doors and use a keyhole cover to block draughts. Buy thermal linings for curtains to keep the heat in.

3. Don't use alcohol to keep warm

Avoid drinking alcohol before going, or when, outside. It makes you feel warm because blood vessels in the skin expand, but this draws heat away from your vital organs.

4. Check your heating

Have your heating system serviced regularly to make sure it works well.

5. Maintain the temperature

Keep your main living room at 18–21°C (64–70°F) and the rest of your house at 16°C (61°F) at least. If you can't heat all the rooms you use, heat the living room during the day and the bedroom just before you go to sleep. In bed, use either a hot water bottle or an electric blanket.

6. Have warming food and drinks

Have regular hot drinks and food such as porridge, soups and stews. Visit our recipe finder to get more ideas for warming, healthy dishes.

7. Stay active

Keep as active as possible to boost your circulation. Move around at least once an hour and avoid sitting still for long periods. Even light exercise will help keep you warm. When you do sit down, put your feet up as it's coldest nearest the ground.



Via bhf.org.uk

Spooky Tales

THE GRAVEYARD VOICE

John and Mary were an ordinary couple, and their children, Jimmy and Jeannie, were also ordinary, except for the fact that they lived beside a graveyard.

John walked to and from work through the graveyard every day, and never worried about a thing. When daylight savings time kicked in, and it was dark by the time he came home, however, he started to feel very uneasy. One night as he was walking home through the graveyard, he heard a voice in the darkness saying, "Turn me over, turn me over!" He was so scared, he ran all the way home. His wife and children laughed at him and told him there was nothing spooky in the graveyard, nothing to fear.

The second night, he heard the voice again, moaning in the darkness, "Turn me over, turn me over!", and ran all the way home. And again they laughed at him.

The third night was Halloween. Clouds covered the moon, and the night was pitch black. This time, when he heard the voice, he followed it. Through trees, past bushes, down a dark graveyard path, he saw a huge marble crypt, surrounded by a wrought iron fence. He pushed the gate (cree-eeak). He walked down the steps (13 of them).

The voice was coming from behind the huge metal door. "Turn me over, turn me over." He put his shaking hand on the doorknob and turned it slowly, cree-eak . . . and looked inside.

He saw a pile of red hot coals. On top of that was a metal grill. And on top of the grill was a hamburger, done on one side. He picked up the spatula, and turned the hamburger over.

It said, "Thaaaank youuuuuu."



THE BLOOD-COVERED VAMPIRE aka THE BLOODY VAMPIRE

The vampire went home to his castle one night, flying in through the window to find a bunch of vampires waiting for him. When they saw the blood on his face, they began to get thirsty and asked: "Where did you find the blood?"

He answered: "I can't tell you - it's too embarrassing!"

The other vampires said: "Please, tell us! We are so thirsty!"

The vampire said: "Okay, follow me!"

He led them into the dark nights sky and suddenly off in the distance there was a big dark tower.

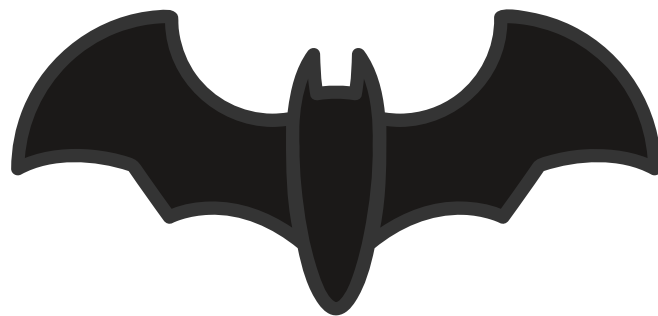
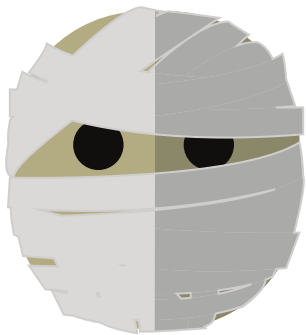
The vampire asked: "Do you see the tower?"

The other vampires answered: "Yes, we do."

"Well, I didn't!"

THE MUMMY

This is a story told by a man working late at the St. Louis Art Museum. One night, as I was closing up the mummy exhibit, the guard was called away. I promised not to touch anything and to lock up when I was finished. As I was about to lock the door, I noticed a piece of the white mummy wrapping coming loose, and reached over to tuck it back in place. Suddenly, the mummy sat up and reached toward me. I jumped and backed away, but he stood up and began to follow me. I ran out the door and he was there. I ran down the hall, and he was there. I ran over to the closet, and he was there. In a final desperate attempt to get away I crouched down underneath the staircase. I was trapped. I had no where else to go and covered my head with my trembling hands. There under the staircase, as the mummy slowly approached me, I could hear him dragging his long wrapped legs behind him. Slowly, he reached out toward me and touched my arm, and said, "Tag, you're it!"



Stories from shannonsewsblogspot.com

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.**

Mummy Cookies

Via eatingbirdfood.com

Ingredients

- 1 1/2 cups almond flour, 175 grams
- 3 Tablespoons coconut flour
- 2 teaspoons pumpkin pie spice
- 1 teaspoon baking soda
- 1/4 teaspoon sea salt
- 2 eggs
- 1/2 cup cane sugar, or coconut sugar
- 1 teaspoon vanilla
- 1 cup pumpkin, canned or homemade
- 1/3 cup mini chocolate chips, I used Enjoy Life
- vanilla frosting, for piping

Directions

- **Prep:** Preheat oven to 350°F and line a baking sheet with parchment.
- **Mix dry ingredients:** Stir together dry ingredients (flours, pumpkin pie spice, baking soda and sea salt) in a mixing bowl.
- **Mix wet ingredients:** Mix together wet ingredients (eggs, pumpkin, sugar and vanilla) in a separate mixing bowl.
- **Combine:** Combine wet and dry ingredients. The dough will seem really wet for a cookie dough. This is ideal!
- **Add chocolate chips:** Stir in 1/3 cup chocolate chips.
- **Scoop:** Use a medium cookie scoop to scoop and place cookies on prepared cookie sheet. Press cookie dough down into a cookie shape with a spoon or your fingers. Cookies won't spread very much so you can space them about 1 inch apart.
- **Bake:** Bake for 15 minutes.
- **Cool:** Move cookies to a wire rack and cool completely.
- **Decorate with frosting:** add frosting to the piping bag fitted with a #44 or #45 tip and pipe the frosting across each cookie, one at a time. Use different angles and overlap some of the lines until most of the cookie is covered. Place a tiny bit of frosting on the back of two candy eyeballs and attach them just above the center of each cookie.
- **To store:** store leftover cookies in a container in the fridge for up to one week.



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!

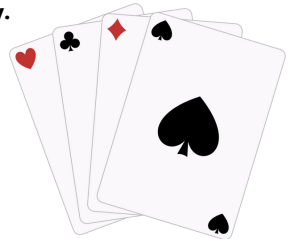
Join others at the East end of the dining room for games and cards. Choose from those supplied by the Center, or bring your own!



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

YOU ARE LOVED

Return Service Requested

Find us on
Facebook!



facebook.com/walla
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.



True friends are
never apart,
maybe in distance
but never in heart.

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

