



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

Please see our website for
further updates at
wallawallaseniorcenter.org

.....

• **CENTER OPENING HOURS**

8am-3pm
Monday through Thursday.

• **CONGREGATE DINING**

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

• **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 11 for more info.



Pet Disaster Preparedness

*Be sure your furry one is ready in
case of an emergency*

**Pg.
6**

Fall Immunizations

Protect yourself and others

**Pg.
7**

Annual Holiday Bazaar!

*Join us for another year of holiday
cheer*

**Pg.
12**

And More! *Read On To Find Out*

ANNOUNCEMENTS

WALLA WALLA VALLEY CRAB FEAST

We are excited to announce that we will be partnering with Kiwanis and Lions Club for the annual Crab Feast. We will have more information in December's newsletter, including how to purchase tickets. For now, mark your calendars for Saturday, February 15th for some delicious crab and community fun.



VALLEY GIVING GUIDE 2024

The Walla Walla Senior Center will be participating in this year's Valley Giving Guide again. This is a community-wide fundraiser to support all of the great nonprofits across the valley.

If you are able, this is a great time to give because all donations will receive matching funds! **That means your contribution will go further in supporting our mission, amplifying your impact.** It's a fantastic opportunity to maximize your generosity and help us make a bigger difference together!

The Valley Giving Guide will run from **December 3rd through December 31st.** To support the Walla Walla Senior Center through this fundraiser, visit valleygivingguide.org/organizations/walla-walla-senior-center for an online donation or ask a staff member how to donate by check.

WALLA WALLA SENIOR CENTER, INC.

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

EXECUTIVE DIRECTOR

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WALLA WALLA SENIOR CENTER MISSION STATEMENT

Our mission is to empower our community members, specifically older adults, to live healthy and happy lives by fostering intergenerational connections, building community, and combating social isolation and hunger.

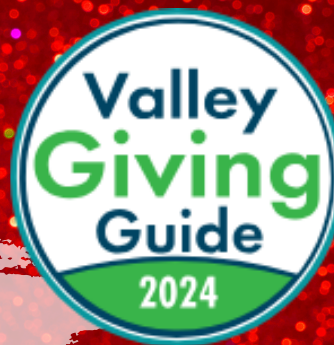
Southeast Washington Aging and Long Term Care Council of Governments is a funding agency. The Walla Walla Senior Center does not discriminate in admission, access to, treatment or employment in its programs on the grounds of race, color, religion, national origin, sex, gender identity or expression, sexual orientation, age, marital status, pregnancy, status as a parent, economic status, political affiliation, expunged juvenile record, mental or physical disability, military service or veteran status, family medical history or genetic information, and/or any other characteristic or status protected by national, federal, state or local law.

Board Meetings are on the 4th Thursday of each month at 1pm

Mark your calendar!

Give The Gift of Nutrition

It's so easy to do so much good for older adults in Walla Walla who are facing hunger!



Support the Walla Walla Senior Nutrition Program with the Valley Giving Guide, coming December 3rd.



Music



Education



Fitness



Community



Art



CHRISTMAS CARD MAKING WITH PAULA (FREE)

NOVEMBER 14TH, 10AM IN THE MAXSON ROOM

Share a merry card with friends and family. Join us to create some cards for Christmas. These are assembly type step by step projects. These classes are set up for the beginner crafter. All supplies will be provided. Open to all. Please sign up at the front desk or call 509-527-3775.



COFFEE SOCIAL (FREE) WITH VETERANS HOME RESIDENTS

NOVEMBER 26TH, 9:30AM IN THE DINING ROOM

Join us for a coffee social with our community of Senior Center participants and Walla Walla Veterans Home residents. Open to the community! Coffee and treats will be provided.



RESTORATIVE YOGA (FREE)

MONDAYS, 10-11AM & TUESDAYS 2-3PM

Come join us for a free restorative yoga class complete with breathing, stretching, and balance. Please bring a yoga mat. Open to all! *Please note that Tuesday's class was changed from 1pm to 2pm beginning in November.



