

## Pullman Senior Center

### Northern Quest Casino

This is our "most popular" casino trip. As the largest casino in our area, it has 14 different restaurants and food vendors. After recent remodeling and the addition of a new hotel, it has become a glitzy place. We are not responsible for any losses incurred! Home pick-up begins 1-hr prior to scheduled departure. Fee includes: escort and transportation. Meal cost not included. **Register by: Aug 10**

Location: Airway Heights, WA Min 8/Max 18  
Tu ..... Aug 14 ..... 9:00am-5:00pm .... \$12

### CDA Summer Theatre "Ragtime-The Musical"

This show illustrates the poignant issues of the day; from immigration, racism and politics to industrialization and social upheaval. It takes place during the beginning of the 20th century, and historical figures intermingle with fictional characters whose lives are influenced by the Ragtime era's social challenges. Lunch before the show at Beachhouse restaurant. Home pick-up begins 1-hr prior to scheduled departure. Fee includes: admission, escort, and transportation. Meal cost is not included. **Register by: Aug 10**

Location: Coeur d'Alene Min 8/Max 18  
Su ..... Aug 19 ..... 9:00am-7:00pm .... \$46

### Peach Festival at Greenbluff

Travel with us to Greenbluff, the "fruit mecca" of the Inland Northwest. You can buy your favorite fruits and vegetables, fresh from the fields, or enjoy a hot yummy peach cobbler for lunch. We will also stop at several farms and a gift shop. Home pick-up begins 1-hr prior to scheduled departure. Fee includes: escort and transportation. Meal cost is not included. **Register by: Aug 17**

Location: Greenbluff, WA Min 8/Max 18  
Sa ..... Aug 25 ..... 9:00am-5:00pm .... \$12

### Register Early ....To Avoid Disappointment

Nothing cancels a great program quicker than everyone waiting until the last minute to register.  
**Register TODAY!**

## Join Us at the Pullman Senior Center Today!

### "Active Living for Active Adults"

325 SE Paradise Street, City Hall, 1st Floor, Pullman, WA 99163

Steve Bell, Coordinator: (509) 338-3307

Email: [seniorcenter@pullman-wa.gov](mailto:seniorcenter@pullman-wa.gov)

Web: [www.pullman-wa.gov/senior](http://www.pullman-wa.gov/senior)

#### EDUCATION

Computer Classes  
AARP Driver Courses  
Creative Writing Groups  
Informational Seminars  
Library

#### HEALTH/WellNESS

A.M. Walks at Beasley  
Fit & Fall Proof Exercises  
Blood Pressure Clinics



#### RECREATION/SPECIAL INTEREST

Bridge, Bingo, Dominos,  
Scrabble, Cribbage,  
Wii Bowling  
Travel/Tours  
Day Trips  
Overnight Excursions

#### SPECIAL EVENTS

Holiday Bazaar Fundraiser  
Irish Stew Fundraiser  
Lentil Festival Parade



#### NUTRITION

Council on Aging Meals  
Breakfast Club  
Supper Clubs  
Grocery Shopping



#### VOLUNTEER OPPORTUNITIES

Center Support  
Fund-raising Activities  
Leadership Positions

### "In Memory Of" A Memorial Appreciation

This is our annual special recognition event for those members who we have lost in the past year. All of these Senior Citizens have touched our lives and become our friends. Families of those we have lost are welcome to attend. Please join us and afterwards, as we will serve refreshments.

Location: Pullman Senior Center, City Hall  
M ..... May 21 ..... 12:45-2:00pm ..... Free

### Lentil Festival: Senior Booth & Parade

We will be staffing our booth on Friday. On Saturday, come ride along with us on our float in the parade. To get involved in this GREAT community event, please sign-up at the Senior Center.

Location: Downtown Pullman  
F ..... Aug 17 ..... 5:00-8:00pm ..... Booth  
Sa ..... Aug 18 ..... 9:30-11:30am ..... Parade

# Pullman Senior Center



## Get a Head Start on Health!

### Morning Walk at Beasley

Join your friends or make new ones as you get healthy! You may go on your own or ride the senior van. Home pickup begins at 8:30am.

