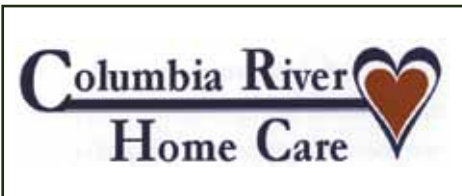


SENIOR REVIEW

Information and Calendar/Classifieds from Senior Pages

Wenatchee



Lynn Eckert, 69, and her new husband Richard Stelter, 71, stand with Lynn's two daughters and 91-year-old mother in the chapel where they were married at the Brookwood Retirement Center in Sharonville, Ohio on Saturday, June 25, 2011. / The Enquirer/Sam Greene

More Seniors Go Online For Love

By Jessica Brown

PROCEED WITH CAUTION

Online dating is a new frontier for Internet scammers. Scam prevention sites note that love tends to make people more vulnerable. Online scammers may see older singles - especially those who are divorced or widowed - as easy targets.

"Online dating scams take hundreds of millions of dollars away from people every year," said Joe Tracy, publisher of Online Dating Magazine. "Someone will strike up a communication with you, they'll have a nice photo and they may even say they're local. They'll work hard to get you to fall in love with them on the Internet. Then they'll hit you up for money."

Romancescam.com, an online forum for scam victims, notes that most of its users are over age 40.

How to tell if your online sweetie might be a scammer

- They ask for money, your bank account info or want you to cash a check.
- You can rarely reach them on the phone.
- They claim to be in love within 24-48 hours.
- Their photo doesn't match their profile description.
- Their profile disappears shortly after the conversation begins.
- Their grammar is not consistent with their country of origin.
- They don't answer personal questions.
- They misspell the name of the town where they supposedly live.
- They want to send you packages and letters and have you forward them to another address. (The goods may be stolen.)
- They ask you to get on your webcam but don't have one of their own.
- They are "away on business" for long periods of time.

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Moses Lake



SEMINARS/CLASSES/EVENTS/MEETINGS

MONDAY & WEDNESDAY

WENATCHEE: "Free Movement and Exercise Programs" Join trained instructors at Eastmont Gold's Gym for a safe and effective exercise class. 4:15-5:15. For individuals recovering from cancer, surgery or those who have chronic illness such as diabetes; perfect for every fitness level. Chairs are available for seated excises. No membership or fee required. Call Wellness Place for more information

WENATCHEE: "Fitness for Seniors" 10:15-11:15 at the Wenatchee Valley Senior Activity Center, 1312 Maple St. For information call (509) 662-7036

EAST WENATCHEE: "Stay Active & Independent For Life (SAIL)" A strength and balance fitness class for adults 65+ in Chelan and Douglas Counties. One hour three time per week taught by a qualified exercise instructor. Sit or stand. Adapted for all levels of ability. Designed to help maintain and improve balance and mobility. Participants receive a copy of "Stay Active and Independent for Life: It will make you more mobile, give you better balance and feel great. (Check with physician before you start any program!) 1:30-2:30 pm at Eastmont Presbyterian / church, 301 Kentucky. (509) 884-4219

MONDAY & TUESDAY

WENATCHEE: "Stay Active & Independent For Life (SAIL)" A strength and balance fitness class for adults 65+ in Chelan and Douglas Counties. One hour of exercise three time per week taught by a qualified exercise instructor. You can sit or stand. Exercises are adapted for all levels of physical ability. Specifically designed to help maintain and improve your balance and mobility. All participants receive a copy of "Stay Active and Independent for Life: An Information Guide for Adults 65+. It will make you more mobile, give you better balance and feel great. (Check with your physician before you start any exercise program!) 9:30-10:30 am at Blossom Valley Assisted Living, 1701 Orchard St. Instructor John Luce (509) 662-1231

TUESDAY

CHELAN: "Diabetes Education". Held the third Tuesday of each month, 6:30 pm at Columbia Valley Community Health, 317 E Johnson. The group is being held in the classrooms. Various topics/specialties are covered based on availability. Sponsored by Wenatchee Valley Medical Center. For questions call Shelley Wold, RD (509) 682-6198

ENTIAT: "Stay Active & Independent For Life (SAIL)" A strength and balance fitness class for adults 65+ in Chelan and Douglas Counties. One hour three time per week taught by a qualified exercise instructor. Sit or stand. Exercises are adapted for all levels of physical ability. Specifically designed to help maintain and improve your balance and mobility. All participants receive a copy of "Stay Active and Independent for Life: An Information Guide for Adults 65+. It will make you more mobile, give you better balance and feel great. (Check with your physician before you start any exercise program!) 5:30-6:30 pm at the Entiat Grange #1014, 14108 Kinzel St. Instructors: Cathy Montgomery & Arlene Horan, RN (509) 784-7117cc