OLD TIME MUSIC MUSICIANS (FREE)

NOVEMBER 5TH AND 19TH, 6:30-8:30PM IN THE DINING ROOM

Do you miss the music from the good ole days? Join the Old Time Music Musicians at the Senior Center and be taken back in time with the music that you love.



DEMENTIA FRIENDS (FREE)

NOVEMBER 13TH, 10-11AM

Dementia Friends is a global movement that is changing the way people think, act, and talk about dementia. Dementia Friends helps communities understand what dementia is and how it affects people and their families and friends. Everyone can make a difference in the life of a person and families who are touched by dementia. The informational session will develop an understanding about dementia including what dementia is, the most common types of dementia, the 5 key messages, communication tips and strategies, and ways to take action to help the community understand.

Every week

At the Walla Walla Senior Center...

BRIDGE

TUESDAYS AND THURSDAYS AT 1PM



PINOCHLE

MONDAYS AT 1PM

GAME AREA

At the East end of the dining room. Choose from games supplied by the Center, or bring your own!

- Puzzles
- Dominoes
- and more!

MONDAY-THURSDAY, 8AM-3PM



ALZHEIMER'S ASSOCIATION®

Free Education Presentations Available

Do you have a group or club you need a presenter at?

We can provide free education and awareness presentations for your next event or meeting! We have several programs to choose from. General topics and specialized topics about Alzheimer's and Dementia are available. For more information or to schedule a presentation:

Julie Hooley at (509)412-2371 or jmhooley@alz.org

Memory Café Open!

We are very excited to announce that the Walla Walla Memory Café is now open! At a Memory Café, persons living with Alzheimer's or other dementias and their loved ones enjoy socializing in a relaxed café setting. There is no set agenda. Families and friends meet and socialize in an environment that is accepting and non-judgmental. The Memory Café will meet the 2nd Monday of the month 10am – 12pm



Hot Mama's Espresso
1447 W Pine St, Walla Walla, WA 99362
Facilitator Kay Lehmann (509)520 -1046
Or Julie Hooley (509)412-2371

Alzheimer's Association - 24/7 Helpline
800.272.3900

Walla Walla Senior Center - SALON

Haircut

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

Perm

- Starts at \$75

Nails

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

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

Cash or check only.

**Schedule your appointment
by calling (509) 240-6034**



YOUR TRUSTED PARTNER FOR IN-HOME CARE



Elevating Your Quality of Life

Are you or a loved one in need of personalized, compassionate care? Look no further! Serengeti Care's dedicated caregivers are here to provide top-notch in-home care tailored to your unique needs.

Compassionate Caregivers

Comfort of Home

Independence

One-on-One Attention

Skilled Professionals

Your comfort and happiness are our priorities. Contact us today to learn more about how we can make a difference in your life.



509-730-0644

serengeticare.com

racheld@serengeticare.com

Pet disaster preparedness

Prevent tragedy by preparing for a disaster or everyday emergency before it happens

Plan for your pets

- Make sure that cats and dogs are microchipped and wearing collars with up-to-date identification tags, including your cell phone number. You'll increase your chances of being reunited with pets who get lost by having them microchipped; make sure the microchip registration is in your name. But remember: The average person who finds your pet won't be able to scan for a chip, but they will probably be able to read a basic tag!
- Find a trusted neighbor, friend or family member and give them a key. Make sure this backup caretaker is comfortable and familiar with your pets (and vice versa). Make sure your backup caretaker knows your pets' feeding and medication schedule, location and habits.
- Make sure all your pets are current on their vaccines and have copies of those records handy. Some of the shelters, rescues, hotels, clinics and boarding kennels that might temporarily house pets during disasters will require vaccination records.
- Have a plan for places you can go with your pet if you need to evacuate. Not all hotels, for example, accept pets.

