Pullman Active Adults Update
June 2022

Mark Your Calendars

Heavenly Special Windsor High Tea  June 1
Birthday Party!  June 3
BINGO!-Sponsor: Bishop Place  June 7
Tech Help with Shelby  June 14
Pinochle  June 14
Lewiston Underground Ghost Tour  June 16
BINGO!-Sponsor: Regency Pullman  June 17
Dayton All-Wheels Car Show  June 18
HAPPY FATHER’S DAY!  June 19
Juneteenth Observed -CENTER CLOSED  June 20
Advanced Planning Meeting  June 21
Pinochle  June 21
Spokane Tribe Casino  June 22
Karma- Moscow Out to Dinner  June 23
Wii Bowling  June 24
Senior Summer Jamboree in Spokane!  June 29
Palouse Falls  June 30

Important Pullman Phone Numbers

Pullman Senior Center  509-338-3307
Pullman Parks & Recreation  509-338-3227
Dial-A-Ride  509-332-5471
Coast Transportation  509-397-2935
Police Non-Emergency  509-332-0802
Fire Department  509-332-8172
Neill Public Library  509-334-3595
Medicare (SHIBA)  509-458-2509 ext.201
Pullman Regional Hospital  509-332-2541
Rural Resources  509-715-0358

Recreation Staff

Megan Vining, CPRP, CYSA  Recreation Manager
DJ Mackie, CYSA  Recreation Supervisor
Lendi Bankhead  Senior Center Coordinator
Jean Druffel  Preschool/Youth Programmer
Ben Galligan  Aquatic Program Coordinator
Kimberly Johnson  Administration Specialist
Dawna MacFarlane  Administration Specialist
COUNCIL ON AGING
JUNE MEAL MENU

All are welcome to join us for a sit down lunch at the
Pullman Senior Center, 190 SE Crestview St. Bldg. B
Suggested donation for Council On Aging meals:
60 yrs and older $4.25
59 yrs and younger $6.50
For to-go meals: sign-up at a previous mealtime,
Tuesday or Friday, and come pick-up a meal for a current mealtime.
Please pay the donation on the day you pick-up your meal.

Tuesday
June 7
Beef Stroganoff
Peas and Carrots
Fruit Salad
Scotcharoos

June 14
Pancakes w/Fruit Topping
Scrambled Eggs w/Salsa
Sausage, Breakfast Fruit

June 21
Beef Enchiladas
Salsa and Sour Cream
Fresh Veggies
Grape and Broccoli Salad
Danish Oatmeal Cookies

June 28
Chef Salad
w/Tomato, Ham, Turkey, Cucumber,
Cheese, & Boiled Egg
Roll w/Butter
Cottage Cheese w/Fruit

Friday
June 3
Chicken Parmesan Pasta
w/Garlic Butter
Beets, Caesar Salad
Strawberry Cupcake

June 10
Chicken Salad on a Bun
Carrot and Raisin Salad
Fresh Vegetables
Sliced Pears
Lemon Cream Cheese Bars

June 17
Hawaiian Burger
w/Ham & Pineapple
Zesty Pasta Salad
Grape and Broccoli Salad
Danish Oatmeal Cookies

June 24
Cheese Sliders
Cottage Cheese w/ Fruit
Three Bean Salad
Chocolate Chip Cookie
Let’s Celebrate!

June brings us Flag Day, Father’s Day, Juneteenth, and the first day of summer. It’s also GREAT OUTDOORS MONTH! Don’t miss out on all the outdoor fun we have planned in June. Register today for THE ALL-WHEELS CAR SHOW and stroll through Dayton’s downtown viewing hundreds of beautifully restored cars! Join in on the SENIOR SUMMER JAMBOREE trip to hang out with our friends from Hillyard Senior Center and enjoy some outdoor fun! There will be yard games, pizza, and, live entertainment. Seek out the 200-foot falls in the middle of nowhere with a trip to PALOUSE FALLS. The Pullman Recreation Department offers all of these great trips and more! **Note: Due to highway construction, please check the calendar for updated times.**

Father Figures

Sometimes, the dads we see on television impact our lives as much as our own parents. This Father’s Day, take a trip down memory lane and remember these fictional fathers:

**Andy Taylor:** On “The Andy Griffith Show”, Sheriff Taylor (Andy Griffith) was a widowed father raising a son, Opie, in the small town of Mayberry. Taylor often showed his dedication to Opie, taking him fishing and teaching him life lessons.

**Charles Ingalls:** Lovingly called “Pa” by his daughters, Charles Ingalls (Michael Landon) was an upstanding member of the community in “Little House on the Prairie.” As a frontier man, Ingalls showed strength, wisdom and compassion.

