

Join the Pullman Senior Center Today!

"Active Living for Active Adults"

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

(509) 338-3307 or (509) 332-1933

www.pullman-wa.gov/seniors

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 338-3307, or stop by the Pullman Senior Center.

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



NUTRITION

Council on Aging Meals
Breakfast Club
Supper Clubs
Progressive Dinners
Grocery Shopping



RECREATION/SPECIAL INTEREST

Bridge, Bingo, Dominos,
Scrabble, Cribbage,
Wii Bowling

TRAVEL/TOURS

Day Trips
Overnight Excursions
National/International Tours

SPECIAL EVENTS

Holiday Bazaar Fundraiser
Irish Stew Fundraiser
Lentil Festival Parade

VOLUNTEER OPPORTUNITIES

Center Support
Fund-raising Activities
Leadership Positions

Get a Head Start on Health!

If you would like to lead a fitness class that you do not see offered (and have experience) please let us know. We are willing to try something new at least once!

Morning Walk at Beasley*

Join your friends or make new ones as you get healthy while walking where its cool and nice! You may drive yourself or use the senior van pick-up service. The senior van begins home pickup at 8:30am.

Location: Pullman, WA

MF...Jun-Sep...9:00-10:00am...Members only



Fit & Fall Proof Exercises*

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

Location: Senior Activity Room

MF...Jun-Sep...11:00-11:30am...Members only

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

"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 24..... 1:00-2:00pm... Free

Hillyard Belles & Trainmen

BACK BY POPULAR DEMAND!

This group of 20 or more senior citizen musicians and dancers that will bring back some of the "good ole days" music. A great performance by a talented group from Spokane who will sing, dance and pantomime many of your favorites. Refreshments will be served afterwards. Sponsored by the Pullman Senior Citizens Association.

Location: Pullman Senior Center, City Hall

F.....Jun 11..... 1:00-2:00pmFree

Lentil Festival – Senior Booth & Parade

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

Location: Parade in downtown Pullman

F.....Aug 20..... 5:00-8:00pm

Sa.....Aug 21..... 9:30am-12:00pm...Free

Pullman Senior Center

Come join the Senior Association and participate in these ongoing Senior Center Programs!

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 as we sing to our birthday members. A drawing for a FREE Day trip is provided by Whitman Senior Living. Please look in the Senior Newsletter for dates. No need to sign up, just come.

Suggested donation for meal:

.....60 yrs old and older \$3
.....59 yrs and younger . \$5

Bridge

We need bridge players! Join us at the Pullman Senior Center on Tuesdays from 8:30-11:00am, and on Mondays and Fridays from 12:30-3:00pm. Everyone is welcome! Don't know how to play? We'll teach you on Tuesday mornings.

Computer Access

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

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 Cribbage. 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 it on the NEW BIG screen! Sign up at the center or call at 509-338-3307. 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. Dates vary; please look for dates in the Senior Newsletter. Prizes are provided by Bishop Place Retirement Center. Return transportation provided at the end of the activity. Sign up at the Senior Center.

Palouse Mall/Lewiston Mall Trips

Sign up at the Senior Center to catch the van to the Palouse Empire Mall in Moscow and to the Lewiston Mall. Dates vary; please look for dates in the Senior Newsletter. Home pickup begins at 9:00am.

Moscow 10:00am-3:00pm.... \$3
Lewiston/Clarkston..... 10:00am-3:30pm.... \$6

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. (no meetings Jun-Aug)

May 20, Sep 16..... 10:30am.....Free

Trading Library

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

Wii Bowling

Twice a month we will be playing our Nintendo game of virtual bowling. We are bowling on the 1st and 3rd Mondays at 12:30pm and will be teaching members how to play. We also will be playing local retirement centers and other area senior centers. 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. For class times and fees, call Stan Buckley: 509-334-1306.

WSU Retirees

The WSU Retirees 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 Sep-Apr at 1:30pm.

**Pullman Parks & Recreation
Fall brochure will
be mailed August 19.
Registration begins
August 23.**

***If you have a program n
you would like to teach this
fall please contact our
office at 338-3227.***