



# WALLA WALLA SENIOR CENTER

THE CENTER AT THE PARK

Serving Seniors since 1971

MARCH 2023

## *The Bottom Line*

### Walla Walla Senior Center Current Hours/Operations:

Please see our website for  
further updates at  
[wallawallaseniorcenter.org](http://wallawallaseniorcenter.org)

.....

#### Congregate dining.

11:30 - 1pm

See menu for serving  
days (pg. 8)

#### Senior-to-go-Meals via Drive-thru.

Tuesdays ONLY. You may  
pick up 1 hot meal and 2  
frozen.

10:30am - 11:30am

#### Meals on Wheels

(509) 527-3775

ext 1.

#### VoiceCare Emergency Response Buttons

By appt, call

(509) 527-3775 ext 2

see ad on last page.

#### Adult Day Center - Respite Care

(509) 527-3775 ext 3

see page 12 for more  
info.

Who's happier - people  
in their 40s or 80s?

Pg 6

Paint a bowl for  
SoupPort!

Pg 10

St. Patrick's  
Dinner

Pg 14



# ANNOUNCEMENTS

## **CONTRIBUTE TO THE MONTHLY NEWSLETTER**

Do you have a story, a recipe, a resource to share? Send us an email at [admin@wallawallaseniorcenter.org](mailto:admin@wallawallaseniorcenter.org) and we will consider adding it to the next newsletter! Let this newsletter be a place of enjoyment and inspiration, created for you, by you.

## **SUSTAINING THE CENTER'S FUTURE**

Please consider the Walla Walla Senior Center when making your estate plans or considering memorial donations. We hope you choose to help keep the Center vibrant for years to come!

## **SWITCH TO THE DIGITAL NEWSLETTER**

If you haven't yet (and are interested) please consider switching to our new easy-to-read digital newsletter. View it on your computer or tablet. Why switch over? The colors and photos are clearer and brighter, and you'd be saving paper and ink, helping us be better stewards of our environment. Feel free to give us a call at (509) 527-3775 or send us an email today at [admin@wallawallaseniorcenter.org](mailto:admin@wallawallaseniorcenter.org) and we will make the switch!

## **VOICE CARE PROGRAM**

Do you have a loved one who lives alone? Consider getting them set up with a Personal Emergency Response System so that they can have access to emergency support if necessary. These systems allow seniors to live independently in their homes. - Call Richard Clark at (509) 527-3775 ext 2 for more information.

## **RENT OUR SPACES**

Need a place for your next meeting, wedding, reception, party, church group, dinner, or family reunion? Whatever the occasion, our spaces can meet your needs. Prices start at \$50/hour.

## **SPECIAL EVENT VOLUNTEERS WANTED**

Are you interested in volunteering with the Senior Center but can't commit to an ongoing schedule? No problem! Volunteering at our events is a great way to get involved. Help us with things like fundraiser dinners, lunch celebrations, and more! Give us a call today: (509) 527-3775.



## **MEALS ON WHEELS SPONSORSHIP**

Thank you to Aetna for sponsoring our Meals on Wheels program. Their contribution covers hundreds of meals for homebound seniors. We are so grateful!



## **WALLA WALLA SENIOR CENTER, INC.**

720 Sprague St.  
Walla Walla, WA 99362  
(509) 527-3775  
Fax: (509) 527-3776  
[wallawallaseniorcenter.org](http://wallawallaseniorcenter.org)

### **BOARD OF TRUSTEES**

#### **PRESIDENT**

Libby McCaw

#### **VICE PRESIDENT**

Brad Riordan

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Jan Alexander

#### **TREASURER**

Sarah Zessin

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Ron Wheeler

Leigh Anne Adkins

Merrikay Locati

Skip Winchester

Maria Scafariello

The Walla Walla Senior Center does not discriminate on the basis of disability in admission, access to, treatment or employment in its programs and activities.

Southeast Washington Aging and Long Term Care Council of Governments is a funding agency. Walla Walla Senior Center, Inc. does not discriminate in providing services on the grounds of race, creed, color, religion, national origin, gender, age, marital status, or the presence of any sensory, mental, or physical disability.

### **Walla Walla Senior Center Mission Statement**

Our mission is to empower older adults to live healthy and happy lives through programs that work to combat hunger and social isolation.

