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, Senior Coordinator: (509) 338-3307
Email: seniorcenter@pullman-wa.gov **Web:** www.pullman-wa.gov/senior

EDUCATION
Computer Classes
AARP Driver Courses
Creative Writing Groups
Informational Seminars
Library

VOLUNTEER OPPORTUNITIES
Center Support
Fund-raising Activities
Leadership Positions

HEALTH / WELLNESS
Fit & Fall Proof Exercises
Blood Pressure Clinics

NUTRITION
Council on Aging Meals
Breakfast Club
Supper Clubs
Grocery Shopping

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

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.

"In Memory Of", A Memorial Appreciation

This is our annual special recognition event for those members whom we have lost during the past year. All of these senior citizens have touched our lives and became our friends. Families of those whom we have lost are welcome to attend. Please join us afterwards for refreshments.

Location: Pullman Senior Center, City Hall
F.....May 24..... 12:30-2:00pm

Whitman's Bingo & Ice Cream Social

We ALL love ice cream, so off to Whitman Senior Living and join our friends there. We will also stick around for their Bingo time and maybe win some prizes. Come and join the fun! Home pickup begins 1-hr prior to departure time. **Register by: Aug 12**

Location: Pullman, WA Min 8/Max 18
Th.....Aug 15 ..... 1:30-4:00pm
PSCA Fee: $3

Senior Scholarship Program:

Financial assistance is available to local low income Pullman residents 60 years of age and older to assist them in participating in programs/ activities offered by Pullman Parks & Recreation. Scholarships are available for 50% of an activity's cost, with a maximum of $20 per activity; one activity enrollment is allowed per person per brochure. All information is confidential. If you are interested in participating in this program, or if you would like to be a donor, please contact Steve at the Pullman Senior Center for more information: 509-338-3307.

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

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

Stay Healthy!

Blood Pressure Checks

Blood pressure checks for seniors are generally held every 3rd Monday. Roberta Rutherford is available from 11:15am-12:15pm to help keep our members aware of their blood pressure. Check the Senior newsletter for actual dates and times.

Fit and Fall Proof Exercises**

Join your friends for gentle exercises before lunch in the activity room. Our instructor is Carole Johnson.

Location: Senior Activity Room
MF .....Year-around.....11:00-11:30am
Senior Association Members only
** Consult your physician before signing up for any fitness program.
***Special Note:** If you would like to lead a fitness class that you do not see offered (and have experience) please let us know. We are looking for instructors in: Yoga, Tai Chi, Gentle Exercise!

Birthday Party

Join us the first Friday of the month at the Council on Aging meal, as we celebrate our member's birthdays. Everyone is welcome to come for the fun! Please check the monthly Senior Newsletter for dates. A drawing for a free Day Trip is sponsored by Whitman Senior Living.

Suggested donation for the COA meals:.....
.....60 yrs and older.....$4
.....59 yrs and younger $6

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, that's ok, we can teach you.

Computer Access

Looking for a place to access a computer? We have three computers available for member use ONLY in the Senior Activity Room. You can check your emails or surf the net.

Computer Classes

Free computer classes, when instructors are available, for Senior members who would like to learn the basics of computer use, such as: writing a letter, email, Facebook and web searching. Call for further information 509-338-3307.

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, Cards and Cribbage. Games generally will start at 12:30pm.

Movie, Pop & Popcorn

Join other movie-goers every month for a popular movie or an oldie-but-goodie. They are usually held on the last Tuesday at 1:30pm. Sign up at the center or call at 338-3307. Dates and movie titles will be included in the monthly newsletter. This is a FREE event for members.

Monthly Bingo

Join us at the Senior Center for a fun-filled afternoon of Bingo after their COA meal. Usually held on a Friday each month, dates can vary so please look for dates in the Senior Newsletter. Transportation will be prior to the COA meal and return transportation provided at the end of the activity. Prizes are sponsored by Bishop Place Senior Living.

Red Hats

Join the gaiety of this fun-loving group of women! Their flare for red hats and purple attire distinguishes them. They have unique and fun activities, go to nice lunches and volunteer in the community. Meetings are scheduled ONLY from Sep to May. Call the Center at 338-3307 for more info.

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

Come and play our Nintendo game of virtual bowling (offered only from Sep to Apr). 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 COA meals:.....
.....60 yrs old and older $4
.....59 yrs and younger $6

AARP Driver Program

This course covers state laws, driving conditions, and safety. They are ONLY offered in the fall and spring. Call Stan Buckley: 509-334-1306 for more information.

WSU Retirees

The WSU Retirees meet in City Hall at the Pullman Senior Center except during the summer months.

Join the Pullman Senior Center Today! Please watch your newsletter for more information or call the center at 509-338-3307.

Pioneer Center, Pullman Senior Center, & Pullman Aquatic & Fitness Center Closed

May 27th - Memorial Day

July 4th - Independence Day

Sept 2nd - Labor Day

Pullman Aquatic & Fitness Center: 500 NW Larry Phone: 509-338-3290
Pullman Senior Center: City Hall, 325 SE Paradise Phone: 509-338-3307