MOSES LAKE: "Diabetes Education"

The group classes are held monthly the first and fourth Tuesday of every month. During the winter classes are held 2:00-4:00 pm. Each session is four weeks in length. One-on-one appointments are also held with our Diabetes Educator. Instructor team includes a certified diabetes educator and registered dietitian. Covered by most insurance plans, including Medicare and Medicaid. A diabetic education referral must be completed by your provider to take this class. Sponsored by Wenatchee Valley Medical Center. Call to register at (509) 765-5606

*If you are interested
in our Logo Sponsor program
Please Call Dale at
509 979-6882*

SeniorPages.com

SEMINARS/ CLASSES/EVENTS/ MEETINGS (continued)

WENATCHEE: "Overeater's Anonymous" Tuesdays 7:00 pm at First United Methodist Church, 941 Washington St. This is a fellowship, not a diet club. No weigh-ins, no dues or fees. OA's program is designed to help stop eating compulsively. For people of all sizes and types of eating problems or disorders. Call (509)_ 670-6046 or 662-0864 for information.

WENATCHEE: "Alzheimer's Support Group" Second & 4th Tuesdays. 10:30 am-Noon. For caregivers and is designed to provide caring place for members to discuss the many challenges of caregiving for someone touched by this disease. Provides a safe haven to share feelings, find emotional support, exchange information. Blossom Creek, 1740 Madison St. Call (509) 782-0927

TUESDAYS & THURSDAYS

MOSES LAKE: "Stay Active & Independent for Life" It works...you'll be stronger, have better balance, feel better and this will help you stay independent, active and prevent falls. Safe, the instructors are experienced and skilled, and exercises have been tested with seniors. It's fun, you'll meet other seniors and make new friends. 10:00am At the Moses Lake Senior Center, 608 E Third Ave. Call (509) 765-7809 email: mlsenior@gemsi.com



...continued from page 1

If you think you've been scammed

Contact your local authorities, the FBI's Internet Crime Complaint Center at www.ic3.gov or the Ohio Attorney General's Office (800-282-0515)

BY THE NUMBERS

According to the U. S. Census, nearly 32 percent of Americans ages 65 and older are widowed; 10 percent are divorced.

Match.com reports that 20 percent of its users are over age 50 and that group is its fastest-growing demographic. Senior membership has tripled since 2000.

Over the past five years, the senior market has been the fastest-growing group of subscribers to online dating services, according to Online Dating Magazine. The magazine cites Nielsen statistics showing nearly 17 percent of online dating site traffic is by those ages 55 and older.

Sue Malta, a Ph.D. student at Swinburne University of Technology in Melbourne, Australia, researched the topic in 2008. Her surveys of 50 volunteers ages 60-92 found that two-thirds had met new partners online.

Several major websites, including match.com and e-harmony.com, have sections devoted to seniors. Several dating sites cater specifically to the 50-plus crowd. Datingsitesreviews.com has a section that describes and reviews these sites.

At Match.com, the 50-plus age group, making up 20 percent of its users, is the fastest-growing demographic. At eHarmony.com, the oldest female user to find a spouse is 85.

Experts say the trend is fueled by a combination of older adults becoming more technically savvy and the difficulty finding singles their own age.

Research by Iowa State University sociologist Alicia Cast shows that older adults who go online to meet people generally find success. Cast says people who meet online tend to have had shorter courtships -18.5 months as opposed to 42 months for couples who met in a more traditional way.

It worked for Eckert and Stelter.

Their relationship started with an email in June 2010. She'd come across Stelter's profile and liked his bio - a description he later admitted he'd lifted from another user.

"I'm not a good writer," he explained.

She's long forgiven him.

Eckert e-mailed Stelter asking for a photo. He obliged. She liked what she saw. They arranged a phone call. Then a date.

more on page 5...