Location: Beasley Coliseum

MF ..... Year around .....9:00-10:00am.....  
.....Members only

### Fit and Fall Proof Exercises

Join your friends for exercise before lunch in the activity room, led by Carole Johnson.

Location: Senior Activity Room

MF ..... Year around .....11:00-11:30am.....  
.....Members only

☆ Senior Center Association Membership:  
\$10 per year and receive a monthly newsletter.

☆ Consult your physician before signing up for any fitness program.

### Birthday Party

Join us the first Friday of the month at the Council on Aging Meal, as we celebrate birthdays. Everyone is welcome to come for the fun! Please check the monthly Senior Citizen Association Newsletter for dates. No need to sign up, just come. All birthday members are put into a drawing for prizes and a FREE Day Trip (sponsored by Whitman Senior Living).

Suggested donation for meal: .....  
.....60 yrs and older..... \$3  
.....59 yrs and younger..... \$5

### Bridge

We would like more bridge players! Join us at the Pullman Senior Center on Mondays and Fridays from 12:30-3:00pm. Everyone is welcome! Don't know how to play? We'll teach you how.

### Computer Access

Looking for a place to access a computer? We have three computers available for member use in the Senior Activity Room.

### Computer Program

Free computer program instruction for senior members who would like to learn the basics of computer use, writing a letter, email, and web searching. Call for further information on dates and times for these classes at 509-338-3307.

### Cribbage Day

On the last Friday of each month we will gather all of our Cribbage players for a fun time. This will begin after lunch at 12:30pm and last about 2 hrs. Bring your boards if you have some and we supply the cards.

### Game Day

Join our members who enjoy playing a game with others. Every Friday we will offer a variety of games such as: Dominos, Scrabble, and Card games. Sign-up before lunch on Fridays and games will start at 12:30pm.

### Movie, Pop & Popcorn

Join other movie-goers every month, on the last Tuesday at 1:30pm, and watch popular movies from the present and the past. Watch them on our BIG screen! Sign up at the center or call at 338-3307. Dates and movie titles will be included in the monthly newsletter.

### Once-a-Month Bingo

Join us at the Senior Center for a fun-filled afternoon of Bingo after COA meal. Great prizes provided by Bishop Place. Dates vary; please look for dates in the Senior Newsletter. Transportation will be prior to the COA meal-return transportation provided at the end of the activity. Sign up at the Senior Center.

### Red Hats

Join the gaiety of this fun-loving group of women! Their flare for red hats and purple attire distinguishes them. They usually play a fun game before deciding where to go for lunch. Cost of meal is on your own. Everyone meets at the Pullman Senior Center. Meeting schedule is (Sept thru May) listed in monthly newsletter.

### Trading Book Library

Like to read? Need something new? We have a library just for you! Trade in a good book and take some home. The library is for member use only and is located in the Senior Activity Room.

### Wii Bowling

Only offered from September to April, but not during Summer months. Please watch your newsletter for more information or call the center at 509-338-3307.

### Council on Aging & Human Services (COA)

The Council on Aging and Human Services provides a delicious noon meal every Monday and Friday at the Pullman Senior Center (except holidays). Come join us for great food, fun, and friendship. Menus are in the Daily News and the Senior Newsletter.

Suggested donation for meal: .....  
.....60 yrs old and older..... \$3  
.....59 yrs and younger..... \$5

### AARP Driver Program

This course covers state laws, driving conditions, and safety. Upon completion of this course seniors qualify for the state mandated insurance premium reduction. Only offered Fall and Spring sessions. Call Stan Buckley: 509-334-1306 to register.

### WSU Retirees

The WSU Retirees normally meet in City Hall at the Pullman Senior Center with an interesting speaker followed by a social. Meetings are on the fourth Thursday of each month at 1:30pm. They do not meet during the Summer months.

## PULLMAN SENIOR CITIZENS ASSOCIATION MEMBERSHIP

You can become a member of the Pullman Senior Citizens Association by paying just \$10 annual dues. You will receive the monthly newsletter with your membership, which contains information about upcoming programs and trips. For more information, please call 509-338-3307, or stop by the Pullman Senior Center, 325 SE Paradise.