



WHEELS IN MOTION



It is not about us; it is about the people we serve.

1824 Fowler St., Richland WA, 99352

Office: (509) 735-1911

Message from the Director

Celebrating Older Americans Month: “Flip the Script on Aging”

Each May, the nation comes together to celebrate Older Americans Month, led by the Administration for Community Living. This year’s theme, “Flip the Script on Aging,” invites us all to rethink the way we view and talk about aging—encouraging a more inclusive, empowered, and respectful perspective.

At **Mid-Columbia Meals on Wheels**, we honor and support older adults every single day. From providing nourishing meals and meaningful social connections to enhancing overall quality of life, we are proud to serve our community’s seniors with heart and purpose.

Our incredible team of volunteers—many of whom are seniors themselves—perfectly embody the spirit of this year’s theme. Their dedication, energy, and compassion show that age is no barrier to making a difference. In fact, client feedback consistently highlights the relationships and interactions with our volunteers as one of the most treasured parts of our program. These connections not only brighten the lives of our participants but bring joy and fulfillment to our volunteers as well.

Join Us for Our Annual Gala: “Lights, Camera, IMPACT!”

May also brings one of our most exciting events of the year—our annual Gala! This year’s theme is “Lights, Camera, IMPACT!” and it promises to be a night to remember.

Location: At Michele’s in Richland

Time: 6:00 PM – 9:00 PM

Date: Thursday, May 30th

Guests will enjoy a lively evening featuring a delicious dinner, silent and live auctions, a “Heads or Tails” raffle, and even an **after-hours cigar bar!** Come dressed as your favorite movie character and help us create a **blockbuster impact** for local seniors.

Tickets and tables are available now—consider hosting a group of friends for a fun and meaningful night out. We can’t wait to see you there!

-Brian Kinner



In addition to home delivery and dine-in meal service, Mid-Columbia Meals on Wheels provides critical well-checks, socialization, education opportunities, birthday and holiday celebrations, a pet program, a senior farmers market voucher program and more. Meal funding is provided by Southeast Washington Aging & Long Term Care Council of Governments, grant sources and private donations.

Mid-Columbia Meals on Wheels does not discriminate in providing services on the grounds of race, color, religion, national origin, gender, age, marital status, sexual orientation, political ideology, or the presence of any sensory, mental, or physical disability.

Please Welcome Our Newest Volunteers!



For information on how to join the incredible volunteer team at Mid-Columbia Meals on Wheels call (509) 735-1911 or email nhuggins@seniorliferesources.org.



Mid-Columbia Meals on Wheels Pet Pantry

Are your dogs or cats needing food assistance? Meals on Wheels provides pet support through our Pet Pantry. If you need or would like to donate food, please call our main office: (509) 735-1911.

Save the Date!

May 30th, 6 PM - 9 PM @ Michele's - 2nd Annual Gala

May 26th - CLOSED - Happy Memorial Day!

All month, all sites - Word Scrambles

Through the month of May, solve the word scrambles. Enter a completed word scramble for a chance to win a prize bag!

Volunteer Spotlight

Research has shown that there are multiple benefits to volunteering. Three primary benefits to one’s well-being are: 1) Volunteering has been shown to improve mental and physical health. 2) Volunteering provides a sense of purpose. 3) Volunteering nurtures new and existing relationships. “When one person volunteers, two lives change.” This adage reflects the reciprocal nature of volunteering in which the volunteer and the recipient both experience positive outcomes. Meals on Wheels volunteers greatly enhance the quality of life for local seniors while developing caring friendships. For more information on how you can join Mid-Columbia Meals on Wheels fun-loving team, contact Volunteer Program Manager, Natalie Huggins, (509) 735-1911; nhuggins@seniorliferesources.org.



Volunteer Appreciation Program

Show your volunteer badge at these local businesses to receive the listed discounts. All participating locations are listed below.

Company & Participating Location	Discount
Les Schwab Benton & Franklin Counties	Tire Discount
Tap & Barrell 112 Keene Rd Richland (509) 987-4561	10%
Nothing Bundt Cakes 110 Gage Blvd, #200 Richland (509) 392-7196	10%
Sub Zero Nitrogen Ice Cream 321 N Columbia Center Blvd Kennewick (509) 396-9402	10%

Thank you to the businesses that support us and our volunteers!

7 EASY EXERCISES

Try these exercises twice a week to build up your strength, balance and flexibility.

Warm-Up



1. Stationary March with Arm Swing/Seated March

Strength Exercises



2. Sit to Stand



3. Standing Hip Extension

Balance Exercises



4. Side Leg Raise



5. Single Leg Stand

Flexibility Exercise



6. Triceps Stretch

Cool Down



7. Standing Quadriceps Stretch

Dietician’s Corner - Exercises

Easy exercises such as walking, gentle stretching, chair yoga, and light resistance training, can offer significant health benefits while being low-impact and safe. These activities help improve balance, flexibility, and muscle strength, which are important for maintaining independence and preventing falls. Regular movement also supports heart health, boosts mood, and can ease symptoms of arthritis or joint stiffness. Even short daily sessions can enhance energy levels and overall well-being, making it easier to stay active and engaged in daily life. Always check with your doctor before starting a new fitness routine.