Make a disaster kit for pets

A basic disaster kit for pets should include:

- Food and water for at least five days for each pet, bowls and a manual can opener if you are packing canned pet food. People need at least one gallon of water per person per day. While your pet may not need that much, keep an extra gallon on hand to use if your pet has been exposed to chemicals or flood waters and needs to be rinsed.
- Medications and medical records stored in a waterproof container.
- A pet first aid kit that includes a book on pet first aid, gauze, nonstick tape, pet shampoo, tweezers, antibiotic ointment, styptic powder (for small wounds) and activated charcoal (for poison exposure.) Many pet supply retailers sell pet first aid kits.

- Cat litter box, litter, litter scoop and garbage bags to collect all your pets' waste.
- Sturdy leashes, harnesses and secure carriers to transport pets safely and to ensure that your pets can't escape. Make sure that your cat or dog is wearing a collar and identification that is up to date and visible at all times.
- Current photos of you with your pets and descriptions of your pets to help others identify them in case you and your pets become separated—and to prove that they are yours once you're reunited.
- Written information about your pets' feeding schedules, medical conditions and behavior issues along with the name and number of your veterinarian in case you have to board your pets or place them in foster care.
- A favorite toy for comfort and a familiar blanket for warmth, particularly for smaller pets.

Learn more at humanesociety.org








Immunizations to Protect Against Flu, Covid, and RSV this Fall

Where to get your vaccines: most pharmacies offer these vaccinations and will take your insurance. You can also speak to your doctor to schedule your shots.

| Disease | What Products are Available? | Who Should Use These Products? | What Are the Benefits? |
|---|---|--|--|
|  Flu | Updated flu vaccines for 2023-2024 are available, including flu shots and a nasal spray flu vaccine | Everyone six months and older should get an updated flu vaccine. People 65 and older should get a high-dose or adjuvanted flu vaccine, if available. | Flu vaccines reduce the risk of flu illness, severe illness, hospitalization, and death. |
| | COVID-19 Updated 2023-24 COVID-19 vaccines are available for 2023-2024 | Everyone six months and older should get an updated vaccine. Some groups may need additional doses to stay up to date . | COVID-19 vaccines are effective at protecting people from serious illness, hospitalization, death from COVID-19; they also reduce the risk of Long COVID . |
|  RSV | RSV vaccines | Adults aged 60 and older | Vaccination against RSV can help prevent severe RSV illness, hospitalization, and death. |
| | RSV vaccine | People who are 32 through 36 weeks pregnant during RSV season | Vaccination against RSV while pregnant can help protect babies from severe RSV illness, hospitalization, and death. |
| RSV immunization | | Infants entering or born during RSV season | Immunization against RSV from monoclonal antibodies can help prevent severe RSV illness, hospitalization, and death. |



| Senior Round Table Menu | | WALLA WALLA SENIOR CENTER | | NOVEMBER 2024 | | Walla Walla Senior Center | |
|--|--|--|--|---------------------------------------|---|---------------------------|--|
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | | | |
| <p>MOW = MEALS ON WHEELS IN HOUSE = CONGREGATE DINING ROOM</p> | <p>MEALS FROM AROUND THE WORLD</p>  | |  | <p>1</p> <p>CLOSED</p> | | | |
| <p>4 MEAT LOAF & GRAVY MASHED POTATOES VEGETABLE BREAD FRUIT COOKIE</p> | <p>5 SPAGHETTI & MEAT SAUCE GARLIC BREAD FRUIT MOW: VEGETABLE COLESLAW IN HOUSE: SALAD BAR</p> | <p>6 HAMBURGER WITH BUN LETTUCE, TOMATO, ONION VEGETABLE POTATOES CAKE IN HOUSE: ICE CREAM</p> | <p>7 PORK STEW COOKIE ROLL, FRUIT MOW: VEGETABLE, SALAD IN HOUSE: SALAD BAR</p> | <p>8</p> <p>CLOSED</p> | | | |
| <p>11</p> <p>CLOSED</p> | <p>12 CHICKEN FRIED BEEF STEAK POTATOES BREAD, COOKIE MOW: VEGETABLE FRUIT IN HOUSE: SALAD BAR</p> | <p>13 INSPIRED BY: JAMAICA JERK CHICKEN RICE STEAMED CABBAGE CARROTS ROLL BANANA</p>  | <p>14 MOW: MINESTRONE SOUP VEGETABLE FRUIT, ROLL SALAD IN HOUSE: SUPER SALAD BAR</p> | <p>15</p> <p>CLOSED</p> | | | |
| <p>18 ROAST BEEF POTATOES VEGETABLE BREAD FRUIT COOKIE</p> | <p>19 CHILI CHEESE TOPPED POTATO COOKIE, BREAD MOW: VEGETABLE, FRUIT IN HOUSE: SALAD BAR</p> | <p>20 INSPIRED BY: FRANCE PORK AND LENTILS POTATO CASSEROLE ZUCCHINI CROISSANT BERRIES AND CREAM</p>  | <p>21 CHICKEN & DUMPLINGS FRUIT, COOKIE, MOW: PEA SALAD VEGETABLE IN HOUSE: SALAD BAR</p> | <p>22</p> <p>CLOSED</p> |  | | |
| <p>25 SALISBURY STEAK MASHED POTATOES VEGETABLE BREAD FRUIT COOKIE</p> | <p>26 TURKEY & STUFFING MASHED POTATOES GREEN BEAN CASSEROLE ROLL PIE CRANBERRY SAUCE</p> | <p>27 MOW: BAKED FISH VEGETABLE CORN BREAD, SALAD IN HOUSE: HAYSTACKS FRUIT, COOKIE</p> | <p>28</p> <p>CLOSED</p> | | | | |