This week's

# Sudoku

challenge

		6	3	4	8		7	2
			1			9	6	
				7	6			
	6	4				7		
		1		6	7	3		
3		9		1		6	2	
							4	
								1
8							9	

6	6	2	4	3	7	5	1	8
1	3	5	6	8	9	7	2	4
4	7	8	1	5	2	3	6	9
2	4	6	5	1	8	9	7	3
9	5	3	7	4	6	1	8	2
8	1	7	3	6	2	4	5	9
5	4	8	6	7	9	2	3	1
3	6	9	2	5	1	8	4	7
2	7	1	8	4	3	6	5	9

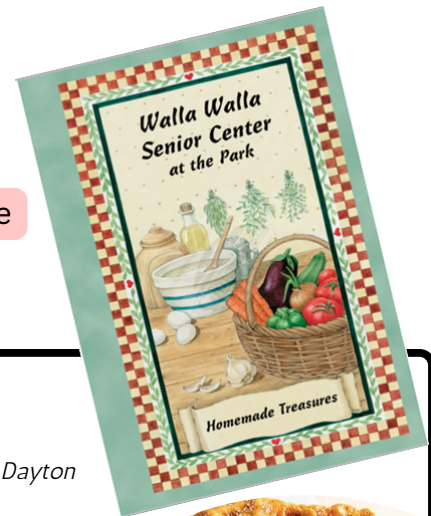
Great  
gift idea!

Walla Walla Senior Center Cookbook

**PICK UP YOUR COPY TODAY!**

\$10.00 each

Purchase your copy at the Center or give  
us a call at (509) 527-3775



FROM OUR SENIOR CENTER COOKBOOK... (PG 80)

By Dingle's of Dayton

## Rhubarb Custard Pie

- 5 c. cut up Rhubarb
- dash of cinnamon
- 1 1/2 c. sugar, divided
- 3 T. flour, divided
- 3 lg. eggs
- dash of salt
- 1 unbaked 9 inch pie crust
- whipped cream

Preheat oven to 400°. Combine Rhubarb, cinnamon, 1/2 c. sugar, and 1 T. flour; set aside. Beat eggs with remaining sugar, flour and the salt. Add to Rhubarb, mix well. Pour into crust. Bake for 10 minutes. Reduce heat to 350° and bake for 45 minutes. Serve with whipped cream.





# Uncovering Senior Injury Hotspots in the Home: 5 Places to Avoid

As seniors age, it is important to be aware of the areas in your home that can become injury hotspots. Knowing where these senior injury hotspots are located and understanding how they can lead to falls or other types of injuries will help you take steps towards preventing them from occurring. In this blog post we'll discuss five places in your home which may pose a risk: stairs, bathtubs and showers, kitchen, bedroom and laundry room/garage – all potential “senior injury hotspots in the home.” We'll provide statistics on how common falling accidents are for seniors as well as tips for avoiding an accident at each location plus what to do if you find yourself injured and immobilized alone at any one of these locations.

## **Falls Account for 25% of All Hospital Admissions and 40% of All Nursing Home Admissions**

Falls are a major cause of injury and death among older adults. According to the Centers for Disease Control and Prevention (CDC), falls account for 25% of all hospital admissions and 40% of all nursing home admissions. Of those admitted, 40% will never return to independent living, while 25% will die within one year.

These statistics demonstrate the need for greater awareness about fall prevention

in our aging population. To reduce the risk of falls, it is important to identify potential hazards in and around the home that can lead to slips or trips—and then take steps to eliminate or fix them.

Common causes of falls include wet floors, loose rugs or carpets, poor lighting, uneven surfaces such as stairs without handrails, clutter on walkways or stairs, inadequate grab bars in bathrooms and showers, furniture not securely anchored against walls and lack of support when getting up from chairs or beds. It's also important to make sure medications don't interact with each other negatively; some drugs can cause dizziness which increases risk for falling.

Universal design features like no-step entries into homes, extra-wide hallways, accessible living spaces on ground floors, accessible light switches, and door levers can help reduce fall risks by making it easier for people with mobility issues to navigate their environment safely. Unfortunately, only 1 percent of housing units have these features according to the Harvard University Joint Center For Housing Studies report 2014.

***Read the full article on our blog!***  
***Visit***  
***[wallawallaseniorcenter.org/blog](http://wallawallaseniorcenter.org/blog)***



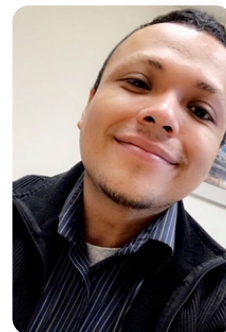


# Adult Day Center & Family Support

(509) 527-3775 ext 3

[adc@wallawallaseniorcenter.org](mailto:adc@wallawallaseniorcenter.org)

Alex Sanchez,  
Program Manager



## Common Causes of Insomnia and Sleep Problems in Older Adults

### **Poor sleep habits and sleep environment.**

These include irregular sleep hours, consumption of alcohol before bedtime, and falling asleep with the TV on. Make sure your room is comfortable, dark and quiet, and your bedtime rituals conducive to sleep.