It is a time to honor fathers, celebrate fatherhood, and appreciate the influence of father’s in society. We would like to wish all the father’s in our Pullman Community and throughout the Palouse area a **Happy Father’s Day!** Your the best!
### Upcoming Trips & Activities

**Lewiston Ghost Tour**
This may be the last chance to join us for a guided tour of the passage ways that are under the streets of Lewiston and through several historic buildings. Learn some of the history and stories of more than 100 years ago. There are upcoming plans to renovate in the works; so, see this glimpse of history before it's transformed. You must be able to walk several blocks and climb some stairs. Lunch will be at the Main Street Grill. Fee includes: admission, escort, and transportation. Meal cost is not included. Home pick-up begins 1-hr prior to scheduled departure. Register by: June 6.

**June 16**  
**Thursday**  
10:30am-5:00pm  
$38/$40  
Lewiston, ID

**All Wheels Car Show in Dayton**
Grab your favorite gearhead and register for this fun day trip to celebrate Father's Day-eve! Dayton, WA opens up its downtown and historic Main Street to host one of the most popular and well attended car shows in the entire Pacific Northwest! Main Street glistens with hundreds of beautifully restored cars, from Model T's to Corvettes to sleek sedans, lining historic Main Street. But All Wheels Weekend is not your usual Car Show, there is so much more: boutique shops, crafts and food vendors, Outlaw Lawn Dragster Races, and live music. Visit the Boldman House Museum, the Dayton Historical Depot, and there will be many food vendors to choose from for lunch! Home pick-up begins 1-hour prior to scheduled departure. Fee includes: escort and transportation. Meal cost not included. Register by June 10.

**June 18**  
**Saturday**  
8:00am-8:00pm  
$25/$27  
Dayton, WA

**Spokane Tribal Casino- Newly Remodeled!**
With slot machines, gift shops, restaurants, and, historical displays, these trips aren't just for those that enjoy gaming! Register early trips can fill up fast! Home pick-up begins 1-hr prior to scheduled departure. Fee includes: escort and transportation. Meal cost not included. Register by: June 10.

**June 22**  
**Wednesday**  
9:00am-4:30pm  
$18/$20  
Airway Heights, WA

**Appy Festival & Karma Indian Cuisine**
We've added The Appy Festival at the Appaloosa Museum to this supper club trip! At The Appy Festival, we will enjoy live music, vendors, and see some beautiful horses. After we will load the van to Karma. *Karma Indian Cuisine is best known for its outstanding Indian cuisine and excellent service with livery ambience. Each dish represents flavor, pleasure, affection and essence. Karma Indian Cuisine blends taste and emotion into a one of a kind delightful experience.* Must sign up at least one week prior to the meal. Registration is required. All attending must sign up and pay fee. Home pick-up begins 1-hour prior to scheduled departure. Fee includes: escort, transportation, and administration/reservation placing. Meal cost not included. Register by June 10.

**June 23**  
**Thursday**  
2:30pm-6:00pm  
$5/$7  
Moscow, ID

**Senior Summer Jamboree!**
Our first collaboration with Hillyards Senior Center since 2017! So, you don't want to miss out on this fun filled day. We'll meet up with Hillyards Senior Center in Spokane, and head up to Colbert. Together we'll play games, listen to the live music of “Jerry-At-Tricks”, share some pizza, and bask in the sunshine! We have always had a lot of fun with Hillyards in the past, and I'm sure everyone will enjoy the event! So, don't miss out on a great day of socializing and leisure! Home pickup begins 1-hr prior to departure. Fee includes: lunch, escort, transportation, entertainment, and games. Register by: June 21.

**June 29**  
**Wednesday**  
8:45am-4:45pm  
$35/37  
Spokane, WA

**Palouse Falls**
A sight to behold, this unique 200-foot falls that's virtually out in the middle of nowhere. Bring your camera for your pictures of this beautiful falls and surrounding area. We will stop to pick-up some lunch to-go in Colfax, at Serifes Foods. In addition, snacks and refreshments will be passed out at the park. Home pickup begins 1-hr prior to departure. Fee includes: escort, and transportation. Meal cost is not included. Register by: June 21.

**June 30**  
**Thursday**  
9:30am-4:00pm  
$19/$21  
Washtucna, WA

Register online www.pullmanparksandrec.com  
or call Lendi at (509)338-3307
Gathering the generations for some fiddling fun! May 10

Exploring Pullman!
May 18

Touring Pendleton was a blast! May 25-26

Special thanks to Linda Hackbarth and Alex Otero for arranging our visits to the Whitman County Historical Society Archives & Pullman Heritage Depot.
IN THIS ISSUE:

COA Menu - 2
News Updates - 3
Calendar - Center
Upcoming Trips - 4
Photos of Yester-Month - 5