Free for persons 60+ years. Donations appreciated. Under 60 years \$7 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 into 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



Autumn Salad - Yum!

Ingredients: (serves 6 side-sized salads)

For Salad

- 1 10 oz package of Spring Mix with Baby Spinach (plus a couple handfuls of spinach or arugula if desired)
- 1 apple (cored and sliced thinly)
- 1/2 cup crumbled blue cheese (can sub feta, goat, or gorgonzola cheese)
- 1/2 cup whole pecans, toasted (400 degrees for 10 minutes on a sheet pan)
- 1/2 cup cooked, crumbled bacon
- 1 cups roasted cubed sweet potatoes (about one average size sweet potato)

Dressing Ingredients

- 1/4 cup apple cider vinegar
- 1/2 cup light olive oil
- 2 tablespoons maple syrup
- 1 tablespoon dijon mustard
- 1 tablespoon lemon juice about half a lemon
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

Directions:

1. Preheat oven to 400 degrees.
2. Cube and peel sweet potatoes. Toss with 1 tablespoon olive oil.
3. Spread on foil or parchment covered baking sheet. Bake for 20-25 minutes or until soft and slightly brown on the edges. Cool.
4. In large salad bowl, add greens, blue cheese, sliced apple, pecans, bacon and chilled sweet potatoes.
5. Combine all dressing ingredients in a container or mason type jar and chill. Toss salad with dressing right before serving. Start with a 1/4 cup and add more dressing as desired.

Recipe & photo via [laughingspatula.com](https://www.laughingspatula.com)