**Pain or medical conditions.** Health conditions such as a frequent need to urinate, pain, arthritis, asthma, diabetes, osteoporosis, nighttime heartburn, and Alzheimer's disease can interfere with sleep. Talk to your doctor to address any medical issues.

**Medications.** Older adults tend to take more medications than younger people and the combination of drugs, as well as their side-effects, can impair sleep. Your doctor may be able to make changes to your medications to improve sleep.

**Lack of exercise.** If you are too sedentary, you may never feel sleepy or feel sleepy all the time. Regular aerobic exercise during the day can promote good sleep.

**Stress.** Significant life changes like retirement, the death of a loved one, or moving from a family home can cause stress. Nothing improves your mood better than finding someone you can talk to face-to-face.

**Lack of social engagement.** Social activities, family, and work can keep your activity level up and prepare your body for a good night's sleep.

If you're retired, try volunteering, joining a seniors' group, or taking an adult education class.

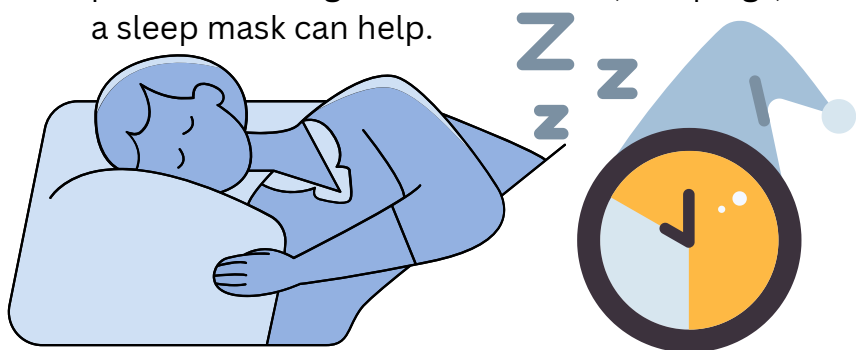
**Lack of sunlight.** Bright sunlight helps regulate melatonin and your sleep-wake cycles. Try to get at least two hours of sunlight a day. Keep shades open during the day or use a light therapy box.

**Naturally boost your melatonin levels.** Artificial lights at night can suppress your body's production of melatonin, the hormone that makes you sleepy. Use low-wattage bulbs where safe to do so, and turn off the TV and computer at least one hour before bed.

**Don't read from a backlit device at night (such as an iPad).** If you use a portable electronic device to read, use an eReader that requires an additional light source.

**Make sure your bedroom is quiet, dark, and cool, and your bed is comfortable.**

We often become more sensitive to noise as we age, and light and heat can also cause sleep problems. Using a sound machine, ear plugs, or a sleep mask can help.



The Adult Day Center is located at the Center at the Park in Walla Walla. Our facility serves adults who have memory challenges, physical disabilities, and socialization needs. We provide a safe and stimulating environment. Call us or email us!

# Who's happier –

# people in their 40s or 80s?

*Kaiser Permanente Washington Health Research Institute vice president Dr. Eric B. Larson reflects on life satisfaction studies.*

I have a friend who walks around Seattle's Green Lake two or three times a week. Sometimes she goes alone. Other times she meets a friend for the 2.8-mile stroll. But she always stops on the west shore to watch the turtles sunning on nearby logs. Since retiring from nursing at age 67, she has plenty of time to notice such wonders.

"I have more perspective," she says. "Maybe it's because I worked with older patients for so many years, or maybe it's just part of growing older myself, but I realize that my life could be over in a minute."

The thought doesn't seem to frighten her. Instead, she's reminded to enjoy each day as it comes. If the weather's nice, she might spend a whole afternoon in her yard, reading a novel or digging in her garden. When a friend suggests they celebrate her 70th birthday by traveling out of state to walk in a half-marathon, she figures, why not? Exercise. Friendship. Adventure. These are all top priorities now.

I'm thrilled to see my friend embracing her retirement this way—especially after watching her juggle career and family for so long. She's still got obligations. She volunteers for a pet shelter and United Way. Caring for her house is a chore. But she approaches her days with acceptance that life is finite—and this makes her happy.



