Senior Services
FOR SOUTH SOUND

Life Long Learning

CLASSES, ACTIVITIES, PROGRAMS & SERVICES

Brighter Days Program at the Virgil Clarkson Lacey Senior Center

Fall Quarter • October 3 - December 30, 2022

REGISTER TODAY!

OLYMPIA SENIOR CENTER
222 Columbia St NW
Olympia, WA 98501
360.586.6181

VIRGIL CLARKSON LACEY SENIOR CENTER
6757 Pacific Ave SE
Lacey, WA 98503
360.407.3967

southsoundseniors.org

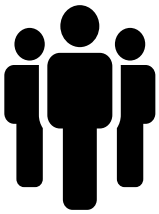
A Word From Activities

Good day to all!

As I write this, the temperature promises to rise next week, bringing more of the heat of summer to us....but...when I woke up this morning, I had to turn the lights on, as the sun was slow to brighten my living room. Fall is in the air folks! And with the Fall comes a new catalog, a host of brand new classes and the promise of soup and reading by the fireplace. I love the Autumn — brilliant colored leaves twirling to the ground, clear blue skies and cool temperatures, the return of socks and scarves and All Hallow's Eve...I love any excuse for a costume! I look forward to spending time with many of you, to learning more and to learning from our amazing instructors!

Candy Braillard
Olympia Senior Center Coordinator

How to Register:



IN PERSON

Register for any class in person with the friendly staff at the Olympia Senior Center located at 222 Columbia St NW in Olympia, or Virgil Clarkson Lacey Senior Center located at 6757 Pacific Ave SE in Lacey, during normal business hours, 8:30 am to 4:00 pm. We accept MasterCard or VISA credit/debit cards, checks and cash.

OVER THE PHONE

Call 360.586.6181 ext. 100 (Olympia Senior Center) or 360.407.3967 ext. 200 (Lacey Senior Center) to register for classes, during normal business hours, 8:30 am to 4:00 pm. Use your MC/VISA credit/debit card to pay.

ONLINE - SENIOR ACADEMY ONLY

Please visit our Senior Academy page online at southsoundseniors.org/courses. We accept MasterCard or VISA credit/debit cards.

Schedule Guide:

Members Only: You must be a member of Senior Services for South Sound to participate.
Open to the Public: You do **not** need to be a member of Senior Services for South Sound to participate.
Class Registration Fee Required: You pay a $20 fee in advance for the quarter; this covers **ALL** classes that require registration. **Registration is not required for all offerings (see descriptions).**
Instructor Fees: If applicable are paid directly to the Instructor.
Date Format: Month/Day.

Dates and times are subject to change. Please contact us if you have any questions or visit us online at southsoundseniors.org

Table of Contents:

Membership Information..... 4
Health + Wellness..... 6
Personal Growth..... 8
The Arts..... 10
Games + Hobbies..... 12
Support Groups..... 13
Services..... 14
Senior Academy..... 16

Open to the public! Doors open at 6:00 pm. Must be 21+. $25 cash at the door to play. Also available: a $10 themed meal, 50/50 raffle, special game tickets & daubers. Enjoy a full bar and costume contest! We only accept cash. For more information on our bingo events, visit us online at southsoundseniors.org.

Membership Levels & Benefits

Membership with Senior Services for South Sound supports our mission of improving the quality of life for people as they age. Membership provides critical support for our programming, monthly activities, scholarships, and maintaining our facilities. Join Senior Services for South Sound and come visit us soon!

	SEASONAL	SILVER	GOLD	LIFETIME
Individual	$15	$50	$100	$1000
Couple	N/A	$90	$175	$1600
Expires	3 Months	1 Year	1 Year	Never
Discount on Designated Trips	NO	$20+ off day trips	$20+ off day trips	$20+ off day trips
Discount on Academic Classes	NO	20% or more	20% or more	20% or more
FREE Coffee Card	NO	YES	YES	YES
Percentage Off Lacey Rentals	NO	NO	10% Discount (value varies, but based on a 4 hour weekend rental of dining room = $56	20% Discount (value varies, but based on a 4 hour weekend rental of dining room = $112
Registration Fee Waived for Quarterly Classes	NO	NO	1 Quarter/year (an annual value of $20)	All Quarters Waived (an annual value of $80)
Discounted Rates for Services	YES	YES	YES	YES
No Annual Membership Renewals	NO	NO	NO	YES

- All member benefits must be used within the year issued.
- Financial Assistance available for Silver Membership only.
- Please see Reception Desk for more information.

Trips & Tours

Call 360.586.6181 ext. 127 to register or for more information

NOVEMBER 20: PNW Holiday Market at Kiana Lodge
Visit Poulsbo with us for lunch and shopping for some the northwest's finest arts and crafts at the beautiful Kiana lodge.

