



“When I retired, I needed another group of friends...it's a wonderful place to make friends and learn new things. I meet so many different kinds of people. The more you're here, the more you find out about other things to do!”
~Kathy

Mission

Senior Services for South Sound is dedicated to improving the quality of life for people as they age.

Ways to Give

Whatever method you choose—online, mail, planned giving or any other—your gift is always appreciated. Please contact us if you are interested in learning more about making a gift or discussing planned giving options for you and your family.



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**Please visit our website
for additional information**



Dedicated to Improving
the Quality of Life for
People as They Age

SINCE 1973, Senior Services for South Sound has helped people remain vital and independent with progressive and comprehensive services including:

- Meals on Wheels
- Adult Day Programs
- In-Home Care Registry
- Life Long Learning Classes
- Nutrition
- Transportation

Socialization, health and independent living programs are also available for seniors and active adults in Mason and Thurston Counties.





Adult Day Programs

BRIGHTER DAYS offers adults with cognitive and physical challenges the opportunity to spend time in a safe, fun, and nurturing environment. Trained staff provide personal care and engaging activities while caregivers enjoy respite time.

MOMENTIA enables seniors experiencing memory loss to remain connected and active in a dementia-friendly community.

Nutrition Program

MEALS ON WHEELS delivers meals (fresh or frozen) to the homes of eligible seniors aged 60 and over who live in Thurston or Mason counties.

SENIOR COMMUNITY DINING is available to local seniors. Hot, nutritious meals are served at eight meal sites across Mason and Thurston counties. Site locations, times, and suggested donations are listed at SouthSoundSeniors.org. Last year our nutrition program served over 120,000 meals.

“Senior Services for the South Sound is where I go to play with my friends.”

~Carol



Client Services

Client Services supports seniors with basic needs and referrals to programs such as:

SHIBA (State Health Insurance Benefits Advisors) advise on Medicare questions and explain the many options available.

TRANSPORTATION provides rides to individuals 60 and over who live in rural Thurston County. Transportation for essential errands is available for those living outside the Intercity Transit service area.

INCLUSION is available for seniors with developmental disabilities. The program provides the foundation to build strong social, recreational and educational networks in our community.

HOME SHARE matches people in need of housing with individuals who can provide it. Providers and seekers derive several benefits from home sharing through reduced housing expenses, increased independence, and the ability to age in place.

CARE CONNECTION is an in-home registry of independent providers offering self-directed caregiving and housekeeping services to those who need assistance. Independent providers are screened and interviewed, to ensure loved ones are safely supported.



Recreation

OLYMPIA SENIOR CENTER AND VIRGIL CLARKSON LACEY SENIOR CENTER

Both Centers provide academic classes and recreational programs for adults ages 55 and older. Among the many classes offered are nationally recognized, evidenced-based exercise programs that prevent falls, improve balance, and instill overall wellbeing. Planned activities focus on social interaction and promote overall wellness.

TRIPS & TOURS

Our travel programs offer something for everyone including river rafting, gondola rides, baseball games, festivals, theatre, museums, and international trips.

BUDD BAY BARGAINS AND THE ESTATE STORE

Budd Bay Bargains accepts gently-used apparel, jewelry, home decor items, and more for resale. The Estate Store accepts gently-used, high-end apparel, antiques, furnishings, and collectibles for resale. All proceeds help to fund programs and services for seniors.