In my work on healthy aging, I see how this “live for today” attitude often plays out for older people. In fact, the research may surprise you: People age 60 and older generally have a greater sense of well-being than younger people have. Surveys of happiness conducted in developed countries consistently show a “U-shaped” pattern, with people on either end having the greatest satisfaction. In one large study from the Brookings Institute, for example, scientists found happiness was high for 18- to 21-year-olds and then dropped steadily until about age 40. But past middle age, the pattern began to reverse—gradually climbing back up to its highest point at age 98!

These findings seem to contradict research that shows increased depression among older people as they experience illness, death of loved ones, and other losses common for the elderly. But aging also brings a greater acceptance of ourselves and our lives—no matter how difficult circumstances may be at times. It's not that conditions necessarily get better as we age. It's that we have the chance to let go of our expectations and be more realistic about life's ups and downs.



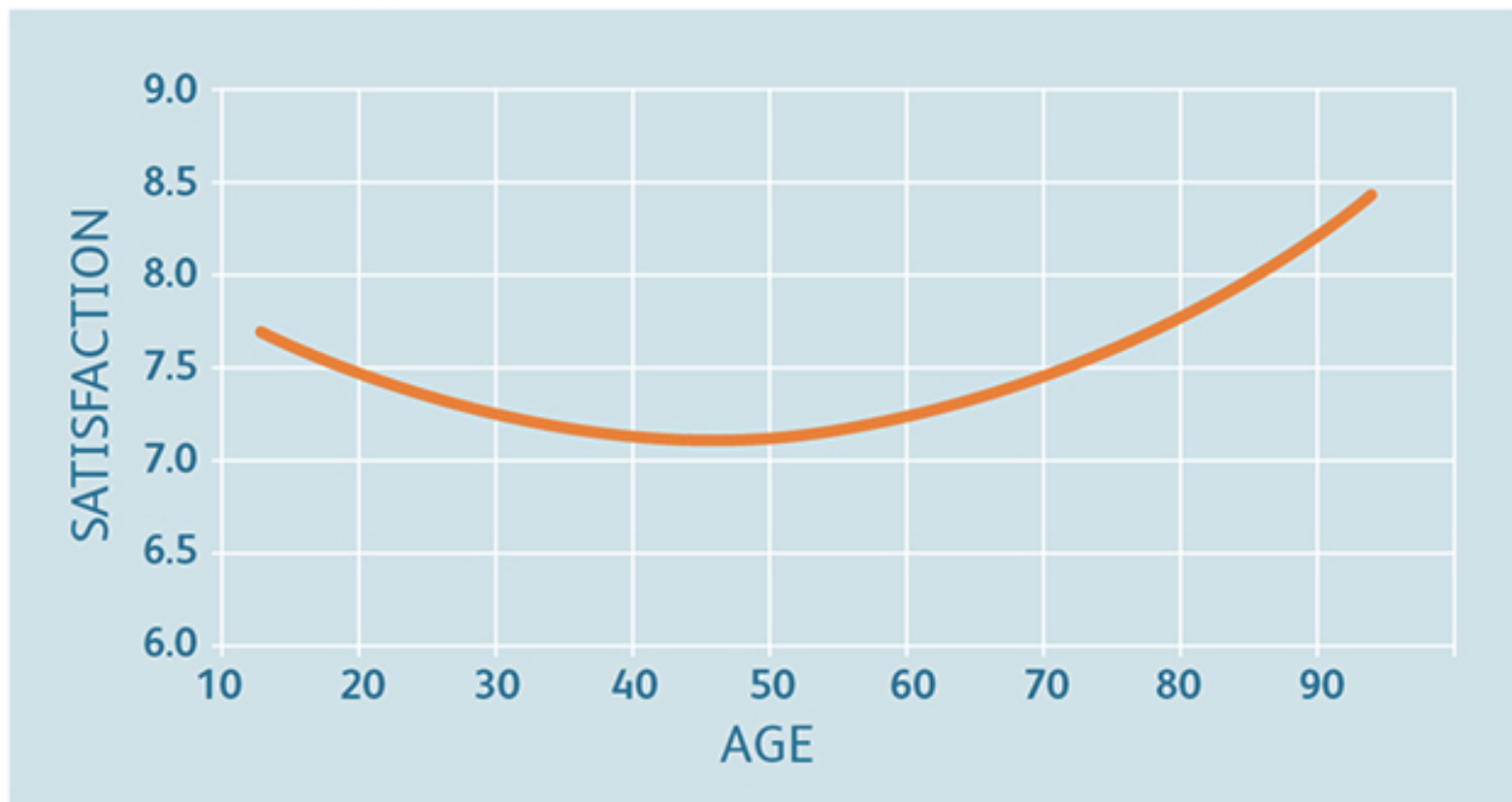
We no longer have to figure out who we want to become or what else we want to accomplish, for example. We let go of striving for advancement or status. We choose activities based on what we want to do—not what we have to do to earn a living or meet other people’s demands. In aging we often find more meaning in simpler but deeper gratifications—activities such as caring for grandchildren, spending time in nature, or just sharing a good meal with old friends.