DECEMBER 7:
Olympia Holiday Cheer Tour
Includes a tour of the Capitol and Governor's Mansion, a tapas buffet supper, and cruise through the best local light displays and a surprise dose of musical cheer!

December 11: Irving Berlin's
White Christmas at the Evergreen Playhouse in Centralia
We will see a matinee performance of the classic holiday play followed by dinner and drinks afterward.

NOW RECRUITING

Independent providers, housekeepers and caregivers

Do you know an outstanding caregiver or housekeeper who is not currently on the SSCC registry? We would love to talk with them about our program.

Please have them contact the SSCC office at 360.586.4491 or Care@SouthSoundSeniors.org

HEALTH + WELLNESS

SEATED ZUMBA©

LACEY WITH DIANA YU

Wed, 11:00 am – Noon

Seated Zumba is a seated version of the Latin inspired dance fitness program. It is ideal for folks with mobility or balance concerns who enjoy music and dance. Come join the fun – this very low impact class works on muscle tone, coordination, flexibility, and offers some cardio workout too. **Members Only + Registration Fee**

ZUMBA© AFTER HOURS

LACEY WITH DIANA YU

Tue & Thu, 5:30 – 6:30 pm

Zumba After-Hours is a fun, energizing dance fitness program to international and latin music. It's exercise in disguise with easy to follow steps. Just be ready to meet new friends and have fun while you move. **Members Only + Please send an email to Diana in advance at zumbayu@gmail.com as space is limited.**

ZUMBA© GOLD

LACEY WITH DIANA YU

Tue, 9:30 – 10:15 am

Zumba Gold is a fun, energizing dance fitness program to international and latin music. It's exercise in disguise with easy to follow steps. Just be ready to meet new friends and have fun while you move.
Members only + Registration Fee

ESSENTIAL OILS

LACEY WITH LOUANN MILLER
3rd Tue, 12:30 - 2:30 pm

OLYMPIA WITH LOUANN MILLER
3rd Thu, 1:00 - 3:30 pm

Have you ever been curious about essential oils and how to incorporate them into your daily life? What *are* essential oils? Learn how they are used to promote physical and emotional wellness. These are individual classes. **Members Only + $5 per class to instructor for materials cost**

CHAIR YOGA

WITH SHARON HONG MAURMANN
& KELLY ZINIEWICZ

LACEY
Mon, 11:00 am – Noon

OLYMPIA
Wed, 12:00 - 1:00 pm

Instructor fee: $4 per class

Relaxation, breath work, flexibility, and strengthening through Yoga poses modified for practice while seated in a chair. No standing work is required, but students may opt to stand for part of the class. **Members Only + Registration Fee**

YOGA

OLYMPIA WITH SHARON HONG MAURMANN
& KELLY ZINIEWICZ

Wed & Fri, 10:00 - 11:00 am
Instructor Fee: $5 per class

For new or experienced yogis who want a safe, gentle practice. Work at your own pace and level of ability. Includes restorative and beginning poses, breathing, body awareness, relaxation, and meditation. Increase your strength, flexibility, balance and range of movement. Need your own yoga mat. **Members Only + Registration Fee**

WONDERFUL WEDNESDAY WALKERS

LACEY WITH PAT LAZAR

Wed, 9:30 am

Make new friends and meet old ones for enjoyable walks. Meet at the Playground in Woodland Creek Community Park. Schedules available. **Open To Public**

DANCE SOCIALS

LACEY WITH ROLONDA JORGENSEN

Thu 1:30 - 3:30 pm

This exceptionally popular weekly event has returned at the Lacey Senior Center! Dance and/or listen to Swing Stuff, a live five-piece band who know how to get your feet moving. No partner necessary. Due to the nature of this event, face masks are highly recommended. **All skill levels welcome. Coffee and snacks provided. Members $7; Public $10**

ENHANCEFITNESS©

WITH OUR FITNESS STAFF

OLYMPIA
Advanced: Mon, Wed & Fri, 9:00 - 10:00 am
Beginning: Mon, Wed & Fri, 1:30 - 2:30 pm

LACEY
Intermediate: Mon, Wed & Fri, 8:30 - 9:30 am
Beginning: Mon, Wed & Fri, 9:45 - 10:45 am

Class Fee: $3 per class*

EnhanceFitness, a low-cost, evidence-based group exercise and falls prevention program, helping older adults at all levels of fitness become more active, energized, and empowered to sustain independent lives. This class can improve your "overall health, balance, flexibility, bone density, endurance, coordination, mental sharpness, and decrease the risk of falling." **Members Only**
*Seniors with Kaiser Permanente's Medicare Advantage Plan members do not need to pay for EF classes.

