

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



Nutrition

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

Recreation/Special Interest

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



Membership: You can become a member of the Pullman Senior Citizens Association by paying the \$10 annual dues. All memberships include the monthly newsletter, 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



Travel/Tours

Day Trips
Overnight Excursions
National/International Tours

Special Events

Holiday Bazaar Fundraiser
Irish Stew Fundraiser
Lentil Festival Participants

Volunteer Opportunities

Center Support
Fund-raising Activities
Leadership Positions



Free! New Member Potluck Luncheon

Come and meet our new members! All those who joined the Pullman Senior Center in 2009 are invited to attend this luncheon. We are encouraged by our new members and would love to get to know you. Everyone is invited. Long-time members please bring a salad or dessert. The Senior Association will provide the entrée. New members need only bring a smile. Home pickup starts at 11:00am. **Sign-up by: Jan 11**

Location: Pullman Senior Center
Jan 13W 12:00pm Free

Egg Stuffing for the City Egg Hunt

Every year members of the Pullman Senior Center help make the annual City Egg Hunt a success! Join us at the Senior Center for a morning of teamwork and fun, as we stuff plastic eggs with candy and toys. Egg salad sandwiches and coffee will be served. **Sign-up by: Mar 29**

Location: Pullman Senior Center
Min 16/Max 20
Apr 1Th 9:30am Volunteer Time

Get a Head Start on Health!

Morning Walk at Beasley*

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

Location: Pullman, WA
Jan-MayMF 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
Jan-MayMF 11:00-11:30am Members only
*Consult your physician before signing up for any fitness program.

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!

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! Sing along with other members. 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

Free! Book Group

Do you love to read and talk about books? Join us for a book group once a month. Time and dates vary; please look for dates in the Senior Newsletter. Sign up at the Senior Center.

Location: Pullman Senior Center
 Jan-May TBA..... TBA Free

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.

FUN! 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.

Free! 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. Sign up at the center or call at 338-3307. Dates and movie titles will be included in the monthly newsletter. Come enjoy our new "BIG" screen.

Free! 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. 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. Sign up at the center.

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

Free! 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. Jan 21, Feb 18, Mar 18, Apr 15, May 20.....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.

FUN! 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 senior centers. Please watch your newsletter for more information or call the center at 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: 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.

The summer brochure will be mailed April 22. Registration begins April 26. If you have a program you would like to teach between May-August please contact our office at 338-3227.