

March 2020

Senior Services for South Sound • Our Mission: Improving the quality of life for people as they age.

Get your bake on, because the 12th annual Pie Fest is back for another year! The much beloved annual tradition is in its 2nd year after taking it over from the Pie Guild; we couldn't let this tradition die!



Senior Services for South Sound and the Thurston County Food Bank will hold Pie Fest on Pi Day, **March 14th, 2020** from **12 - 3 pm** at the **Olympia Senior Center**. All funds raised will be used to end food insecurity in our community. Pie slices will be sold at \$3 per slice, and this year there will be two prize categories; Youth (15 and under) and Bakers (16 and over). *"Swinging Open - Jazz & Stuff"* will be performing live, raffles, and of course, lots of pie to indulge in on this Pi Day celebration! *Gluten Free and Sugar Free pies will be available while supplies lasts.

To enter, please review rules and fill out the [Entry Form](#), which is also available at the Olympia and Lacey Senior Center reception desks. Return your entry sheet with two pies at the event before 10 am. For more information call 360.586.6181. Can't wait to see you all there. ***May the best pie win!***

Grab your gold coins and 4-leaf clovers and join us at Lucky Leprechaun Bingo at the Virgil Clarkson Lacey Senior Center on **Friday, March 13th**. A great event for friends, family, and neighbors! Don't forget to come dressed in your best St. Patrick's Day attire!

\$20 game packs, full-service bar, Jello shots, 50/50 raffle, special games, and \$5 themed dinner available for purchase. Doors open at 6 pm, games start at 7 pm. Must be 21+. For more information or to reserve a table of 6 or 8 people, contact **360.407.3967, ext 101**. Thank you to our sponsor [Olympia Federal Savings](#).

Plan Your Future Like You Plan Your Vacation

by Pam Toal

It's early spring in the Pacific Northwest, and anything can happen weather wise. We watch the weather report, we watch for flowers to appear once again in our garden beds. Some of us take a vacation this time of year, to feel the warmth of the sun, or have an adventure in a faraway land. We're able to get there because we planned.

Our travel itinerary is the plan that helps us reach our destination. Our estate plans can accomplish the same thing. Like preparing for a vacation, there are many things to consider, depending on our goals and finances.



I recently looked at my passport. I've been fortunate to travel to Italy, Greece and China. Those passport stamps are part of my personal legacy, and remind me of how much I love to travel.

We can use our estate plans to leave another kind of legacy, one that provides for our family and loved ones and supports the causes we care about. On May 5th from 1 - 3 pm, Senior Services for South Sound will host an estate planning workshop for our members

and supporters at the Virgil Clarkson Lacey Senior Center. For more information or to preregister, please reach out soon, as space will be limited. **Call me at 360.586.6181, ext 106, or send me an email: ptotal@southsoundseniors.org to register.**



It's never too early to get started on your Spring cleaning! Now is the time to start clearing out those unused items that are taking up space in your garage.

If you wish to donate items, please take them to Olympia Moving & Storage, 935 Poplar St SE, starting April 13, 1 - 4 pm Monday - Friday.



Olympia Senior Center



Speakers Series at the Olympia Senior Center Wednesdays, 10:15 - 11:30



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Dr. Taranath: Tangled: Why Your Hair Matters to Society

Wednesday, March 4 @ 10:15 am • Olympia Senior Center

Hair is simply a collection of protein filaments that sprout from our scalp, yet it carries great meaning for us and our society. From twists and tapers to braids and buns, what's on top of our head and how it is received by others often reflects society's standards of beauty desirability. Using song, video, poetry, and imagery, this interactive presentation encourages us to examine our cultural conceptions of gender, class, and race. Why, for example, is one kind of hair or hair style understood as "better" than another? Who says so? What are the consequences of sporting an unruly doo, and how has that changed over the years? Join University of Washington professor Anu Taranath to untangle the meaning of hair, and better understand the stories we tell about beauty, bias, and belonging.

Julia Harrison: Sticky Subject: the History and Culture of Sugar

Wednesday, March 11 @ 10:15 am • Olympia Senior Center

Once a rare, exotic ingredient, sugar has become a dietary staple, leaving its sticky fingerprints all over the globe. Anthropologist and sweets expert Julia Harrison takes participants on a journey from ancient sugar cane plantations to modern candy factories, uncovering sugar's economic and social significance. From slavery and mass migration to environmental changes and nutrition, the consequences of sugar's rise are global - and not always sweet. Julia Harrison is an anthropologist and avid traveler for whom all roads lead to sweets. Her projects include a multimedia online map of bakeries, desserts, and candy-makers around Puget Sound.