TAI CHI

LACEY WITH STEVE MARTINEZ

Mon 5:00 - 6:00 pm

Tai Chi is a low impact exercise that requires 20 minutes a day and rewards your efforts. It is an internal Chinese martial art focusing on mental and spiritual aspects that are integrated into a series of movements. Relieves stress, promotes deep breathing, helps arthritis pain, and much more! **Members only**

GENTLE YOGA

LACEY WITH ELIZABETH SWANSON

Tue, 11:00 - Noon
Thu, 9:00 - 10:00 am
Instructor fee: $5 per class

Gentle Floor Yoga- This yoga class is a gentle practice. Students would benefit most from this class, if they can get up and down off the floor unassisted, spend some time on their back on the mat and do some work seated on the floor. Please bring your own yoga mat and a yoga blanket or towel. **Members only + Registration Fee**

IMPROVE YOUR BALANCE WITH TAI JI QUAN: MOVING FOR BETTER BALANCE™

LACEY WITH RON BROWN
Tue & Thu, 4:00 - 5:00 pm
Instructor Fee: $4 per class

OLYMPIA WITH BRIAN WEAVER
Mon, 2:00 - 3:00 pm
Wed, 11:30 am - 12:30 pm
Instructor Fee: $4 per class

ONLINE WITH BRIAN WEAVER
Online via YouTube. See instructor for details

Tai Ji Quan is beginning anew at the first session of Part 1, so this is the perfect time to join! This is a research-based balance training regimen designed for older adults and people with balance disorders. Program aims to improve strength, balance, mobility and daily functioning, and prevents falls in older adults and individuals with balance disorders. Enrollment in class after the first month is at the discretion of the instructor.
Members Only + Registration Fee

LINE DANCING

LACEY WITH LIZ WOODARSKI

Beginners:	Mon, 12:30 – 1:15 pm
Adv. Beginners:	Mon, 1:15 – 2:15 pm
Intermediate:	Wed, 1:30 – 3:00 pm
	Fri, 12:30 – 1:30 pm

In this fun and exhilarating form of group exercise, dancers line-up, without partners, and follow choreographed patterns of steps to various genres of music. Learn a wide variety of dances like the Electric Slide and Cupid Shuffle; Latin dances like the Cha-Cha, Mambo, Rumba, and Tango; Waltzes; and Country like the Cowboy Boogie, and more! **Members Only + Registration Fee**

PERSONAL GROWTH

FRENCH CLASS

LACEY WITH CURTIS CUSHMAN

Beginner: Mon, 11:30 am - 12:30 pm
Advanced: Mon, 12:30 - 1:30 pm

A step by step learning program; an introduction to grammar and vocabulary, which is engaging and enjoyable for all. Class will be based on teaching what you want to learn, and therefore student input is "clé" (key)!
Members Only

KOREAN ELDERS

LACEY WITH YONG CHISENHALL

Wed, 10:00 am - 1:00 pm

Group meets to socialize, exercise and share lunch.
Members Only

COFFEE & CONVERSATION

LACEY WITH JOE CAREY

Thu, 10:00 - 11:00 am

Join other savvy thinkers for interesting current event conversations over coffee. Stimulating and intriguing subjects will blow your mind! **Open to Public**

TED TALKS PLUS

LACEY WITH JAY WALLERSTEDT

4th Fri, 12:30 - 2:00 pm

Technology, Entertainment and Design (TED Talks) typically consist of three presentations about cutting edge information going on in any part of the world. Topics range from human behavior to technology. In this discussion we take a look at three individual talks on topics that cover a theme for discussion. Previous topics have included non-fungible tokens (NFTs), artificial intelligence, global megalithic architecture and technology addiction.
Open to the Public

OWNING THE AGE I AM

LACEY WITH MARTY WORCESTER

4th Wed, 1:30 - 3:00 pm

Come listen, learn and share. A weekly ongoing discussion for persons in late life — the older you are the better. Share what you are doing and learning, your joys and challenges. Learn more about the age you are. You can drop in and out as it fits your ability to attend. There is no charge for the group. **Open to Public**

Dates and times are subject to change. Please contact us if you have any questions or visit us online at southsoundseniors.org

WORLD GEOGRAPHY: COME EXPLORE!

