Senior Services FOR SOUTH SOUND

Brighter Days

June 2022

Client Spotlight: Cathy

Cathy has been attending Brighter Days since October 2021. She and her husband, Jim, relocated to this area after living in California for most of their lives. Cathy lived in LA, the San Fernando Valley, Encino, and then in Northern California near Napa and Santa Rosa. They relocated to the Northwest after the devastating California wildfires in 2017.

Cathy and Jim have been married for 45 years. They have two children and now two lovely granddaughters! Cathy was a physical therapist when she was younger and then took time off to raise her family. After her children were grown, she became a first and second grade teacher for 14 years!

Jim worked in house painting, construction and then as a smoking cessation facilitator for The American Cancer Society. Cathy has always been a dog lover and has had 10 dogs throughout her life. She and Jim currently share their home with Tony, a Boston Terrier – Chihuahua mix. She loves to Facetime with her granddaughters, who live on the east coast and is anticipating a wonderful 10-day visit with them in July.

Cathy loves to attend Brighter Days because in gives her a feeling of independence and a place to meet new friends. She is pictured here with her special friend, Roberta. They both love arts and crafts projects, the special music and singing, and the Bingo games (and prizes) that they participate in at the program!

Thank you to our Business Sponsor:

HANSON SUBARU

Volunteer of the Month: Carolyn

Carolyn has been with the Brighter Days Program since 2017. She worked as a nurse for 12 years, has 4 children and several adopted/foster dogs. During the pandemic she stayed in touch and when we reopened, she was able to join us again — thank goodness for Carolyn! When she returned it was like she had never left. She has a great intuitive ability and knows exactly how to help each individual. She is just the right fit for us and we are so happy to have her. Thank you Carolyn! You are a great help to us!

Support Groups

Our **Bereavement Support Group** that is normally held at the Olympia Senior Center is currently being offered through Zoom. Until further notice it will take place from 2:00 - 3:30 pm on the 4th Friday of each month. The group for the Virgil Clarkson Lacey Senior Center is still being held in person from 2:00 - 3:30 pm on the 2nd Friday of each month. If you are interested in attending the group on smartphone, tablet or computer, please contact EssentialSpiritCounseling@protonmail.com or call Jill Komura at 360.539.1230.

The **Olympia Parkinson's Disease Online Support Group** is held virtually every Wednesday from 11 am - 12 pm. For more information, or to sign up, email southsoundpd@gmail.com.

NEW! Dementia Caregiver Support Group

1st Friday of each month from 12:30 - 2:00 pm at our Lacey location

Open to all. Caregivers are heroes who need re-energizing in support of their charges with dementia - this group will provide that, and much more!

Senior Days at Olympia Farmer's Market

Join Senior Services For South Sound Staff at the Farmer's Market from **10:00 - 11:30 am on the third Thursday of each month from April-October!** Each month will feature a different theme with a different activity!

Come on down for fun, discounts and to support our fabulous Farmer's Market!

Want to get involved? Volunteer!

We invite you to get involved. For more information about enrolling in our program, becoming a volunteer with us or participating in any of our online programs please contact Paul Taylor at 360-407-3967 ext. 207 or email us at BrighterDays@southsoundseniors.org or ptaylor@southsoundseniors.org

COVID Precautions Reminder

In order to keep our program safe and open we remind you that all persons entering our Senior Centers must show picture ID and proof of COVID vaccination and booster shot if eligible. Masks are currently optional. We also remind participants that if they are experiencing any signs of illness, they should stay at home and not attend the program until they feel better. If symptoms include any of the COVID symptoms, they should get a COVID test and keep us informed of their situation. Together we can all stay healthy and keep Brighter Days a safe and healthy place. Thank you for your cooperation!

Our Brighter Days Staff

Information & Admin: Paul Taylor, Program Manager, 360.407.3967 ext 207 (top)

Lacey Attendance & Daily Operations: Jen Allen, Lacey Site Manager, 360.407.3967 ext 209 (left)

Shelton Attendance & Daily Operations: Kathy Peck, Shelton Site Manager 360.701.8172 (right)

Brighter Days Shelton

June 2022

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Monthly Gazette Body in Motion Bad Mitten Noon Meal Flowers in Bloom		3 Daily Chronicle Enhanced Fitness Dominoes Noon Meal Ping Pong
6 Daily Chronicle Enhanced Fitness Let's Play Bingo Noon Meal Music W/Instruments	BE INSPIRED	8 Daily Chronicle Body in Motion Hang Man Noon Meal Ping Pong Dunk	BE CHALLENGED	10 Daily Chronicle Enhanced Fitness Fill in The Blank Noon Meal Sing along W/Tobin
13 Daily Chronicle Enhanced Fitness Let's Play Bingo Noon Meal Bean Bag Toss		15 Daily Chronicle Body in Motion Sing along Noon Meal Crazy Art & Music		17 Daily Chronicle Enhanced Fitness Old Maid Noon Meal Balloon Volley
20 Daily Chronicle Enhanced Fitness Sing along W/T.E. & B. Noon Meal Let's Play Bingo		22 Daily Chronicle Body in Motion 6-Up Noon Meal Matching Game		24 Daily Chronicle Enhanced Fitness Summer Art Noon Meal Ring Toss
27 Daily Chronicle Enhanced Fitness Let's Play Bingo Noon Meal Lawn Darts		29 Daily Chronicle Body in Motion Ring Toss Noon Meal Crazy 8's		

Lacey Brighter Days
June 2022

Mon.	Tue.	Wed.	Thu.	Fri.
		1 Lawn Darts & Pinwheels	2 Table games & Baseball	3 Bingo & Sing Along
6 Basketball & Karaoke	7 Target ball & Movie Time	8 What's That? & Music with John	9 Bingo & Twister & Music	10 Art Outdoors & Sing Along
13 Sensory Activity & Molkky	14 Mini Golf & Music outdoors	15 Bingo & Lawn Darts	16 Rock Painting & Music	17 Paper Air Planes & Sing Along
20 Watercolor Painting & Shooting Gallery	21 Bingo & Balloon Circle	22 Shuffleboard & Music with John	23 Bake Cookies & Music	24 Flickin' Chickens & Sing Along
27 Bingo & Baseball	28 Pinwheels & Bowling	29 Frisbee Toss & Picnic Planning	30 Shuffleboard & Outdoor Walk	