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Travelogue: Jim Eychaner's Adventure in New Zealand

Wednesday, March 18 @ 10:15 am • Olympia Senior Center

When Jim's wife, Mo retired, he gifted her an around-the-world trip, culminating with a whole month in New Zealand. Come see the trip they took together in 2016, as a celebration of a completion of her career and their love that they share together. See images of beautiful landscapes, learn about Maori culture, and hear some travel tips for visiting New Zealand. In addition, Jim has travel and packing tips that can prepare you for your next adventure.

Art Dolan, Sons of the American Revolution-

Espionage: the Second Oldest Profession, 1775-1783

Wednesday, March 25 @ 10:15 am • Olympia Senior Center

"George Washington didn't really outfight us, he simply out-spied us", said Major George Beckwith, a British Intelligence Officer in 1783. Come and discover the rudiments of spy craft during the American Revolution. Spies' tactics, and their role in winning our independence, and the establishment of a new nation will be unwrapped like a secret gift! Who was spy 711 or agent 355? One we know and one we don't. Hear the fascinating story spying and its craft was plied during the American Revolution. How could one of Washington's spies remain a mystery for over 125 years and one never discovered? Set your calendar and bring a friend for this fascinating journey during the American Revolution.



Contact us to learn more about the Speaker Series or other events!
Olympia Senior Center • 222 Columbia St NW • 360.586.6181

Spring Registration is Coming...

SPRING REGISTRATION for All Senior Services for South Sound Classes begins Monday, March 2. Spring Quarter runs March 30 - June 26, 2020.

HOW TO REGISTER & PAY

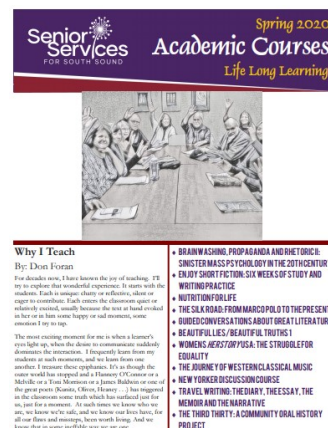
PHONE: 360.586-6181 (Olympia); 360.407.3967 (Lacey)

IN PERSON: Olympia Senior Center, 222 Columbia St. NW Olympia

Lacey Senior Center, 6757 Pacific Ave SE, Lacey

Visit our Website at www.SouthSoundSeniors.org

Spring Academic Offerings. For full class descriptions, please pick up a catalog at either the Olympia or Lacey Senior Centers, or check it out on our website



Here is a look at our Academic offerings for the quarter. Be sure to check our website for the full course descriptions, dates/times, and fees.

- **Brainwashing, Propaganda and Rhetoric II: Sinister Mass Psychology in The 20th Century - Instructor: Bruce Lerro**
- **Enjoy Short Fiction: Six Weeks Of Study and Writing Practice - Instructor: Lyn Danaan**
- **Nutrition For Life - Instructor: Mary Ellen Psaltis**
- **The Silk Road - Instructor: Jane Stone**
- **Guided Conversations About Great Literature - Instructor: Don Foran**
- **Women's HERstory USA: The**

Struggle For Equality - Instructor: Gerry Gerst

- **The Journey of Western Classical Music - Instructor: Roupen Shakarian**
- **New Yorker Discussion Course - Instructor: John Alymer**
- **Travel Writing: The Diary, The Essay, The Memoir, and The Narrative - Instructor: Lesley Klenk**
- **The Third Thirty: A Community Oral History Project - Instructor: Elaine Vradenburgh**
- **Beautiful Lies/Beautiful Truths 1 - Instructor: Keith Eisner**

MARCH HAPPENINGS

DATE/DAY	EVENT	TIME
1/Sun	STEP TWO: Women Only at Mercato Restaurant	11am-12:15 pm
2/Mon	Lifelong Learning Spring Registration Begins	Ongoing
2/Mon	Humanities Washington Sneak Peak Happy Hour at Seed and Bloom	4-6 pm
3/Tues	ALS Support Group	3-5 pm
4/Wed	Speaker Series: Dr. Taranath: Tangled: Why Your Hair Matters to Society	10:15-11:30 am
10/Tues	Reader's Theater Presents: "The Fabulous Dr. Tweedy the Bum" & "The Accident:	1 pm
11/Wed	Speakers Series: Julia Harrison: Sticky Subject-The History and Culture of Sugar	10:15-11:30 am
12/Thurs	Dine Out: Octapas Café	5 pm
17/Tues	Low Vision Support Group	10-11 am
17/Tues	Lunch Bunch: O'Blarney's Irish Pub	12 pm
18/Wed	Travelogue: Jim Eychaner's Adventure in New Zealand	10:15-11:30 am
21/Sat	STEP (Sharing Teens and Elders Project)	11-12:15 am
25/Wed	Speakers Series: Art Dolan, Sons of the American Revolution–Espionage: The Second Oldest Profession	10:15-11:30 am
26/Thurs	Senior Services 101 Presentation and Tour	1:30-2:30 pm
27/Fri	Bereavement Support Group	2-3:30 pm
WEDS:	Dance Social: \$6/members, \$7/general public	2-4 pm
	Parkinson's Music Group	10-11 am
	Parkinson's Support Group	11 am-12 pm
	Parkinson's Caregiver Support Group	1st Wed., 11 am-12 pm