Featured Countries on This Month's Menu

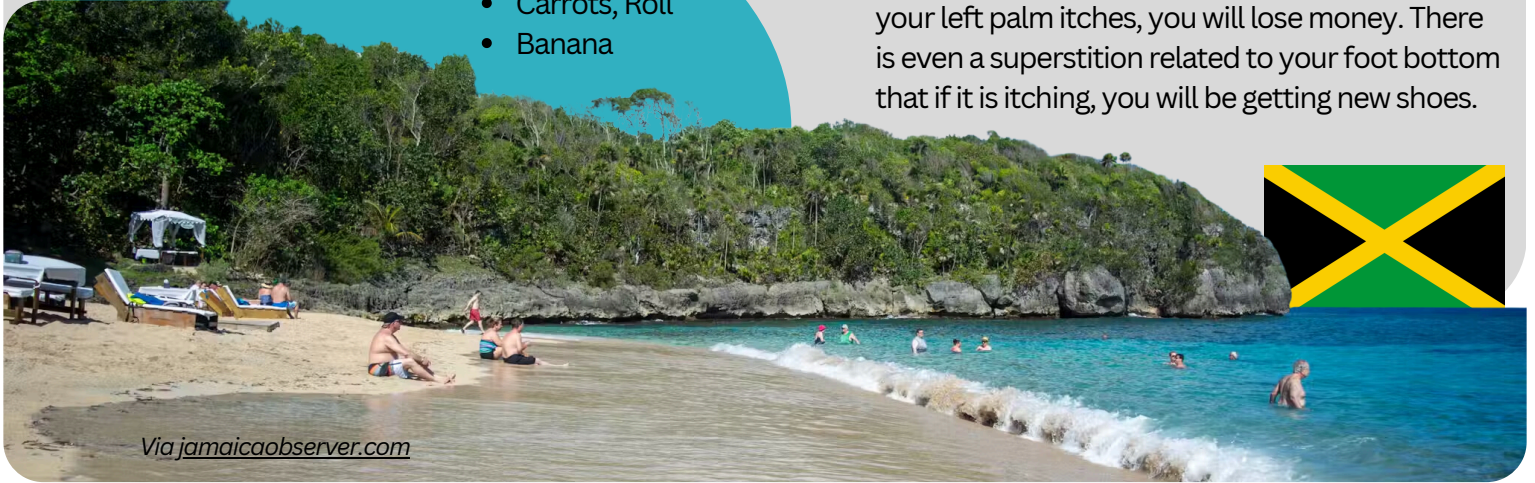
This month, we are featuring **SUPERSTITIONS** from the countries on November's Meals from Around The World menu. Had you heard about these before?

Jamaica

On November's Menu:

- Jerk Chicken
- Rice, Steamed Cabbage
- Carrots, Roll
- Banana

Foot/hand itches? Having certain parts of your body scratch you carry different meanings in Jamaican superstition. It is said that if your right palm itches, it means you will gain money but if your left palm itches, you will lose money. There is even a superstition related to your foot bottom that if it is itching, you will be getting new shoes.



Via jamaicaobserver.com

Don't put the bread upside down. This is extremely important for the French as they eat bread, their famous baguette every day. So all the French pay attention to not putting the bread upside down on a table as it will bring bad luck. This belief dates back to the Middle Ages, when the executioner was a widely respected and feared man who you wouldn't want to anger. Therefore, the baker would reserve his baguette by placing it upside down to ensure nobody else would take it. No one would be foolish enough to upset a hungry executioner. Over the years, the action became a symbol of bad luck.

Via jadorelyon.com



France

On November's Menu:

- Pork and Lentils
- Potato Casserole
- Zucchini
- Croissant
- Berries and Cream



MEALS FROM AROUND THE WORLD

When you see this symbol on our menu, it means the meal is inspired by a cuisine from somewhere in the world. This month we are serving our version of German and Peruvian food. We hope you join us for one or for all of these special meals!

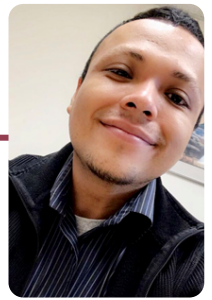
- Wednesday, October 9th: Germany
- Wednesday, October 16th: Peru



Adult Day Center & Family Support

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

Alex Sanchez,
Program Manager



Blue Mountain Able Heroes

Deven Riffle is an extraordinary young man who came to the ADC as part of the BMAC youth program. While at the Center, Deven made an impact with our ADC participants, going out of his way to interact and share his story with them, warming our hearts and motivating participants to keep going. With contagious enthusiasm, he made sure no one was left out. This young hero has so much ahead of him. Among many other things, he has started a basketball league in Walla Walla for those with disabilities: Blue Mountain Able Heroes.

Deven would like to invite anyone interested in knowing more about his basketball league to contact him.

“As a child, I was included in sports such as little league baseball. However, there’s one little difference. I was born with a mild form of Cerebral Palsy. I can still talk, use my arms, and even drive. My name is Deven and throughout my entire life I’ve been an advocate for people with disabilities and making sure they are treated like any other person and that includes sports. At the YMCA every Wednesday from 5 to 6:30, I’m inviting anyone with any disability of any age to come and watch\play wheelchair basketball.”