SEMINARS/CLASSES/EVENTS/MEETINGS

WENATCHEE: "Stay Active & Independent For Life (SAIL)" A strength and balance fitness class for adults 65+ in Chelan and Douglas Counties. One hour of exercise three time per week taught by a qualified exercise instructor. You can sit or stand. Exercises are adapted for all levels of physical ability. Specifically designed to help maintain and improve your balance and mobility. All participants receive a copy of "Stay Active and Independent for Life: An Information Guide for Adults 65+". It will make you more mobile, give you better balance and feel great. (Check with your physician before you start any exercise program!) 9:00-10:00 am at Wenatchee Senior Activity Center, 1312 Maple St. Instructor: Sarah Jicha (509) 716-1278

WEDNESDAY

WENATCHEE: "Footcare" In the health room of the Wenatchee Valley Senior Activity Center. Professional foot care by Sue Anez, RN. Includes soak, trimming and filing. Make appointment by contacting Sue at (509) 669- 0r 881-2022

WENATCHEE: "Legal Counseling" Conference Room B of the Wentachee Valley Senior Activity Center. Attorneys from Volunteer Attorney Services offer one-on-one appointments for basic legal information for seniors. Call (509) 663-2778

WENATCHEE: "Fitness for Seniors" 10:15-11:15 Wenatchee Valley Senior Activity Center, 1312 Maple St. (509) 662-7036

THURSDAY

WENATCHEE: "Tops Take Off Pounds Sensibly" Nonprofit support group for weight loss. Every Thursday at 5:15 at the Nazarene Church, 1011 S Miller. Sherrie Schmitt (509) 548-5498

WENATCHEE: 11:30 am. Free blood pressure checks in the health room of the Wenatchee Valley Senior Activity Center. Home health nurses from Central Washington Hospital will check your blood pressure free of charge.

THURSDAY & FRIDAY

WENATCHEE: "Stay Active & Independent For Life (SAIL)" A strength and balance fitness class for adults 65+ in Chelan and Douglas Counties. One hour three time per week taught by a qualified instructor. Sit or stand. Adapted for all levels of ability. Designed to maintain and improve balance and mobility. Participants receive a copy of "Stay Active and Independent for Life. It will make you more mobile, give you better balance and feel great. (Check with physician before you start any exercise program!) 9:30-10:30 at Blossom Valley Assisted Living, 1701 Orchard St, (509) 664-3007

FRIDAYS

WENATCHEE: "Wine, Cheese & Chat Happy Hour" 5:00-7:00 pm third Friday of each month. Featuring a special local winery and great hors' doeuvres. at the Wenatchee Valley Senior Activity Center, 1312 Maple St.

ENTIAT: "Stay Active & Independent For Life (SAIL)" A strength and balance fitness class for adults 65+ in Chelan and Douglas Counties. One hour of exercise three time per week taught by a qualified exercise instructor. You can sit or stand. Exercises are adapted for all levels of physical ability. Specifically designed to help maintain and improve your balance and mobility. All participants receive a copy of "Stay Active and Independent for Life: An Information Guide for Adults 65+". It will make you more mobile, give you better balance and feel great. (Check with your physician before you start any exercise program!) 10:00-11:00 am at the Entiat Grange #1014, 14108 Kinzel St. Instructors: Cathy Montgomery & Arlene Horan, RN (509) 784-7117

WENATCHEE: "Hearing Aid Services" Free checks and cleaning. Confidential and free counseling about your hearing loss concerns. Just drop by, no appointment needed. Service provided by Aimee' Seely-Fadich of Sonus. 10:00 am-Noon.

WENATCHEE: "Fitness for Seniors" 10:00-11:00 am. Wenatchee Valley Senior Activity Center, 1312 Maple St. (509) 662-7036



CALENDAR

AUGUST 4-WENATCHEE: "Legal Counseling" Attorneys from Volunteer Attorney Services offer one-on-one appointments for basic legal information for seniors. Sponsored by Wenatchee Valley Senior Activity Center in Conference Room B. By appointment only. Call (509) 663-2778

AUGUST 10-MOSES LAKE: "Healthcare Provider CPR Renewal" 4:30-6:30 pm. For those that have previously taken Healthcare Provider CPR and are comfortable with their skills. This course is intended for healthcare providers and allied professionals. Fee: \$30. To register contact Samaritan Healthcare Education Center at (509) 793-0690.

