

Apr., May, June 2026 Event List



SonBridge Center for Better Living, 1200 SE 12th St., College Place, WA

(509) 529-3100 sonbridge.org

TITLE	DESCRIPTION	CONTACT
AA Early Birds	Every Day 6:30 – 7:30 a.m. An early morning meeting for those who need early support through your recovery journey.	Michael Dolan mfdhappy@live.com 509-520-1680
AA SMEO	Every Sun 10 – 11:50 a.m. Alcoholics Anonymous Sunday Morning Eye Opener.	Gene Alexander eda.1@charter.net 509-529-3826
AA The Family Afterwards	Every Mon – Thurs 5:30 – 6:30 p.m. A group that helps people through the recovery process of alcoholism.	Jacob Heezen jacob.heezen35@gmail.com 509-876-9126
AA Touch on Feelings	Every Fri 7 – 9:00 p.m. A space for alcoholics to find and maintain sobriety. This group dives into the feelings that come along the journey.	Gene Alexander eda.1@charter.net 509-529-3826
Adventist Singles Potluck	1 st & 3 rd Sat 12 – 5 p.m. Are you single and looking for something to fill your evening? Come join in on food.	Jim Cain jdcain99324@gmail.com 509-525-1074
Adventist Singles Vespers and Games	2 nd & 4 th Sat 4 – 10 p.m. Come together and worship with peers who love God. Group games to follow.	Jim Cain jdcain99324@gmail.com 509-525-1074
Age Well Walla Walla	1 st Fri 1 – 2 p.m. May 12 12 – 2 p.m. Join us for some friendly competition at the Age Well Walla Walla Bingo Bash on May 12. This free community event brings seniors, caregivers, and friends together for fresh coffee, tasty snacks, and exciting cash prizes.	Dane Conklin Dane@solutionsinhomecare.com 509-579-1349
Brain Health & Dementia Awareness	April 23 10 a.m. – 12 p.m. This is a two hour presentation designed to educate and connect the local population on Brain Health and Dementia Awareness.	Richard Best richardbest509@gmail.com 509-540-8568
Diabetes Undone	Mon & Thurs from 4/20 – 5/14 5:30 – 7:45 p.m. Join Rich Edison in a hope-filled 8-session video course to reverse diabetes and reclaim health. \$99 includes cooking demonstrations and food samples.	Aletha Gruzensky programs@sonbridge.org 509-676-9490
Don't Worry, Be Happy	April 21 6 – 7 p.m. Review stress, learn complications of unresolved stress, explore a three-pronged treatment plan, and discover the impact of gratitude with Patrick Smart.	Aletha Gruzensky programs@sonbridge.org 509-676-9490
Dr. Wes Youngberg Lecture	April 11 & 12 1 – 8 p.m. Join clinical nutritionist Dr. Wes Youngberg for a powerful, free series on optimizing brain and body wellness.	Aletha Gruzensky programs@sonbridge.org 509-676-9490
Enhance Fitness	Every Mon, Wed, Thurs 11:30 a.m. – 12:15 p.m. Mon, Wed, Fri 8:45 – 9:30 p.m. A low-impact total body exercise class for individuals with chronic conditions, fall concerns and sedentary lifestyles. Free for Walla Walla county adults 60+ due to WA State funding.	Melissa Lambert melissa@peaknorthwest.com 509-540-2940
Family Caregivers Support	2 nd & 4 th Thurs 10 – 11 a.m. Are you worn out or teary from the tasks of caring for your loved one? Meet with a community that shares your struggles and joys of family caregiving.	Linda Ray fiddleplayinmama@gmail.com 509-629-0339
Folklorico Estrellas de Mexico	Every Tue, Wed, Thurs 5 – 9 p.m. Engage with Mexico's history of dancing and teach young children about their culture through music.	Brissa Perez brissa106@gmail.com 509-200-0791
Fresh Start "Nuevo Comienzo"	2 nd & 4 th Thurs 6 – 8 p.m. Join BMAC for a group cooking class focused on healthy eating.	Itzel Cuevas Vasquez itzelcv@bmacww.org 509-520-8094
Garden Club	Last Mon 6:30 – 8:30 p.m. A social club that focuses on gardening education. They invite speakers and visit gardens each meeting. First couple meetings are free. Membership is \$25/yr.	Brenda Clifton btru.clifton@gmail.com 509-240-3881