For more information:

Email: deven.riffle@gmail.com

Phone number: (509) 520-0475

My Mother’s phone number: (509) 540-1284



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 or email us!



HOLIDAY BAZAAR

SATURDAY ● DECEMBER 7TH, 2024 ● 9AM-3PM

At the Walla Walla Senior Center, 720 Sprague St.



**Join us in raising funds
for senior programming
in Walla Walla!**

*Together, we can help older adults
age well and thrive.*

Vendors • Bake Sale • Silent Auction • Lunch

Lunch Menu

Hamburger, potato salad, chips and soda - \$10

Slice of pie - \$2

**Only 3 vendor spots left!
Reserve your space today!**

SIGN UP TO BE A VENDOR!

\$30 per table. Sign up now through November 30th (or until spots remain) by stopping by our center or giving us a call at 509-527-3775.

Carbs or fats for breakfast?

Which is best for healthy weight in men vs women?

The best type of breakfast for men and for women? Two very different menus, according to a new study from researchers at the University of Waterloo in Canada.

The study proposes that for optimal energy levels and health, men's metabolisms may respond best to carbohydrate-rich breakfast after not eating overnight, while women may benefit more from meals with a higher percentage of fat upon waking. Choosing the right foods for your metabolism might also help you lose and maintain weight.

Metabolism refers to the complex series of chemical processes in the body through which nutritive substances are converted into energy, growth occurs, and cellular damage is repaired. The study is based on a mathematical model created by the researchers that allowed them to simulate the effect of various dietary choices on men's and women's metabolisms.

The model aimed to fill gaps in existing knowledge about differences between the ways in which men and women process fat. Medical research has historically focused on men's health, so there is far less data available on the effects of foods on women's metabolism. Using the model, the researchers were able to simulate dietary outcomes for women, particularly where clinical data is lacking.

As we know, human nutrition consists primarily of carbohydrates, fat, and proteins. Women tend to rely more heavily on lipid (fatty acid) metabolism instead of the carbohydrate metabolism preference shown by men. What is most significant, say the study's authors, is that these differences in metabolism can result in differences in metabolic responses and in disease risk, so it is important that we gain a fuller understanding of them.

Healthy carbohydrate-rich vs fat-rich breakfasts

Michelle Routhenstein, a Preventive Cardiology Dietitian at EntirelyNourished, who was not involved in the study, suggested some foods that individuals of each gender might consider for breakfast. "Choosing carbohydrate-rich breakfasts that are macronutrient-balanced and contain soluble fiber can be beneficial for men. This can include things like oatmeal, a well-balanced smoothie, or a berry, nut, and yogurt bowl," she advised.

For women, Routhenstein recommended "heart-healthy fats that are rich in unsaturated fats. This can include things like chia pudding, a veggie egg omelet, or cottage cheese with flax seeds and apples."

Why is fat metabolism faster in women?

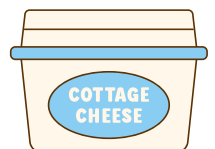
Senior investigator of the study Anita T. Layton, research chair in Mathematical Biology and Medicine, and professor of Applied Mathematics, Computer Science, Pharmacy and Biology at the University of Waterloo, told Medical News Today that: "Existing knowledge seems to present a paradox: Women tend to preserve more fat than men during the absorptive period, but exhibit significantly higher fat oxidation during the post-absorptive period. Our model can guide tailored, gender-specific dietary recommendations that optimize metabolic health and that can prevent complications like post-prandial hyperglycemia or hypoglycemia. Simulations can be done to see how a specific body may respond to meals of all kinds of compositions."

"We hypothesize that this increased reliance on fat metabolism in females is influenced by gender differences in liver and adipose tissue, for which model simulations point to a candidate underlying mechanism," she added.