We’ve also learned that disappointment, disability, and loss are part of life. So when they happen, they are less shocking. We can do a lot to stave off illness, but we know that if we live long enough, we’ll experience life-threatening diseases and functional decline. We know we’re going to lose some of the people we love most. We’re also beginning to realize and accept the inevitability of our own end of life. To live fully despite such threats and losses, we must give up the argument that we and our loved ones will be the exceptions.

At age 87, Erik Erikson—the mid-century psychoanalyst famous for observing the stages of psychosocial development—described the primary task of old age to The New York Times this way: “You’ve got to learn to accept the law of life, and face the fact that we disintegrate slowly.” To avoid despair, we must also develop “ego-integrity,” he explained. That is, we must be able to look back and know that our lives have been “complete.” Perhaps that’s why so many people find satisfaction in focusing on the needs of others in retirement. They want to do good work, leaving the world better for future generations.

Whether your retirement years include volunteering, caring for family, travel, or other adventures, I hope the research on aging rings true for you. With increasing acceptance and satisfaction, the years ahead could be your best ones yet.

## Age and Life Satisfaction



*Brookings Institute scholars used Gallup polls to show relationship between age and well-being. Respondents rated their life satisfaction relative to “best possible life” for them, with 0 being worst and 10 being best. (Graham, Nikolova)*

*Article via [wa-health.kaiserpermanente.org](http://wa-health.kaiserpermanente.org)*



## Senior Round Table Menu

MARCH


2023  
FRIDAY

THURSDAY

WEDNESDAY

TUESDAY

MONDAY

<b>MOW = MEALS ON WHEELS</b> <b>IN HOUSE = CONGREGATE DINING ROOM</b>		<b>1</b> HAMBURGER WITH BUN LETTUCE, TOMATO, ONION VEGETABLE (CHEF'S CHOICE) POTATOES CAKE <b>IN HOUSE: ICE CREAM</b>	<b>2</b> CHICKEN & CORN CHOWDER FRUIT; ROLL; COOKIE <b>MOW: VEGETABLE</b> <b>IN HOUSE: SALAD BAR</b>	<b>3</b> <b>CLOSED</b>
<b>6</b> TUNA CASSEROLE VEGETABLE (CHEF'S CHOICE) SPINACH ROLL FRUIT	<b>7</b> ROAST BEEF & GRAVY POTATOES VEGETABLE (CHEF'S CHOICE) ROLL FRUIT COOKIE	<b>8</b> CHICKEN FRIED BEEF STEAK POTATOES VEGETABLE (CHEF'S CHOICE) ROLL FRUIT CRUMBLE	<b>9</b> HAM & SPLIT PEA SOUP ROLL; FRUIT; COOKIE <b>MOW: VEGETABLE</b> <b>IN HOUSE: SALAD BAR</b>	<b>10</b> <b>CLOSED</b>
<b>13</b> PHILLY CHEESESTEAK WITH BUN VEGETABLE (CHEF'S CHOICE) POTATOES FRUIT	<b>14</b> SALISBURY STEAK POTATOES VEGETABLE (CHEF'S CHOICE) BREAD FRUIT COOKIE	<b>15</b> TURKEY & GRAVY STUFFING MASHED POTATOES GREEN BEANS BREAD PUMPKIN BAR	<b>16</b> CORNED BEEF AND CABBAGE ROLL FRUIT <b>MOW: VEGETABLE</b> <b>IN HOUSE: SALAD BAR</b>	<b>17</b> <b>CLOSED</b>
<b>20</b> MEAT LOAF & GRAVY POTATOES VEGETABLE (CHEF'S CHOICE) BREAD FRUIT COOKIE	<b>21</b> SPAGHETTI & MEAT SAUCE VEGETABLE (CHEF'S CHOICE) COLESLAW GARLIC BREAD FRUIT	<b>22</b> SWEDISH MEATBALLS OVER EGG NOODLES VEGETABLE (CHEF'S CHOICE) ROLL CARROT SALAD FRUIT	<b>23</b> STUFFED PEPPER SOUP ROLL FRUIT <b>MOW: VEGETABLE</b> <b>IN HOUSE: SALAD BAR</b>	<b>24</b> <b>CLOSED</b>
<b>27</b> TATER TOT CASSEROLE VEGETABLE (CHEF'S CHOICE) ROLL FRUIT COOKIE	<b>28</b> TERIYAKI PORK OVER RICE SAUTEED ONIONS & PEPPERS VEGETABLE (CHEF'S CHOICE) BREAD FRUIT	<b>29</b> <b>MOW: BAKED FISH</b> <b>VEGETABLE (CHEF'S CHOICE)</b> <b>CORN BREAD</b> <b>PEA SALAD</b> <b>IN HOUSE: HAYSTACKS</b> FRUIT; COOKIE	<b>30</b> CHICKEN & DUMPLINGS FRUIT BROWNIE <b>MOW: VEGETABLE AND GREEN SALAD</b> <b>IN HOUSE: SALAD BAR</b>	<b>31</b> <b>CLOSED</b>