OLYMPIA WITH JEAN MEAD

Mon, 12:00 - 1:00 pm (no class Oct 3)

Meets over lunch so bring your own or stop by our dining room to purchase a meal. Class members contribute to the discussions. Wynn Kapit's geography coloring book and colored pencils are used to shade in countries and outline borders while learning history, politics and culture of the countries covered. **Members Only**

CURRENT ISSUES

OLYMPIA WITH ALBERTA HAGAN

Tue, 10:00 - 11:30 am

Discussion of world, national, state and local issues. Add to your knowledge, broaden your perspectives, and recognize diversity of viewpoints. Examine positions and comments of public figures. **Members Only**

SPEAKER SERIES

OLYMPIA

Most Wednesdays, 10:00 - 11:30 am
Check our website for more information.

Join us as we gather every Wednesday from 10:00 to approximately 11:30. Various topics are presented by different speakers and the content of each talk's goal is to educate, inform and enliven the minds of our audience. Our Speaker Series is open to the public and all ages are encouraged. Check out the schedule on our website, as we may not have a speaker every Wednesday of the month. **Open to the Public**

DINE OUT!

HOSTED BY OUR LACEY LOCATION
2nd Tue, 5:00 pm, 360.407.3967

Oct 11:	Casa Mia 4043 Martin Way E
Nov 8:	Pints & Quarts 1230 College Rd SE
Dec 13:	Log Cabin 7035 Pacific Ave SE

HOSTED BY OUR OLYMPIA LOCATION
2nd Thu, 5:00 pm, 360.586.6181

Oct 13:	Uptown Grill 514 Capitol Way S
Nov 10:	The Oyster House 320 4th Ave W
Dec 8:	Budd Bay Cafe 525 Columbia St NW

Everyone is invited to join us for friends and food. **Please sign-up in advance.** Please note, the schedule is subject to change and/or cancellation. **Open to the Public**

TECH HELP

LACEY WITH ALEX LEOPARD
M/W/F, 10:30 am - 12:30 pm **by appt only**

LACEY WITH RICH PALLECHIO
1st Thu, 9:00 am - 12:00 pm **drop ins welcome**

OLYMPIA WITH RICH PALLECHIO
3rd Thu, 9:00 am - 12:00 pm **drop ins welcome**

If you have questions, issues or need trouble-shooting with any of the following portable devices: smartphones, laptops, tablets, iPads or readers. Please bring your device and drop-in for Rich's assistance, but make an appointment to see Alex. **Open to the Public**

THE ARTS

WATERCOLOR GROUP

LACEY WITH MICHAEL SHEURICH

Mon, 1:00 - 3:00 pm

Open to anyone interested in watercolor painting. Please bring your own supplies and projects. This is a synergistic group and not an instructional class. **Members only**

DRAWING/MIXED MEDIA GROUP

LACEY WITH PAT MCAULEY

Fri, 9:00 - 11:00 am

"Draw" up a chair and come work on your drawing with like-minded folks. Broaden your mad skills in mixed media ideas. Bring your own projects and supplies to this very "sketchy" group! **Members only**

WOODCARVING

LACEY WITH DENISE TAYLOR
Tue, 8:30 - 11:00 am

OLYMPIA WITH DENISE TAYLOR
Fri, 8:30 - 11:00 am

Learn the skill and art of woodcarving. All levels welcome. **Members only**

NEEDLE CRAFT + TATTING GROUP

LACEY WITH PATTI LOGAN

Tue, 1:00 - 3:00 pm

Learn a new skill or share your talent and skills with others. Make new friends, learn a wonderful meditative craft, and share ideas and enthusiasm for the fastest growing crafts in America. Bring your own projects. **Members only**

IKEBANA WORKSHOP, JAPANESE FLOWER ARRANGING

LACEY WITH FLORA LIM

Wed: 9/14, 10/5, 11/9, 12/7, 1:30 - 3:00 pm

Ikebana roughly translates to "making flowers come alive" and uses carefully selected blossoms, greenery and other flora to convey a specific feeling or emotion to an observer - just as a painting or sculpture might. Students are to bring: a pair of garden shears, a kenzan (spiked flower frog), and a vase at least 2" deep to each workshop. Bringing your own flowers is highly encouraged. Each workshop is $15 per student and paid in cash to the instructor upon arrival at the workshop. Advanced sign-up is required, with a minimum of 3 and max of 5 students per workshop. **Open to the public**

HAND MAKE CARDS!