Improve your access to nutritious food with the Basic Food Program!



Mid-Columbia Meals on Wheels | 1824 Fowler St, Richland, WA 99352 | (509) 735-1911

The Basic Food Program

Basic Food, previously called “Food Stamps,” is a USDA program that helps families and individuals increase their access to nutritious food. Eligible households receive an Electronic Benefits Transfer (EBT) Card that looks just like a credit card.

Frequently asked questions:

- Can I own my house and a car and still be eligible? **YES.** Only your monthly gross income is considered.
- Do you have to be a US citizen? **NO.** Washington State pays the Basic Food benefits to legal immigrants who do not meet the citizen rules for the federal program.
- Are there other benefits available? If you receive Basic Food, you may qualify for a free cell phone.

For more information, please call Mid-Columbia Meals on Wheels at 509-735-1911 to speak with one of our Service Coordinators. If you have internet access, applications can be completed online at WashingtonConnection.org. To apply by phone, please dial 211 to speak to a Referral Specialist.

Income Guidelines April 1, 2025– March 31, 2026	
Household Size	Monthly Gross Income
1	\$2,608
2	\$3,525
3	\$4,442
4	\$5,358

Nondiscrimination Statement - In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

LIGHTS CAMERA IMPACT

PRESENTED BY:  CORNERSTONE WEALTH STRATEGIES

MAY 30, 2025 | 6:00 PM – 9:00 PM

At Michele's
2323 Henderson Loop, Richland, WA 99354

Silent Auction | Live Auction | Dinner | Beverages
Testimonials | After-Hours Cigar Bar

Dress as Your Favorite Movie Icon and
Help Us Make a Blockbuster Difference for Seniors!



Tickets and Event Details: www.SeniorLifeResources.org/gala



AFTER-HOURS
Cigar Bar

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9:00 PM – 11:00 PM

CIGARS | COCKTAILS | HORS D'OEUVRES | LIVE MUSIC

All cigar purchases benefit Mid-Columbia Meals on Wheels thanks to Cigar Savvy

PRESENTED BY:



Thank you to our sponsors!



Types of Gemstones

L	I	P	E	A	R	L	A	E	I	A	I	T	D
A	I	E	A	K	P	E	R	I	D	O	T	D	D
R	Q	D	A	R	U	A	Z	U	R	I	T	E	I
U	I	U	L	T	A	N	J	K	A	A	U	S	A
I	Z	N	A	A	A	R	Z	A	G	R	R	A	M
C	R	O	Z	M	R	N	R	I	D	A	T	P	O
I	T	I	T	D	A	E	Z	E	T	E	R	P	N
T	P	O	O	L	Y	R	M	A	I	E	A	H	D
R	R	R	P	D	A	G	I	E	N	J	P	I	Z
I	P	M	P	A	M	A	D	N	K	I	I	R	T
N	L	R	L	L	Z	R	I	E	E	R	T	E	A
E	O	N	Y	X	R	N	E	E	I	O	U	E	E
U	L	A	P	O	R	E	P	S	A	J	L	B	N
A	L	T	S	Y	H	T	E	M	A	X	D	I	Y

- TOPAZ
- EMERALD
- KUNZITE
- AQUAMARINE
- ONYX
- AZURITE
- CITRINE
- SAPPHIRE
- AMETHYST
- JASPER
- DIAMOND
- PEARL
- RUBY
- GARNET
- TANZANITE
- PERIDOT
- JADE
- OPAL



Breakfast Club

Wednesdays at the Café
 1834 Fowler St, Richland
 8:00 AM - 10:00 AM

POWERED BY:



May 7th - Egg Scramble

May 14th - Pancakes

May 21st - Biscuits & Gravy


May 28th - Chicken Fried Steak

MAY MENU

Pasco Ray Pfleuger Center (Parkside)

253 Margaret St, Pasco | (509) 545-2169

Meals for seniors age 60+ are provided free-of charge on a donation-only basis.

