Pullman Senior Citizens Association

May 2013

325 SE Paradise, Pullman, WA 99163
(509) 332-1933 or (509) 338-3307

MARK YOUR CALENDARS

- Bridge Classes……May 6,10,13,17
- Birthday Party .....May 03
- Moscow Shopping.....May 07
- Taste & See High Tea.....May 8
- Red Hat Day .....May 09
- COA Meeting/Chore Mtg.....May 09
- Kitchen Band.....May 10
- Mother's Day Celebration.....May 10
- Bingo.....May 10
- Seeds of Change .....May 12
- Old Time Fiddlers.....May 13
- Potluck & PSC Association Meeting .....May 14
- PSC Breakfast Club .....May 15
- Palouse Falls .....May 16
- Writer's Class Presentation ..... May 17
- Blood Pressure .....May 20
- Steve Gone ..... May 20-23
- Memorial Service .....May 24
- Center is CLOSED for Memorial Day .....May 27
- Office CLOSED—Steve Gone .....May 28
- Monthly Movie.....May 29
- Staley & Appaloosa Museums .....May 30
- Healing RVM for Pets.....May 31
- Cribbage Day .....May 31

OFFICE CLOSED

May 20-23	Steve at State Conference
May 27	Memorial Day holiday
May 28	Steve's Vacation Day

From the Senior Coordinator–Steve Bell

This month I will be attending the Washington State Senior Center Association Conference that is being held in Spokane. Since I am a Board member and on the Conference committee, I will not be in the office from May 20-23. Please try to register early for our Summer trips, as they are filling quickly. Also, note the dates that the office will be closed in the box below. Lots of very interesting presentations this month, so please note the times if you want to attend.

"In Memory Of…"

A Memorial Appreciation

Friday, May 24

12:30pm

Our special recognition of our members whom we have lost in the past year.

Refreshments afterwards

Happy Birthday to our Members

Ken Bitter .....May 03
Vivian Hudson.....May 04
Betty Rutherford.....May 07
Lewis Carter.....May 09
Florence Broderick.....May 10
Annabelle Syms.....May 10
Myrtle Fulfs .....May 11
Ardis Hauser .....May 11
Karen Morris .....May 13
Marjorie Grunewald.....May 15
Sue Johnson.....May 16
Diane Olbrich .....May 16
Geraldine Bidle .....May 17
Lee Schaller..... May 17
Ruth Loucks..... May 18
Patricia Raamot ..... May 18
Elizabeth Gabe ..... May 19
Steve Bell..... May 21
Bill Paul..... May 22
Josephine Mark..... May 25
Velma Sayles..... May 25
Naomi Worthman..... May 25
Marge Farrow..... May 26
Jim Olbrich..... May 27
Bob Rehwaldt..... May 29
Tom Hellesto..... May

Birthstone:
Emerald

Flower:
Lily of the Valley

Celebrate with us on May 3rd!

Our Newest Members!

Lewis Carter
Jeanne Carter

Welcome to All!

SPECIAL NOTES:

1. See newsletter at the Parks & Recreation web site: *www.pullmanparksandrec.com*
Register at: this same web site too!
2. Check your newsletter label for your dues renewal date in upper right hand corner

COUNCIL ON AGING MEALS — MAY MENU

May 03 Roast turkey w/gravy, mashed potatoes, beets, dinner roll, Birthday dessert
May 06 Southwestern taco salad w/tortilla chips, sliced pears, ice cream sandwiches
May 10 Macaroni & cheese with ham bits, carrots, lemon bars
May 13 Oven baked chicken, whipped potatoes w/gravy, corn, green salad, pudding, pumpkin bread
May 17 Pork chops, Soup-of-the-day, mixed vegetables, rice, applesauce
May 20 Spaghetti w/meat sauce, green beans, tossed salad, French bread, dessert
May 24 Baked ham w/sauce, scalloped potatoes, green beans, red, white, and blue Jell-
Oo, bread, dessert
May 27 No COA meal – CLOSED for Memorial holiday
May 29 Cheese steak sandwiches, potato salad, relish tray, brownies
May 31 BBQ ribs, coleslaw, baked beans, peaches, apple crisp

*Menus are subject to change without notice

BINGO May 10th at 12:30

Join us at the Senior Center after lunch, for a fun-filled afternoon playing Bingo. **Bishop Place** will be our event sponsor and is bringing GREAT prizes again this month. We appreciate their support!

FREE! FREE! FREE!

Oregon's Spendor

5-days/4-nights

Tues-Sat, June 25-29

So much to see on this exciting trip! Sites include: Maryhill Museum, Oregon Gardens, Oregon Coast Aquarium, Whale watching cruise, Evergreen Aviation and Space Museum, Chinook Winds Casino, time to stroll the beaches, shop and more. Two nights on the beach, enjoying the beautiful Oregon coast in Lincoln City and Newport, and one night each in Portland and Salem. All AAA lodging and most have complimentary breakfasts. Fee includes: tour, admissions, lodging, escort, and transportation. Meal cost not included.
Registration Deadline: May 24

Min 10/Max 18
Single-Resident: $839/N-Resident: $841
Double-Resident: $744/N-Resident: $746

PSC May Meetings:

Council on Aging & Chore Meeting ..... Thur., May 9 ..... 1:30pm, 2:30pm
Red Hat Day..... Thur., May 9 ..... 10:30am
Potluck & PSC Association Meeting ..... Tue., May 14 ..... 12:15, 1:00pm