Article adapted from medicalnewstoday.com



VS





Get Connected. Get Help.™



SCAN ME

In need of help? Dial the numbers 211 to connect to a bilingual community information and referral specialist who can help you find a number of services. Your call is free, live, and confidential.



BASIC NEEDS

- * rental & utility assistance
- * food pantries SNAP
- * temporary shelter
- * transportation



HEALTH CARE

- * health clinics & screening services
- * counseling & addiction services
- * dental clinics & assistance
- * specialized treatment



FAMILY RESOURCES

- * individual & family support groups
- * volunteer opportunities
- * child care & children's services
- * holiday assistance



SPECIALIZED NEEDS

- * disability support & advocacy
- * legal
- * employment



LANGUAGE SERVICES

- * trained bilingual I&R specialists,
- * TTY & interpreter services for 140+ languages



TEXT

your zip code to 898211



DIAL

211



SEARCH

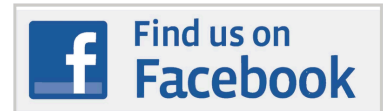
www.wa211.org



Washington



For more information go to wa211.org or dial 877-211-WASH (9274) if you have trouble connecting using the number 211



POTTERY PAINTING STUDIO NOV. POP - UP HOURS



POP-UP WEDNESDAY

10AM - 2PM



NOVEMBER 6TH
&
NOVEMBER 20TH



Or, join the Pottery Painting Studio during their regular hours:

Thursday & Friday
4:00 PM - 7:00 PM

Saturday & Sunday
11:00 AM - 3:00 PM

The Pottery Painting Studio is open to the community. No reservation required. Many items to paint available at various price points.

FROM OUR SENIOR CENTER COOKBOOK... (P. 92)

By Patty Rimbey

Molasses Cookies

- 3/4 c. oil
- 1 c. sugar
- 1/4 c. molasses
- 1 egg
- 2 tsp. baking soda
- 2 c. flour
- 1/2 tsp. cloves
- 1/2 tsp. ginger
- 1 tsp. cinnamon
- 1/2 tsp. salt

Mix in order given and chill. Form into 1 inch balls. Roll in sugar and place on a greased cookie sheet 2 inches apart. Bake at 375 for 8 to 10 minutes.



Walla Walla Senior Center Cookbook
PICK UP YOUR COPY TODAY!

Purchase your copy (\$10/each) at the Center or give us a call at (509) 527-3775



Great gift idea!

WALLA WALLA SENIOR CENTER

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

YOU ARE LOVED

FIND US ON SOCIAL MEDIA!



facebook.com/wallallaseniorcenter.org



[@wwseniorcenter](https://www.instagram.com/wwseniorcenter)

♥ Donate ♥

Online ● At our center ● Via mail ● Over the phone

*We are able to do what we do thanks to donors like you.
Support your local older adult programs. Thank you!*

wallallaseniorcenter.org/donate



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

VoiceCare

Emergency Response System

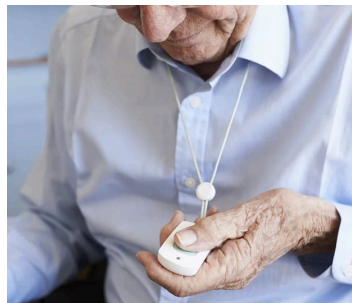
Live Independently at Home

In partnership with:



To Learn More:

Richard Clark
Voice Care Coordinator
509-527-3775 ext. 2

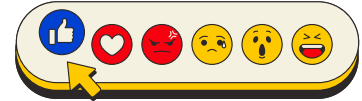


MONTHLY BRAIN TEASER

A woman shoots her husband. Then she holds him underwater for over 5 minutes. Finally, she hangs him. But 5 minutes later they both go out together and enjoy a wonderful dinner together. How can this be?

*See the bottom of this page for the answer.
Riddles via parade.com*

SWITCH TO THE DIGITAL NEWSLETTER



Better colors, better photos,
easier to read, saves paper!
Switch on our website or send us
an email at
admin@wallallaseniorcenter.org



hung it up to dry.

Brain teaser answer: The woman was a photographer. She shot a picture of her husband, developed it, and