Virgil Clarkson Lacey Senior Center



Lucky Leprechaun Bingo

Friday,
March 13

Doors
open 6 pm



Contact Jay to **reserve your table** for 6 or 8 people in advance at 360.407.3967, ext 101.

See more about this blarney good Bingo on front cover!

Medicare 101

March 3
1 - 3 pm

Whether you're new to Medicare or want a refresher course, this class can help! No registration necessary, however space is limited. SHIBA (Statewide Health Insurance Benefits Advisors) provides free, unbiased and confidential help with Medicare choices. SHIBA staff and volunteers are trained by the Washington State Office of the Insurance Commissioner. For questions about the program or Medicare, call 360-586-6181, extension 134.



MARCH HAPPENINGS

AARP Tax-Aid: Tue & Thu, Noon to 4 pm - signup as early as 8 am on day of visit. Free

CapTel Presentation: Mar 3, 10:30 am, Free Text Phones for Hard of Hearing

Traveler's Tea: Tue, March 10, 2 pm

Readers Theater Presents: Tue, Mar 17, 12:45 pm, Two Plays

AARP Drivers Safety Class : Mar 22, 9:30 am - 5:30 pm

Smartphone Workshop: Mar 24, 1 pm. Free - open to all!

Build a Backyard Cottage in Lacey: Mar 31, 1 pm (see next page!)

InFamous Spring RUMMAGE SALE: **April 25**, 9 am - 2 pm. Donations accepted at Olympic Moving & Storage as of **April 13**, 1 - 4, Monday - Friday

IN APRIL

Build a Backyard Cottage in Lacey

ADU Workshop ♦ March 31, 1 pm

Backyard Cottages, also called **Accessory Dwelling Units (ADUs)**, are gaining in popularity due to their versatility. They can provide space for your family, friends and out of town guests, an affordable rental unit, or just a private studio space in your own backyard. Some people even build one to live in and rent out their house. There are so many possibilities and we're here to help you through the process, step by step. You can customize your roof style, siding, color, windows, and doors.

The lack of affordable housing for seniors and others is HUGE in our area... these ADUs make use of your existing property and provide a modest income while providing an affordable home.

Come to our **ADU Workshop on March 31 at 1 pm**. Jessica Brandt, Associate Planner, will be explaining what the City of Lacey is doing with Artisans Group in developing two pre-approved Backyard Cottage designs to promote affordable housing options in our backyards.



Now the menu includes our *March Happenings Calendar* on 2nd page

VOLUNTEERS

of the MONTH



Mary Hansen - Activities

Mary has worked at Reception and as a Lunch Checker for more years than we can remember! She and her daughter bake delicious treats for our Traveler's Teas, our Mother's Day Programs, and for any event we come up with. Mary is a die-hard Seahawk and Sounders fan. She is the queen bee of her large (and growing) family!

Tobin came to volunteer with Brighter Days back when we were still STARS in early 2019. He was doing an internship for a Social Work Class at The Evergreen State University. Tobin really enjoys music and sees it as a healing force in his own life and in the lives of others. We are privileged to have Tobin share his talents with us!



Tobin Craig - Brighter Days



Seth Huff - Nutrition

Seth is a wonderful person and a hard working volunteer. He is also a very busy guy who is super involved in the community. We are so glad he found us through another one of our fabulous volunteers, Eddi! Thank you Seth for being you and for sharing your time to serve in our Senior Nutrition Program!