**Free for persons 60+ years. Donations appreciated.** Under 60 years \$ 7.00 charge. **Hours: Mon-Thur 11:30-1:00.** Substitutions may occasionally occur. Milk served with all meals. Vegetarian option daily. \*Be advised that our food may have come in contact or contain peanuts, tree nuts, soy, milk, eggs, wheat, shellfish or fish.



**NUTRITION PROGRAM  
MEALS-ON-WHEELS  
MEALS IN CONGREGATE  
SETTINGS**

Serving Home Delivered, Meals-on-Wheels and meals in Congregate settings to Seniors in Walla Walla, Columbia, Garfield, and Asotin Counties of SE Washington State for 50 years.



**Jane Kaminsky**  
**Nutrition Director**

720 Sprague St  
Walla Walla, WA 99362  
(509) 527-3775 ext. 1  
(509) 527-3776 Fax  
srt@wallawallaseniorcenter.org



# Shakshuka

Shakshuka is an easy, healthy breakfast (or any time of day) recipe in Israel and other parts of the Middle East and North Africa. It's a simple combination of simmering tomatoes, onions, garlic, spices and gently poached eggs. It's nourishing, filling and one recipe you're guaranteed to make time and again.

## Ingredients

- 2 tablespoons olive oil
- 1 medium onion, diced
- 1 red bell pepper, seeded and diced
- 4 garlic cloves, finely chopped
- 2 teaspoon paprika
- 1 teaspoon cumin
- ¼ teaspoon chili powder
- 1 28-ounce can whole peeled tomatoes
- 6 large eggs
- salt and pepper, to taste
- 1 small bunch fresh cilantro, chopped
- 1 small bunch fresh parsley, chopped

## Directions

1. Heat olive oil in a large sauté pan on medium heat. Add the chopped bell pepper and onion and cook for 5 minutes or until the onion becomes translucent.
2. Add garlic and spices and cook an additional minute.
3. Pour the can of tomatoes and juice into the pan and break down the tomatoes using a large spoon. Season with salt and pepper and bring the sauce to a simmer.
4. Use your large spoon to make small wells in the sauce and crack the eggs into each well. Cover the pan and cook for 5-8 minutes, or until the eggs are done to your liking.
5. Garnish with chopped cilantro and parsley.

- Crumbled feta or goat cheese on top is delicious addition. Traditionally it's also served with pita, but I love to serve it with slices of avocado.



*Recipe via downshiftology.com*



# Walla Walla Senior Center

## SALON



Gift certificates available!

### Haircut

- Women - \$30
- Men - \$18
- Cut, shampoo, and blow dry - \$35-\$40

### Perm

- Starts at \$65

### Nails

- Basic (cut and file) - \$10
- Manicure - \$20
- Foot care (soak, cut, and file) - \$18

**\*Prices are for ages 60 and over**

**Schedule your appointment by calling (509) 240-6034**

## Paint a bowl for **SoupPort**

SoupPort bowls can be painted by anyone age 12 and up. They are \$10 each plus tax. The deadline to paint a bowl is **March 25th**. The bowls will all be on display at the Senior Center **April 2nd-8th**. If you want to help but don't want to paint, you can donate bowls for others to paint through the pottery studio's website:

[wallawallawa.gov/government/parks-and-recreation/recreation-programs/pottery-painting-studio](http://wallawallawa.gov/government/parks-and-recreation/recreation-programs/pottery-painting-studio)

### What is SoupPort?

SoupPort is a luncheon put on by Helpline and SonBridge. This year, it will be at St. Patrick's church in Blanchett Hall, from 11am-1pm on **April 12th**. Tickets are \$30 in advance and \$35 at the door.