LACEY WITH GAYLE HAYWARD

2nd Mon, 1:00 - 3:00 pm

Bring your own supplies and let's get creative and show your heartfelt love through this wonderful art form! **Open to the public**

LEHUA UKULELE OHANA

LACEY WITH LUMAN HOHAIA

Thu, 6:30 - 9:00 pm

Come and join our ukulele *ohana* (family) playing island-style Hawaiian & traditional music. This is an intermediate level group of players who already know basic chords and some strumming styles. Bring your ukulele, some pupus, and we will play, eat and sing together. **Members only**

READER'S THEATER

OLYMPIA WITH JUDY OLIVER

Mon, 12:30 - 4:00 pm

Act without the necessity of memorizing lines. The plays performed are one-act or brief adaptations of longer productions. No acting experience necessary. **Members only**

Dates and times are subject to change. Please contact us if you have any questions or visit us online at southsoundseniors.org

SING ALONG

LACEY WITH BRIGHTER DAYS STAFF

Fri, 12:45 - 1:45 pm

Come sing some familiar songs and learn a few new ones! Each week we sing a variety of classics and folk songs, often on a theme, accompanied by piano and/or guitar. A guaranteed great time to be had by all who love to sing. Song sheets are provided. No RSVP necessary.
Open to the public

MUSIC MENDS MINDS

OLYMPIA WITH EILEEN MCKENZIESULLIVAN

Thu, 12:30 - 2:00 pm (group)

This music group of instrumentalists play familiar songs and all are welcome to join the singing. This group particularly reaches out to people with cognitive impairment to help stimulate memories and help the right and left sides of the brain to work together. It is a fun group for everyone. If you like music, you'll have a great time. Come join us! **Open to the public**

POETRY

OLYMPIA - GROUP

Tue, 10:00 - 11:30 am

Great creative fun. Express yourself! Write your thoughts, emotions and memories in poetry form. Use words to color our worlds. **Members only**

BREATH, BODY, BEAT

OLYMPIA WITH JUNE KERSEG-HINSON

Wed, Dec only, 1:00 - 2:00 pm

This class is intended to offer what some might say is a new personal beginning or awareness of gifts the body holds for each one of us. Storytelling, discovery through play, even spontaneity with the potential to experience and help manifest a growing awareness of developing a relationship with one's body. Altogether, it's possible the experience may evolve into a new, unique and expressive personal language for each class member. **Fee $40 member; $60 non-member. Limit 20 students. Open to the public**

MEMOIR WRITING CLASS

LACEY WITH JANICE SALOIS

Fri, 10:00 am - 12:00 pm

This incredibly popular class will be led by class members in rotation. Learn how to let your written words become an heirloom for generations to come. Limited class size.
Members only + Registration fee

BEGINNING UKULELE

OLYMPIA WITH ALLEN MOTE

Tue, 2:00 - 3:45 pm (6 sessions)
Oct 4 - Nov 8

This interactive, fun-filled, relaxed—pace class will get you playing and smiling on your first day! Beginning with the basics, you'll soon be strumming easy chords and playing a wide range of songs.

Teaching materials and sheet music included. No previous musical experience is needed. All ages and skill levels are welcome to join this community class and play at a beginning level, with the intention being to continue throughout the year to intermediate and advanced classes. Bring soprano, concert, or tenor ukulele; tuner (or phone app); pick (optional) and 3-ring binder.

INSTRUCTOR: Allen Mote, Ph.D. is a lifelong guitar player and "participation" music enthusiast. He especially enjoys "play & sing-a-longs" with family and friends, playing with a weekly ukulele group, and performing. He also enjoys photography, travel, spending time in nature, hiking, reading, writing. In his professional life Allen was a practicing psychologist, teacher, Professor, and adult continuing education instructor.

Fee: $60 member; $80 non-member

GAMES + HOBBIES

FLY TYING

LACEY - GROUP

Wed, 12:45 - 3:00 pm

All levels are welcome. Bring your own fly tie project to work on while you socialize with others interested in this sport. **Members only**

MAH JONGG

OLYMPIA WITH PEGGY BARRY
Wed, 1:00 - 4:00 pm

LACEY WITH ELLIN GOLDENBERG
Fri, 1:00 - 4:00 pm

Play American Mah Jongg following the National Mah Jongg League of New York rules. Studies have shown that mah jongg is a great game for keeping the mind sharp and it is recommended as a means of keeping brains in good health. **Members only**

CHESS ESSENTIALS

LACEY WITH PERRY MCCOY

Wed, 1:00 - 3:00 pm

Learning chess is fun, but Perry makes it revolutionary! Already know how to play? Come enjoy some great competition! **Open to the public**

PINOCHLE

LACEY JAMES HENDRICKS & DARLYS LEICHT

Tue, 1:00 - 3:00 pm
Fri, 9:00 am - 12:00 pm

Join us for pinochle and fun. This group continues to grow and has a wonderful enthusiasm for the game. All levels of play are welcome. **Members only**

CRIBBAGE

OLYMPIA - GROUP

Mon, 12:00 - 4:00 pm

Do you find yourself counting by fifteens? 15-2, 15-4, 15-6, etc.? Do you have visions of pegs being stuck in little holes? Is your image of perfection a 31 hand? Then join our Cribbage Group. All skill levels are welcome. **Members only**