AUGUST 11-MOSES LAKE: "Healthcare Provider CPR" 8:00 am-Noon. This course is intended for healthcare providers and allied professionals, who have not taken a HCP CPR course before. To register call the Education Center of Samaritan Healthcare at (509) 793-9690 Fee: \$40

AUGUST 12-MOSES LAKE: "First Aid & CPR" 8:00 am-Noon. Samaritan Healthcare offers First Aid & CPR classes that meet L&I requirements for day care providers, foster care provides, and other job-required card holders. Fee: \$40. For information contact the Samaritan Health Care Education Center at (509) 793-9690. on. This course is intended for healthcare providers and allied professionals, who have not taken a HCP CPR course before. To register call the Education Center of Samaritan Healthcare at (509) 793-9690 Fee: \$40

AUGUST 12-MOSES LAKE: "First Aid & CPR" 8:00 am-Noon. Samaritan Healthcare offers First Aid & CPR classes that meet L&I requirements for day care providers, foster care provides, and other job-required card holders. Fee: \$40. For information contact the Samaritan Health Care Education Center at (509) 793-9690

AUGUST 16-WENATCHEE: "BLS For Healthcare Providers" Provides basic skills and knowledge necessary to perform basic life support measures, both in and outside of clinical setting. This is an online course with an in-person skills test. Presented by Central Washington Hospital, 1201 S Miller St in Education Classroom 1. Fee: \$60. (509) 66403475

AUGUST 16-MOSES LAKE: "CPR Only Class" 10:00-11:00 am. This class provides training, practice sessions, and a completion card for adult CPR only (no First Aid). Infant CPR can be added to this class at no additional charge. Fee: \$25 To register contact the Samaritan Healthcare Education Center at (509) 793-969

AUGUST 16-WENATCHEE: "Annual Clinical Skills Day" Offer four times on this day. Designed to verify competency in specific hands-on skills. Topics include: BLS update, WAIVE testing, Glucometer verification, and Restrain Release demonstration. Sponsored by Central Washington Hospital. Open to outside participants if space allows. Fee: \$25. (509) 664-3475. education@cwhs.com

AUGUST 23-MOSES LAKE: "Healthcare Provider CPR Renewal" 4:30-6:30 pm. For those that have previously taken Healthcare Provider CPR and are comfortable with their skills. This course is intended for healthcare providers and allied professionals. Fee: \$30. To register contact Samaritan Healthcare Education Center at (509) 793-0690.

...continued from page 3

"We just talked and talked," said Eckert of their first date, which started at the Milford Applebee's and ended with a long talk on her deck.

"You know when you meet somebody special and you kind of know it?" she said. "I just felt so comfortable."

Four months after their first date, Stelter - appreciating Eckert's traditional family - called Eckert's 92-year-old mother in upstate New York to ask for Eckert's hand.

Then he popped the question, albeit casually.

"I said 'I know you're going to marry me, aren't you?'" Stelter said. "Afterward, (she) said that wasn't a proper proposal so I had to get down on my knees."

The couple planned on a simple wedding, but it soon ballooned to a formal affair with 70 guests. They tied the knot June 25 at the Brookwood Retirement Center in Sharonville, a venue recommended by a friend.

When the newlyweds took the floor for a dance, Stelter, a former accountant, suggested adding up the wedding costs. But they decided against it.

"We looked around and everyone was having a good time," Eckert said. "We said, 'Let's not add up all the prices. It's priceless. It was a splurge but it was something we'll always remember."

Stelter and Eckert were reluctant to return to the dating world. Stelter's wife of 32 years died in 2004. Eckert's husband of 28 years died in

...more on page 6

Link your
website to the
Senior Review:
\$10.00 per month

CALENDAR (continued)

AUGUST 23-WENATCHEE: "Dining With Diabetes" 1:00-3:00 pm. do you or someone you know have diabetes and are over the age of 60? Sign up for this new class at the Wenatchee Valley Senior Activity Center and you will receive recipes, watch cooking demonstrations and taste foods made with less fat, sugar and salt. This is a two-art class taught by a registered dietician in the social hall and kitchen. Presented by Aging ad Adult Care of Central Wa. Free class but you must register by calling (509) 886-0700

AUGUST 25-MOSES LAKE: "Healthcare Provider CPR" 8:00 am-Noon. This course is intended for healthcare providers and allied professionals, who have not taken a HCP CPR course before. To register call the Education Center of Samaritan Healthcare at (509) 793-9690 Fee: \$40

AUGUST 27-MOSES LAKE: "First Aid & CPR" 8:00 am-Noon. Samaritan Healthcare offers First Aid & CPR classes that meet L&I requirements for day care providers, foster care provides, and other job-required card holders. Fee: \$40. For information contact the Samaritan Health Care Education Center at (509) 793-9690