Attendees get to pick out a bowl of their choice and get it filled with soup for lunch. Once they've finished their soup, they get to keep their bowl and take it home.

*The Pottery Studio is located at the Walla Walla Senior Center.  
Come paint today!*





# MORE ANNOUNCEMENTS!

MARCH 2023

## THE WALLA WALLA OLD TIME MUSIC MUSICIANS



March 7th and 21st

1st and 3rd Tuesday of each month from  
6:30-8:30pm.

\$3 admission at the door. Donations appreciated.



## HEALTH TALKS WITH BROOKDALE: RESOURCES FOR LIVING A HEALTHY LIFESTYLE

Thursday, March 16th at 1:00 PM

Whether you have recently moved to the Walla Walla Valley, or lived here for many years, sometimes we do not always know what resources are right in front of us. The Walla Walla Valley is rich in many resources that can aid in a healthy lifestyle. Come learn together as Brookdale discusses the many healthy lifestyle resources that are available at our fingertips in our own backyard.



**BROOKDALE**  
— SENIOR LIVING —

# LIVE INDEPENDENTLY AT HOME

with a Personal Emergency Response System



WALLA WALLA  
SENIOR CENTER  
THE CENTER AT THE PARK  
*Serving Seniors since 1971*

 **ConnectAmerica**  
*Help at the Push of a Button*

These wearable pendants will give you and your loved ones peace of mind and keep you in your home for longer.

Learn more about our VoiceCare program by calling  
**Richard**  
at (509)527-3775 ext. 2.

## Walla Walla County Healthy Aging Survey

Walla Walla County Department of Community Health and Southeast Area Agency on Aging are conducting a survey on healthy aging in Walla Walla County. The results of the survey will be used to better understand how to connect and convene people to resources and organizations that support healthy aging in Walla Walla County. *The survey is open now to March 17, 2023.*

### WALLA WALLA COUNTY HEALTHY AGING SURVEY

We need your  
input!

Take the survey here!



Scan the QR code with your  
smartphone or visit:

(English)

[surveymonkey.com/r/6GK](https://surveymonkey.com/r/6GK)  
W2LK

(Español)

[surveymonkey.com/r/S5D2](https://surveymonkey.com/r/S5D2)  
LVL

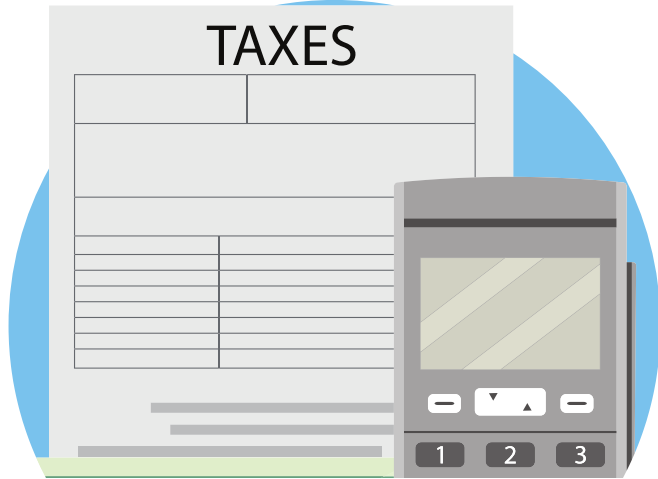
### ENCUESTA DE ENVEJECIMIENTO SALUDABLE DEL CONDADO DE WALLA WALLA

¡Necesitamos  
su opinión!

¡Responda la encuesta aquí!



# FREE INCOME TAX PREPARATION



The Senior Center is hosting free income tax preparation for the 2022 tax year. For more information or to make your appointment, call (509) 593-8257.

## ALZHEIMER'S ASSOCIATION®

### Caregiver Support Group

Alzheimer's Association caregiver support groups, conducted by trained facilitators, are a safe place for caregivers, family and friends of persons with dementia to:

- o Develop a support system
- o Exchange practical information on caregiving challenges and possible solutions
- o Talk through issues and ways of coping
- o Share feelings, needs and concerns
- o Learn about community resources

1<sup>st</sup> Wednesday of the Month - 1:30pm - 3:00pm

SonBridge Center for Better Living  
1200 SE 12<sup>th</sup> St.