CRIBBAGE

LACEY WITH STEPHAN BRKLYCICA
2nd & 4th Wed, 12:30 - 1:30 pm

Check out the wonderful world of cribbage, 2 spaces at a time! **Open to the public**

BINGO (DAYTIME)

LACEY WITH ANNA
Fri, 9:15 - 11:00 am

OLYMPIA WITH LILLIAN BARBER
2nd & 4th Mon, 12:30 - 1:30 pm

Fun, friends, suspense and small prizes await you! **Members only**

TABLE GAMES

LACEY WITH MILDRED MESSICK
Wed, 12:30 - 3:30 pm

OLYMPIA - GROUP
Mon, Wed & Fri, 12:00 - 3:00 pm

Play various table games, but primarily Hand and Foot. Bring a game to share if you like! Meet in the lobby. **Members only**

Dates and times are subject to change. Please contact us if you have any questions or visit us online at southsoundseniors.org

POOL & PING PONG TABLES

OPEN ACCESS AT OLYMPIA SENIOR CENTER

Mon - Fri, 10:00 am - 2:00 pm

Pool tables and ping pong tables are open to Senior Services for South Sound members. The key for the equipment cabinet is available at the reception desk and must be returned by the person who picks it up no later than 1:30 pm. **Members only**

Member's guests must pay $3.00 to the Olympia Arts, Parks and Recreation kiosk.

NW GARDENING GROUP

LACEY WITH PERRY MCCOY

1st & 3rd Thu, 1:00 - 3:00 pm

Perry McCoy is our Chess Master, but is also an INCREDIBLE gardener! He is facilitating this interest group. **Open to the public**

ROCK PAINTING

LACEY WITH LILLIAN BARBER
Thu, 10:30 - 11:15 am

Join us for a little creativity. Group meets in the lobby of our Lacey location. Materials provided.
Open to the public.

SUPPORT GROUPS

LOW VISION GROUP

OLYMPIA WITH MARTY WORCESTER

2nd Mon, 10:00 - 11:00 am

Discussion topics include low-vision services, new products, local community resources and letting go of fear and embracing life with confidence. **Open to the public**

BEREAVEMENT SUPPORT GROUP: LIFE AFTER LOSS

LACEY - IN PERSON
2nd Fri, 2:00 - 3:30 pm

OLYMPIA - VIA ZOOM
4th Fri, 2:00 - 3:30 pm

A mental health professional will ensure a safe place of sharing for those who have experienced the loss of a loved one. Resources and education about ways to cope and integrate the journey through grief will also be provided. These are free, ongoing drop-in groups. To learn more, please contact: EssentialSpiritCounseling@protonmail.com.
Open to the public

BRAIN INJURY ALLIANCE OF WA

LACEY WITH CONNIE

1st Tue, 6:00 - 8:00 pm

For those interested in learning about brain injuries, along with others who may be coping with or caring for a person who suffers from it. **Open to the public**

DEMENTIA CAREGIVER SUPPORT GROUP

LACEY WITH JENNIFER WATSON, MSW

1st Fri, 12:30 - 2:00 pm

This support group will lift up caregivers of those who have all forms of dementia, providing the support these unsung heroes need and deserve. Jennifer is extremely well versed in leading this group, with years of experience working with those with memory loss, dementia and Alzheimer's.
Open to the public

ALS SUPPORT GROUP

OLYMPIA

2nd Tue, 11:00 am - 1:00 pm

A welcoming support group for those living with ALS and for their families and caregivers. **Open to the public**

SERVICES

CLIENT SERVICES WITH RESOURCE ADVOCATES

LACEY
Wed, 9:00 am - 1:00 pm
Call to make an appointment in advance

OLYMPIA
Call to make an appointment in advance

For help or referrals for any senior related questions or issues. **Please call 360.586.6181 ext. 101** to make an appointment or leave a message and a resource advocate will return your call. **Open to the public**

DAILY LUNCH

OLYMPIA
Mon - Fri, 11:45 am - 12:30 pm

LACEY
Mon - Fri, 11:30 am - 12:15 pm

This program offers those 60 or older a lunch for a suggested donation of $4 - $8 per meal, depending on ability to give. Guests under 60 are welcome to enjoy a lunch at the cost of $9 per meal. **Open to the public**

DIABETIC SHOE FITTINGS

LACEY WITH COLLINS FREITAS, C. PED

2nd Mon, 10:00 am - noon

Collins is with Priority Footwear. Shoes are covered by Medicare and other insurance companies. For more info, call him at 360.338.1814. **Open to public**