AUGUST 30-WENATCHEE: "Dining With Diabetes, Part 2" 1:00-3:00 pm. do you or someone you know have diabetes and are over the age of 60? Sign up for this new class at the Wenatchee Valley Senior Activity Center and you will receive recipes, watch cooking demonstrations and taste foods made with less fat, sugar and salt. This is a two-art class taught by a registered dietician in the social hall and kitchen. Presented by Aging ad Adult Care of Central Wa. Free class but you must register by calling (509) 886-0700

Many new Profiles of Senior Businesses can be found on www.SeniorPages.com

SEPTEMBER 7-MOSES LAKE: "CPR Only Class" 10:00-11:00 am. This class provides training, practice sessions, and a completion card for adult CPR only (no First Aid). Infant CPR can be added to this class at no additional charge. Fee: \$25 To register contact the Samaritan Healthcare Education Center at (509) 793-969

SEPTEMBER 8-MOSES LAKE: "Healthcare Provider CPR Renewal" 4:30-6:30 pm. For those that have previously taken Healthcare Provider CPR and are comfortable with their skills. This course is intended for healthcare providers and allied professionals. Fee: \$30. To register contact Samaritan Healthcare Education Center at (509) 793-0690.

SEPTEMBER 8-WENATCHEE: "Annual Clinical Skills Day" Offer four times on this day. Designed to verify competency in specific hands-on skills. Topics include: BLS update, WAIVE testing, Glucometer verification, and Restrain Release demonstration. Sponsored by Central Washington Hospital. Open to outside participants if space allows. Fee: \$25. For more information contact Jan Fahl in Education Services (509) 664-3475. education@cwhs.com

SEPTEMBER 9-MOSES LAKE: "First Aid & CPR" 8:00 am-Noon. Samaritan Healthcare offers First Aid & CPR classes that meet L&I requirements for day care providers, foster care provides, and other job-required card holders. Fee: \$40. For information contact the Samaritan Health Care Education Center at (509) 793-9690

SEPTEMBER 14-MOSES LAKE: "Healthcare Provider CPR Renewal" 4:30-6:30 pm. For those that have previously taken Healthcare Provider CPR and are comfortable with their skills. Intended for healthcare providers and allied professionals. Fee: \$30. To register (509) 793-0690.

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1992. But they decided they didn't want to miss out on another shot at love.

The biggest fear about cyber-dating, Eckert said, was safety. Her two daughters policed her picks to make sure that they were legit.

"I had reservations as far as her safety," said her daughter Liz Costa of Milford. "So we talked about how she should meet in a public place and let us know when she's leaving and to call us when she gets back to tell us about it. Once she did that, it was fine."

Costa said she couldn't be happier about her mother's choice.

"She dated a couple others and they definitely weren't a match," Costa said. "But he's a keeper."

Using the Internet let Eckert and Stelter be picky about finding someone they thought they'd be compatible with.

They have plenty of common interests. They travel, bike, hike and garden. He's also getting into her bird-watching hobby.

Their advice to older adults looking for love?

"Don't give up," Eckert said.

"Being in love every single day, you just thank God. It's just a blessing that we've got a second opportunity."



CALENDAR (continued)

SEPTEMBER 23-MOSES LAKE:

"Healthcare Provider CPR Renewal" 4:30-6:30 pm. For those that have previously taken Healthcare Provider CPR and are comfortable with their skills. This course is intended for healthcare providers and allied professionals. Fee: \$30. To register contact Samaritan Healthcare Education Center at (509) 793-0690.

SEPTEMBER 24-MOSES LAKE:

"First Aid & CPR" 8:00 am-Noon. Samaritan Healthcare offers First Aid & CPR classes that meet L&I requirements for day care providers, foster care providers, and other job-required card holders. Fee: \$40. For information contact the Samaritan Health Care Education Center at (509) 793-9690

SEPTEMBER 27-MOSES LAKE:

"Healthcare Provider CPR Renewal" 4:30-6:30 pm. For those that have previously taken Healthcare Provider CPR and are comfortable with their skills. This course is intended for healthcare providers and allied professionals. Fee: \$30. To register contact Samaritan Healthcare Education Center at (509) 793-0690.

OCTOBER 11-MOSES LAKE:

"Healthcare Provider CPR Renewal" 4:30-6:30 pm. For those that have previously taken Healthcare Provider CPR and are comfortable with their skills. This course is intended for healthcare providers and allied professionals. Fee: \$30. To register contact Samaritan Healthcare Education Center at (509) 793-0690.