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Food for Life: Cancer Project	Wed from 4/15 - 6/10 6:30 - 7:30 p.m.	Discover cancer-fighting and immune-boosting foods. Maintain healthy weight with practical cooking skills including demonstrations and tasty samples.	Gladys Wentland wentgl@msn.com
Junior Club of Walla Walla	2 nd Thurs 6 - 8:30 p.m.	A community of women dedicated to empowering each other, fostering meaningful connections, and contributing to a cause greater than ourselves. Come volunteer.	Elize Jordan juniorclubww@gmail.com 509-386-9931
Lacy Lacers	1 st Tues 7 - 9 p.m.	This group is part of the International Lace Organization where everyone works on lacing projects. First two meetings are free, then \$20/yr.	Edith Mailolo edith.mailolo@gmail.com 509-240-4398
Lady Elks	2 nd & 4 th Fri 11:30 a.m. - 3 p.m.	The Lady Elks is open to anyone interested in playing pinochle.	Tonie Carney toniecarney@yahoo.com 509-529-3617
NAMI Family Support	1 st & 3 rd Thurs 5:15 - 6:45 p.m.	This is an open group for those who brave mental illness and their family members. A welcome and supporting space.	Justine Taylor justinetaylor@charter.net 509-525-5740
NAMI Connection Support	2 nd & 4 th Sun 2 - 3:30 p.m.	Time spent with God through engaging stories and prayer with dedicated staff and volunteers every Tuesday morning.	Tristan Taylor tristan.taylor@sonbridge.org
SA	Every Mon & Thurs 7 - 8:30 p.m., Sat 8 - 9 a.m.	Come fellowship with men and women who have experienced the effects of someone's sexual behavior. Sharing strength and hope to everyone.	Aaron Canwell canwaa@gmail.com 509-540-2573
Sleep Improvement	April 14 6 - 7 p.m.	Learn causes of sleep disturbances and how to correct them for good sleep.	Patrick Smart patrick.smart@va.gov
Menos Estres, Mas Vida; Stress Management	May 1 - 3 6 - 8:15 p.m.	An interactive class about what stress is, how to be resilient, what connection it has with our gut and health, and what possible tools or resources can help lead a less stressful life.	Brenda Berumen berumenbrenda3@gmail.com 541-310-0422
STROLLER STRIDES	Every Mon, Wed, Fri 10 - 11 a.m.	Stroller Strides® is a 60-minute total-body workout all while engaging the little ones in a stroller! You'll leave class feeling strong, empowered, connected, and energized—no matter your stage of motherhood.	Melissa Lambert melissa@peaknorthwest.com 509-540-2940
TBI	1 st & 3 rd Tues 5:30 - 7:30 p.m.	This group helps people struggling day to day with traumatic brain injury and post-traumatic stress disorder in the Walla Walla Valley.	Steve Thompson thompsskist@gmail.com 509-386-3251
TGIF Knitting Group	Every Fri 1:30 - 3 p.m.	A knitting group that supports people who already have an understanding of knitting (sadly not for first-timers).	Alice MacDonald amacd@charter.net 509-522-5428
TOPS	Every Tues 12 - 1:15 p.m.	Take off Pounds Sensibly, a motivational, weight-loss support group for anyone interested.	Peggy Konzek geopegkon@gmail.com 360-903-2168
Village Church Women's Ministries	June 28 12 - 5 p.m.	Throughout the year Village Church women's ministries organizes events to strengthen the spiritual life and community bond of women of all ages.	Jennifer Austin jensfairladyz@gmail.com 509-301-3671
Volunteers Love Serving Veterans	2 nd & 4 th Tues 9:30 - 10:30 a.m.	Our mission is about practical ways to meet the needs of veterans and their families to bring more joy into their lives.	Dixie Ferguson 509-529-1230
Weavers & Spinners Various Group	2 nd Wed 7 - 9 p.m.	A basketry workshop that focuses on the art and process of basketry.	Lucy H. Clark lehellier@gmail.com 509-204-2161
	3 rd Wed 7 - 9 p.m.	A weaving workshop that focuses on fiber arts like tapestries and rugs.	
	4 th Wed 7 - 9 p.m.	Weavers & Spinners is a diverse fiber arts group that covers weaving, spinning, and basketry. All skill levels and new members welcome.	