MON	TUES	WED	THUR	FRI
			1 Turkey & Rice Casserole Broccoli Tossed Salad Fruit, Milk	2 Beef Tacos Rice & Beans Salsa & Sour Cream Fruit, Milk
5 Swedish Meatballs Egg Noodles Normandy Vegetables Fruit, Milk	6 Pork Carnitas Mexican Coleslaw Refried Beans Corn Tortilla Fruit, Milk	7 Teriyaki Chicken Fluffy Rice Asian Vegetables Oat Bar*, Milk	8 Conchitas Con Carne Green Beans Corn Tortilla Fruit, Milk	9 Chicken Salad Sandwich Pea & Cheese Salad Fruit, Milk
12 BBQ Chicken Roasted Carrots Potato Salad Cornbread Fruit, Milk	13 Beef & Bean Burrito Spanish Rice Mexican Coleslaw Fruit, Milk	14 Chef Salad Ranch Dressing Wheat Roll Pineapple Milk	15 Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll Ice Cream*, Milk	16 Chicken Enchiladas Spanish Rice Black Beans Mexican Coleslaw Fruit, Milk
19 Turkey Tetrazzini Green Peas Tossed Salad Fruit, Milk	20 Chicken Tostada Refried Beans Tossed Salad Fruit Cocktail Fruit, Milk	21 Sloppy Joes Mixed Vegetables Coleslaw Fruit, Milk	22 Pork w/ Potatoes in Tomatillo Sauce Beets Fruit, Milk	23 Chicken & White Bean Chili Cornbread Cookie*, Milk
26 	27 Mexican Meatball Soup Refried Beans Corn Tortilla Fruit, Milk	28 Chicken Chop Salad Salad Greens Carrot Sticks Fruit, Milk	29 Pork Mole Mexican Rice Seasoned Corn Corn Tortilla Fruit, Milk	30 Roast Turkey w/ Gravy Mashed Potatoes Green Beans Wheat Roll Fruit, Milk



*Dessert items are served occasionally, and all clients will receive them unless they have specifically requested not to. If a dessert is served to you in error, we apologize and kindly ask that you dispose of the item.

Meal Guidelines and Food Safety: Please be aware that we are unable to accommodate specialized or allergy-specific diets. We ask that you carefully monitor what you eat. If you require a substitute meal, a frozen option can be provided if requested with adequate notice. Once a meal leaves our care, Meals on Wheels cannot be responsible for its safety or quality. Leftover food should be refrigerated right away and eaten within 2 days to ensure freshness. *Thank you for your cooperation and enjoy!*



Home Delivered Meal Service Available in Tri-Cities, Benton City, & Prosser 5 days a week, Monday through Friday. Connell meals are served Tuesday through Friday. Hot and/or frozen meals are available, up to 7 meals per week.

Home Delivery Client Eligibility: 60+ years old, primarily homebound, unable to cook, and no meal support at home.


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MAY MENU

Mid-Columbia Meals on Wheels

Dine-In meals require 24-hour advanced reservation.

Meals for individuals age 60+ are provided free-of charge and on a donation-only basis.

MON	TUES	WED	THUR	FRI
			1 Turkey & Rice Casserole Broccoli Tossed Salad Fruit, Milk	2 Beef Tacos Rice & Beans Salsa & Sour Cream Fruit, Milk
5 Swedish Meatballs Egg Noodles Normandy Vegetables Fruit, Milk	6 Apple Pork Chop Mashed Sweet Potatoes Mixed Vegetables Fruit, Milk	7 Teriyaki Chicken Fluffy Rice Asian Vegetables Oat Bar*, Milk	8 Cheese & Beef Pasta Green Beans Tossed Salad Breadstick Fruit, Milk	9 Chicken Salad Sandwich Pea & Cheese Salad Fruit, Milk
12 BBQ Chicken Roasted Carrots Potato Salad Cornbread Fruit, Milk	13 Beef Stroganoff Garlic Noodles Green Beans Fruit, Milk	14 Chef Salad Ranch Dressing Wheat Roll Pineapple Milk	15 Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll Ice Cream*, Milk	16 Chicken Enchiladas Spanish Rice Black Beans Mexican Coleslaw Fruit, Milk
19 Turkey Tetrazzini Vegetable Medley Tossed Salad Fruit, Milk	20 Cranberry Chicken Confetti Rice Peas & Onions Fruit, Milk	21 Sloppy Joes Mixed Vegetables Coleslaw Fruit, Milk	22 Roast Pork with Gravy Mashed Potatoes Steamed Beets Fruit, Milk	23 Chicken & White Bean Chili Cornbread Cookie*, Milk
26 	27 Spaghetti & Meat Sauce Garden Vegetables Breadstick Fruit, Milk	28 Chicken Chop Salad Salad Greens Carrot Sticks Fruit, Milk	29 Three Bean Chili Chuckwagon Corn Cornbread Fruit, Milk	30 Roast Turkey w/ Gravy Mashed Potatoes Green Beans Wheat Roll Fruit, Milk



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Congregate Dining Sites | Meals served daily at 11:30 AM, Monday- Friday, upon advanced reservation.

Meals on Wheels Cafe

Hours: 11:00 AM-1:00 PM

1834 Fowler St

(509) 736-0045

No reservation required

Richland Community Center

500 Amon Park Dr

(509) 943-0779

Kennewick

500 S Auburn St

(509) 585-4241

Pasco First Avenue Center

505 N 1st Ave

(509) 543-5706

Prosser Community Center

1231 Dudley

(509) 786-1148

Benton City

Desert Rose Complex

510 14th St

(509) 588-3094

Connell Community Center

Open Tuesday - Friday

211 E Elm

(509) 234-0766

Pasco Ray Pfleuger Center

235 Margaret St.

(509) 545-2169

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