Our Members who had their Birthdays in April

May Trips & Activities

Taste and See High Tea

Off to Spokane to visit a NEWER tea house that serves High Tea in a very elegant manner. Thada Ziegler, owner, will make sure we taste the best teas and enjoy her delicious soup, scones, sandwiches, and exquisite desserts. Home pickup begins 1-hr prior to scheduled departure. Fee includes: transportation, escort, and meal. Register by: May 1

Location: Spokane, WA Min 8/Max 18
W May 8 9:30am-4:00pm
Resident: $35/N-Resident: $37

Interplayers Presents: "Seeds of Change"

A World Premier comedy starring Kathie Doyle-Lipe. Three Nazarene spinster sisters discover a new world among them through the arrival of a new neighbor and a mysterious package of seeds arriving by mail. Lunch at the Davenport Towers. Home pickup begins 1-hr prior to departure time. Fee includes: transportation, escort, and admission. Meal cost is not included. Play rated for ALL audiences. Register by: May 3

Location: Spokane, WA Min 8/Max 18
Su May 12 10:00am-7:00pm
Resident: $32*/N-Resident: $34*
*No refunds, tickets are pre-purchased

Palouse Falls

A sight to behold, this unique 200 foot falls, virtually out in the middle of nowhere. Bring your camera for your pictures of this beautiful falls and surrounding area. We will stop in Colfax for breakfast at the Top Notch Café on our way. Home pickup begins 1-hr prior to departure time. Fee includes: transportation and escort. Meal cost is not included. Register by: May 10

Location: Colfax/Washtucna, WA Min 8/Max 18
Th May 16 8:30am-5:30pm
Resident: $16/N-Resident: $18

Staley Museum & Appaloosa Museum

NOTICE DATE CHANGE, ONE DAY LATER THAN LISTED IN PARKS & REC BROCHURE!

Lots of history to be seen at these two museums!. Staley Museum is just outside Pullman and afterwards we will have lunch at Applebees in Moscow. We will continue our day visiting the Appaloosa Museum, which is just around the corner. Home pickup begins 1-hr prior to departure time. Fee includes: transportation, admission and escort. Meal cost is not included. Register by: May 10

Location: Pullman, WA/Moscow, ID Min 8/Max 18
Th May 30 9:30am-3:30pm
Resident: $12/N-Resident: $14

Register by calling 509-338-3307 or 509-338-3227.

BRIDGE CLASS

Dates of classes:

May 6, 10, 13, 17 beginning at 12:30pm

This will be a class to teach JUST how to play the "defensive" aspect of playing Bridge. Gloria Fischer will be the instructor and it will be a FREE class. A variety of strategies can be used and this will be your opportunity to learn some of these. Sign up with Steve in the office. Four sessions will be offered.

Eastern Veterinary Medicine for Pets-TEVM

Presentation: May 31, Friday, 11:00-11:40am

Veterinary Drs. Muriel Slattum and Jennifer Kereklas will be sharing the benefits of Eastern medicine and how it can improve our animals quality of life. Conditions that can benefit from this include: anxiety, diabetes, kidney disease, and skin diseases. TEVM includes five components: food therapy, acupuncture, herbals, Tui-na,

Shopping in Moscow

Tuesday, May 7th

Shop at the Palouse Mall

Macy's, Winco, Old Navy, & more
Leave City Hall at 10:00am
Home pick-ups begins at 9:00am
Transportation cost only: $4.00/$6.00
Sign-up in the Senior office.

Sponsored By: WHITMAN SENIOR LIVING COMMUNITY

Birthday Party

"Win a Free Day Trip"

Fri., May 3rd ~ after COA Meal

Come celebrate with us & join the fun!

Special Thanks to:

Whitman Senior Living for sponsoring our Birthday prizes.

PSC Breakfast Club

Wednesday, May 15 in Moscow at "The Pantry"

Leave City Hall at 9:30am
Home pick-ups begin at 8:30am
Transportation cost only: $4.00/$6.00
Sign-up online or in the Senior office.

MOVIE OF THE MONTH

Wednesday, May 29th @ 1:30pm

"Free Willy 3"

A porpoise to the rescue!

See It On Our "BIG SCREEN"

Oldie but Goodie—PG **FREE**

PULLMAN SENIOR CENTER
325 S.E. Paradise Street
PULLMAN, WA 99163

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SENIOR ASSOCIATION

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Annabelle Syms
Freida Winterroth

Co-Vice Presidents
Sharon Meldrum
Helen Peru

Treasurer
Mary Cole

Secretary
Jere' Strang

Board Members
Ralph Bowman
Tatiana Dreyer
Sharon Sharp
Joann Ailor
Barbara Palmer
Miriam Rehwaldt

Past President
Carole Johnson

PULLMAN SENIOR CENTER INFORMATION

Senior Program Coordinator
Steve Bell at 509-338-3307 or steve.bell@pullman-wa.gov

Location & Mailing Address:
325 SE Paradise, City Hall, Pullman, WA 99163

Monday & Friday—Lunch Pick Up
Call Angie Bauer at 509-332-1933 to sign up.

Senior Center Van Driver
Kristina Umbright Cell: 509-595-3879

Pullman Senior Citizens Association & Senior Center
For information about the Pullman Senior Citizens Association, the Senior Center, the newsletter, programs, trips or other senior services, please call (509) 338-3307. Membership dues are $10 annually.

Senior Citizens Mission Statement
Our purpose is to promote the social, cultural, spiritual, economic, physical, and mental well-being of the citizens of the community with particular attention to the older age group.