Activities

MARCH 2020

Fitness

AARP TAX-AIDE (Sign-up 8 am)	TUE & THU 12 - 4
BIBLE STUDY	TUE 1 - 2
BINGO	THU 9:30 - 11:15
BRIDGE <i>(Advanced)</i>	MON & WED 9 - noon
COFFEE & CONVERSATION	THU 10 - 11
CHESS ESSENTIALS	THU 1 - 3
CRAFTS GALORE	FRI 11 - 2:30
CRIBBAGE	FRI 9:30 - Noon
DINE OUT at <i>El Sarape</i> , 4043 Martin Way E.	2nd Tue, 5 pm SIGN UP IN ADVANCE , meet at restaurant
DANCE SOCIAL w/ Live Band \$5/Members, \$6/Non-member	THU 1:30 - 3:30
DRAWING GROUP	FRI 9 - 11
FLY TYING	WED 12:45 - 3
FRENCH CLASSES <i>MON 12:30-1:30 BEG</i>	MON 1:30 - 2:30 ADV
KOREAN ELDERS	WED 10 - 1
LEATHER CARVERS	WED 9 - 11:30
MAH JONGG	FRI 1 - 4
* MEMOIR WRITING	FRI 10 - Noon
NEEDLE CRAFTERS	TUE 1 - 3
OWNING THE AGE I AM	1st & 3rd WED 1:30 - 3
PAINTING TECHNIQUES	TUE 9 - Noon
PINOCHLE, SINGLE DECK	TUE 12:30 - 3:30 FRI 9 - Noon
READERS THEATER <i>Meets at GenevaWoods</i> , 6149 Martin Way E	THU 1 - 3
SPANISH SENIORS	MON 10 - 1
SQUARE DANCE 4 SENIORS	Mon 2:30 - 4
TABLE GAMES	WED 12:30 - 3:30
TATTING	TUE 3 - 4 pm
TECH HELP	TUE 10 - 12
TED Talks + <i>PLUS!</i>	4th FRI 12:30 - 2
UKULELE (Intermediate)	WED 6:30 - 9 pm
WATERCOLORS	TUES 1 - 3
WOOD CARVERS	TUE 8 - 11

Member Services

ACUPUNCTURE GROUP \$20	THU 2 - 4
FOOT CARE \$30 By appt. Bring a towel	2nd MON
HAIR CUTS \$10 By appt.	1st & 3rd MON & THU!
REFLEXOLOGY \$25/30 mins, by appt	1st TUE
TABLE MASSAGE \$30/30 mins. By appt (<i>Debby is fabulous!</i>)	FRIDAYS

All information herein is subject to change!

*CHAIR YOGA \$4	WED 11 - 11:50
*CHAIR ZUMBA \$3	MON, 11 - 11:50
ENHANCEFITNESS® \$3 or \$30/mon	M/W/F 8:30, 9:45 & 4
*LINE DANCING BEGINNERS	MON 12:30 - 1:15
*LINE DANCING ADV BEGINNERS	MON 1:15 - 2:15
*LINE DANCE INTERMEDIATE	WED 1:30 - 3 Fri 12:30 - 1:30
PARKINSON'S "MOVE IT" 8-Week Sessions \$15 members*/\$20 non-members	<i>*See reception desk</i> TUE 11 - Noon
TAI CHI (STANDING)	MON 6:30 - 7:30 pm
TAI JI QUAN, PART TWO, \$3	TUE & THU 4 - 5 pm
WEDNESDAY WALKING GROUP	WED 9:30
*YOGA \$3	WED, Noon - 1 FRI, 11 - Noon
Z GOLD CREW w/DIANA YU \$3 (Z = Zumba!)	TUE & THU 5:30 - 6:30 pm
*ZUMBA w/CARRIE DAYTIME \$4	TUE & THU 10 - 10:45

Free Services

ALZHEIMER ASSOC. FAMILY MEMBER SUPPORT GROUP	2nd THU, 2:30 - 4:30
BEREAVEMENT SUPPORT GROUP - <i>Life After Loss</i>	2nd FRI, 2 - 3:30
BLOOD PRESSURE CHECKS	TUE, 10:30 - 11:30
DIABETIC SHOE FITTINGS <i>Patty Popowich 360.593.1985</i>	2nd MON, 10 - Noon - free shoes w/ Medi- care
MEDICAL EQUIPMENT REPAIRS (<i>non-electric</i>)	Call reception for appt
FOOD BANK	3rd WED 10 - 11
SENIOR SERVICES 101	2nd THU, 11 - noon
SHIBA (all things Medicare)	2nd + 4th MON 9 - noon 1st THU 10 - noon
CLIENT SERVICES	WED 9 - 1 w/Marty
TOWN HALL MEETINGS	4th FRI 10 - 11

BOLD = for members only *\$20 Quarterly Registration Fee

Brighter Days Adult Day Program
(Must be enrolled in advance &
membership not required)

Weekdays, 9 - 5

Winter Quarter: Jan 6 - Mar 27, 2020