College Place, WA 99324

Support Group Facilitator:

Alex Engles (509)956-4938

### Staying Connected

Staying Connected is a 4-session class for those with early stage memory loss and their care partner. It covers topics such as communication, mood, family connections, and staying active in things you love to do. This class meets in a comfortable, support group type setting so participants can connect with others with similar experiences. We also provide resources for the participants to use as they begin their journey with memory loss.

**Pre-registration required.**

Phone Aging and Disability Resource Center at (855) 567-0252.



### VOLUNTEER TODAY!

Join the walk  
planning committee!

Call, text or email Erica Grissmerson  
509-552-7026 emgrissmerson@alz.org

Donations can be mailed to: Alzheimer's Association  
19031 33rd Ave W #301, Lynnwood, WA 98036

**Alzheimer's Association - 24/7 Helpline**  
**800.272.3900**

## Leaner Times

I invested a little and then I had more.  
I was happily spending at many a store.  
Not a care in the world, life seemed good,  
I was fine.  
But then it began with a sobering chime.  
Walls Street's final bell showed the DOW  
really fell.  
Leaving market investors not feeling too  
well.

The market went up and then it went  
down.  
But when it hit bottom it echoed through  
town.

I called my advisor in a panic, I felt.  
He quickly suggested, I tighten my belt.  
Each weeks been white knuckled no  
change in the tide.  
The bears not the bulls are controlling  
the ride.

How did this happen? Everyone asked,  
Who was in charge when the market  
collapsed?

What happened! They questioned to  
caused this dismay?

Did no one see it coming, or did they? I  
say.

Some people charged millions, which  
costs billions to fix.  
A government's bailout from their bag of  
tricks.

But we will all pay for the errors they  
made,  
By ones who spent more than they'll ever  
repay.

So all I have left are some Nickels and  
Dimes  
A shining reflection of much leaner times.

**-Maria Scafariello, 2008**





***SEE YOU THERE!***

# ***ST. PATRICK'S DINNER***

**Thursday, 3/16/23, 5-7pm**

**Cost: \$10/per person**

Join us for an evening of a St. Patty's Day feast here at the Senior Center. We will also have a 50/50 raffle to raise funds for our programs.



**WALLA WALLA  
SENIOR CENTER**  
THE CENTER AT THE PARK  
*Serving Seniors since 1971*

*At the Walla Walla Senior Center, located at 720 Sprague St.*



## Morning Coffee

Join us for your morning coffee here at the Center. Donations appreciated.

**MONDAY-THURSDAY  
7AM-10AM**

## Game Area



Join others at the East end of the dining room for games and cards. Choose from those supplied by the Center, or bring your own!

**Monday-Thursday  
7am-3pm**



# Every week

*At the Walla Walla Senior Center...*

### BRIDGE!

Join us every Tuesday and Thursday at 1 pm at the Senior Center to play Bridge. All are welcome.



### CARD GROUPS



### PINOCHLE!

Join us every Monday at 1 pm at the Senior Center to play Pinochle. Bring a friend!

## GAMES WITH FRED



Do you like playing card and board games? On Wednesdays, Fred hosts a game event in which he brings different games to play and to teach. Play old favorites and learn new ones! This program is free and open to all

**WEDNESDAYS  
10AM-3PM  
(INCLUDES A BREAK FOR  
LUNCH FROM NOON TO  
1:00PM.)**

Walla Walla Senior Center  
720 Sprague St  
Walla Walla, WA 99362  
(509) 527-3775  
FAX (509) 527-3776  
wallawallaseniorcenter.org

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**Doyle ELECTRIC** inc.

1421 Dell Ave Walla Walla, WA  
Business: 509-529-2500 Fax: 509-525-6865  
Email: info@doyleelectric.com

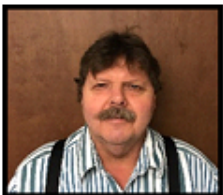


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WA # DOYLEEEI277CL OR # CCB 19588

Walla Walla Senior Center - Voice Care  
**Emergency Response System**  
**LIVE INDEPENDENTLY AT HOME**

We have pendants that connect to landline phones,  
and pendants that do not require a landline. Call  
Richard Clark to find out more.



**Richard Clark**  
Voice Care Coordinator  
509-527-3775 ext. 2

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