SUPPORT GROUPS

CASHMERE

RN/LPN: Family owned Cashmere Convalescent Center is looking for a motivated Registered Nurse or Licensed Practical Nurse for a Full Time evening position, Monday-Friday. Experience the difference by applying at Cashmere Convalescent Center. New grads welcome. Competitive wage and benefits. (509) 782-1251

CHELAN

DIABETES EDUCATION AND SUPPORT GROUP: Third Tuesday of each month, 6:30 pm at Columbia Valley Community Health Chelan, 317 E Johnson, (old DOT Building)/ The group is being held in the classrooms. Various topics/specialties are covered based on availability. For questions call Shelley Wold, Rd. (509) 682-6198

WENATCHEE

ALZHEIMER'S SUPPORT GROUPS: 2nd and 4th Tuesdays, 10:30 am-Noon. At Blossom Creek, 1740 Madison St. 10:00-11:00 am Grace Lutheran Church, 1408 Washington. Designed to provide caring place for members to discuss the many challenges of caregiving for someone touched by this disease. Provides a safe haven for participants to share their feelings, find emotional support, exchange information. (509) 782-0927

CANCER SUPPORT GROUP: First and Third Tuesdays at 7:00 pm at Wellness Place, 240 N Chelan. (509) 888-9933

MS SUPPORT GROUP: Second Wednesday of each month at 6:30 pm at Wenatchee Valley Medical Center, Conference Room. Contact: Jessica J. (509) 669-4067

PARKINSON'S SUPPORT GROUP: Meets on the third Tuesday of each month from 2:00-3:30 pm. No classes in July or August. Sponsored by Wenatchee Valley Medical Center. Call (509) 663-8711

STROKE AND BRAIN INJURY SUPPORT GROUP: Meets the third Wednesday of each month from 1:30-3:00 pm. Sponsored by Wenatchee Valley Medical Center. Call Susan Howell at (509) 663-8711, ext. 5983

VOLUNTEERS NEEDED

EPHRATA

The Columbia Basin Hospital Auxiliary is a volunteer organization promoting the advancement of welfare for the hospital through service and fundraising. The CBH Auxiliary is an active group that meets on the second Monday of every month at 1:00 pm in the hospital conference room. To become a member or to receive more information regarding the auxiliary please call Sue Alberti at (509) 246-1944

MOSES LAKE

Samaritan Healthcare has opportunities throughout the hospital. We make it our mission to place volunteers in the department that best suits their needs and skill level. Individuals interested in becoming a volunteer at Samaritan Healthcare are screened, interviewed, given an overview of volunteer positions available as well as volunteer benefits. Volunteers generally work only 4 hours per week or more if they prefer. Arrangements are made to fill in when the volunteer needs time off. If you are interested in becoming a volunteer Contact Bonnie Dirks at (509) 793-9724

WENATCHEE

Long term care Ombudsmen needed. Weill you help advocate for the rights of vulnerable adults? Free training. Call Erin Nelson, NCW Ombudsman Program 886-0700, ext. 232

Wenatchee Valley Senior Activity Center has opportunities at the front desk and Crafters Corner. Other volunteers help out with special events. We have a vast number of volunteer opportunities available for our members to choose from depending on their interests, talents and skills. Senior Activity Center members have a lifetime of talents to share. If you would like to become an active WVSAC volunteer call our Volunteer Coordinator at (509) 662-7036

VOLUNTEERS NEEDED (continued)

Central Washington Hospital has many volunteer opportunities in the Hospital, Gift Shop, Guild House reception desk, Assist the chaplain with patients' spiritual needs, Hospice Volunteers visiting end of life patients in-home or nursing home, or Mended Hearts program visiting patients recovering from heart procedures. Volunteer Services office is open Monday through Friday from 8:00 am-4:30pm or call (509) 662-1511 ext. 2663.

Wenatchee Valley Senior Activity Center members are active volunteers either at the center or at various other non-profits in the community. Some volunteers have regularly scheduled volunteer shifts or others help out with special events. Vast number of opportunities available to choose from depending on interests, talents and skills. If you would like to become an active volunteer call our coordinator at (509) 662-7036

WHAT AN OPPORTUNITY!

You can send us your events seminars, announcements, employment opening, vacancies and anything for sale or trade and we will put it in the SENIOR REVIEW Free! Send to:

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Look for the Senior Pages for your area! It's the most complete directory for 55+ Seniors that live, work, and retire here. You can find all the services, care, retirement facilities and medical resources you need for an active, mature life. Pick up your free copy at your local senior center, retirement facility, medical clinic or senior service business today! If you can't find one in your area give us a call, send us an email, or download our entire directories at www.seniorpages.com

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