TRANSPORTATION

Mon - Fri, 8:00 am - 5:00 pm
For Thurston & Mason County residents

SCHEDULE BY EMAIL OR PHONE:
transportation@southsoundseniors.org
360.586.6181 ext. 128

The Transportation Program offers seniors aged 60 and above with rides to medical appointments and essential errands, such as grocery shopping, visits to the pharmacy or other professional appointments. Rides are available Monday – Friday from 8:00 am – 5:00 pm, excluding holidays. To inquire about eligibility or to arrange an appointment, please email or call. To ensure we can schedule a driver for your appointment, please call us at least a week prior to your appointment or errand. **Open to the public.**

STATEWIDE HEALTH INSURANCE BENEFITS ADVISORS (SHIBA)

LACEY
1st Mon, 10:00 am - 12:00 pm
pre-scheduled in person appts available

OLYMPIA
Tue, Wed & Thu, 9:00 am - 3:00 pm
(by phone, zoom or email)

Mon & Wed, pre-scheduled appointments available. Please contact us for details.

Mon & Fri: Volunteer hours vary (by phone)

Call 360.586.6181 ext. 134 for appt.

This is a free program of the Office of the Insurance Commissioner staffed by volunteers. They provide unbiased and confidential information about Medicare and other health insurance. This is an educational service. They don't sell anything. **Open to the public**

Dates and times are subject to change. Please contact us if you have any questions or visit us online at southsoundseniors.org

INTERCITY TRANSIT/BUS BUDDIES

LACEY WITH SCOTT SHOENGARTH
2nd Wed, 11:00 am - 1:00 pm

OLYMPIA
1st Wed, 11:00 am - 1:00 pm

Find out what fun programs are available with FREE bus transportation in our tri-city area. Ask any questions about our award winning bus system at the table they staff at our Centers once a month. IT buses are looking very sharp and those who take advantage of them are the sharpest amongst us! **Open to the public**

BLOOD PRESSURE CHECKS

LACEY WITH STEPHEN BRKLYCICA

Mon, 10:30 - 11:30 am

Please call to confirm nurse is on-site on days indicated. **Open to the public**

MEDICARE 101 - PRESENTATIONS BY SHIBA*

OLYMPIA
2nd Wed, 11:00 am - 1:00 pm (in-person)

VIA ZOOM
1st Wed, 10:00 am - 12:00 pm
3rd Thu, 10:00 am - 12:00 pm
3rd Tue, 1:00 - 3:00 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 ext.134 or email: jrich@southsoundseniors.org. **Open to the public**

FOOD BANK & COMMODITIES DISTRIBUTION

OLYMPIA SENIOR CENTER

3rd Fri, 10:30 - 11:30 am

Food Bank for low-income Seniors. Commodities must sign-up with the Food Bank. **Open to the public**

HAIRCUTS

LACEY WITH LISA CALDWELL
1st & 3rd Mon, 12:30 - 3:30 pm
Cost: $10 By Appointment. **Members only**

OLYMPIA WITH LISA CALDWELL
1st & 3rd Wed, 10:00 am - 3:00 pm
Cost: $10 By Appointment. **Members only**

TRIPS & TOURS

OLYMPIA - TRIPS OFFICE

Mon - Fri, 10:00am - 2:00pm

Trips, tours and travel for anyone 18 and older. Trips include local one-day excursions, trips across country, or ventures to foreign lands. Current listings are available in this quarterly catalog. Pick one up at the Olympia or Lacey Senior Centers, Trips & Tours office or on our website at southsoundseniors.org/upcoming-trips-tours
Call 360.586.6181 ext. 126. **Open to the public.**

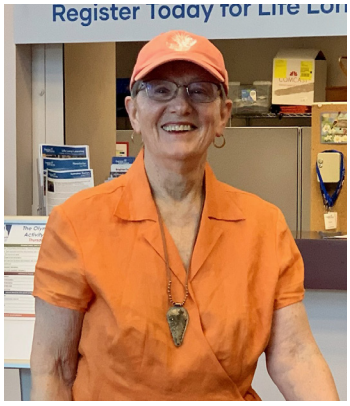
TRAVELER'S TEA

LACEY WITH SKY MYERS

2nd Fri in Odd # Months – 9/9 & 11/18, 2:30 pm

Enjoy a sip of tea and watch a video presentation about Senior Services for South Sound's Trips & Tours upcoming trips. Designed with the senior traveler in mind, you'll be amazed by the diversity of offerings including concerts, hikes, festivals, plays, sporting events, cruises and more. We also offer group tours to places like Sedona, New York City, Scotland, Croatia, Nova Scotia and Egypt! Our team can even help you plan YOUR bucket list trip! For the new or seasoned traveler, Senior Services Trips & Tours will have the perfect adventure for you! Attend the Tea to get a discount on day trips! **Open to the public**

SENIOR ACADEMY



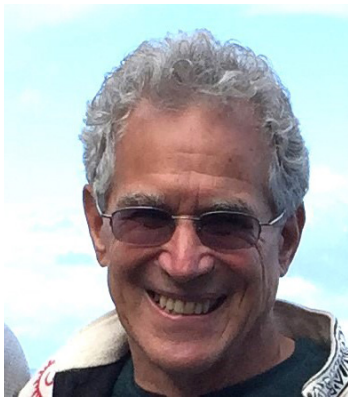
Mask Making; An Ancient Art of Storytelling

with Barbara Young

Thursdays, 1:00 - 3:00 pm • Oct 6 - Nov 3 • Olympia Senior Center
General Public/Members: $75/$50 • Five Sessions

Join instructor Barbara Young as she teaches about the art of mask making. She was taught this method by the women of the Shoalwater Bay tribe, and has their permission to share the tradition. Week one will be introductions, and stories and pictures of Native American Masks. The subsequent weeks will be to construct a facial mask using plaster of paris, then to decorate it once dry. The stories the masks invoke will then be shared in a talking circle and the last session will be a gathering to celebrate the masks and the stories they represent. All mask making materials will be provided. Brushes, paints, buttons, and decorations will be available. You are welcome to bring in things from home that you may wish to use for decorating a small mask. Participants are encouraged to wear painting clothes.

Your instructor: Barbara Young's career is in public health. She was a faculty member at U.W., St. Martin's, and SPSCC. She has Master's Degrees in Community Health Planning and Nursing. Barbara conducts mask making workshops for health, wellness, and story writing, and has worked with seniors at Panorama, and middle school students, among others.



Introduction to Buddhism

with Bob Saunders

Wednesdays, 10:00 - 11:30 am • Oct 19 - Nov 16 • Olympia Senior Center
General Public/Members: $75/$50 • Five Sessions

This class will introduce participants to the main concepts of Buddhist thought and understanding. The Dalai Lama has famously said: "My true religion is the practice of kindness". In this class, you will learn the more complete principles behind this simple core ideal. The course also briefly covers basic meditation techniques, Buddhist ideas about death, and different forms of Buddhism found in Asia. The course issuitable for both the curious and those interested in trying out Buddhist practices. Basic Buddhist principles can be helpful in addressing life situations regardless of whether or not one identifies as a"Buddhist". The class will have handouts, no text required, but suggested readings will be given.

Your Instructor: Bob Saunders has studied and practiced Buddhism for over 35 years, mainly in the Tibetan tradition. His study includes over 30 days of talks by H. H. 14th Dalai Lama and countless hours with other major Tibetan Lamas and the local founder of the Nalanda Institute, Geshe Jamyang Tsultrim. Bob has been on pilgrimage to the 8 holy sites in India, and on other pilgrimages in Tibet, Nepal and Thailand.

Dates and times are subject to change. Please contact us if you have any questions or visit us online at southsoundseniors.org

"It's Time to Write that Novel!"

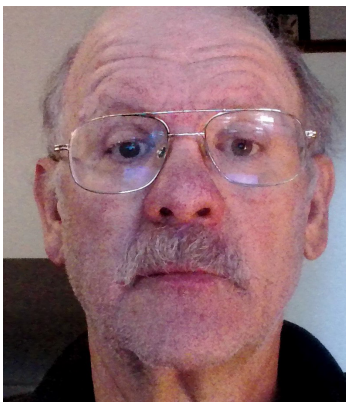
with Diane Chiddister

Mondays, 1:00 - 2:30 pm • Oct 3 - Oct 24 • Olympia Senior Center
General Public/Members: $90/$60 • Four Sessions

This class will prepare participants to take part in National Novel Writing Month (NaNoWriMo), which takes place, conveniently, in November. I've used the NaNoWriMo process three times now with success. The process, for me, allowed me to complete the first draft in a month, which for many, is the most forbidding part of writing a novel in a month. Briefly, the process involves writing really fast (about 6 pages a day) and not stopping to correct or to criticize yourself (that comes later). So what you have after a month is a first draft, and that's HUGE. Then you're ready to roll with revisions.

But you need to be ready for NaNoWriMo to have it work for you, and I aim for this class to make you ready. To be ready, you need a feeling for your main characters, their conflicts/challenges and the overall plot/structure of the book. So we'll look at each of these elements and play around with ways to make them more clear for you before beginning the process. We'll also have fun doing so, I promise!

Your Teacher: Diane Chiddister is a lifelong journalist and the former editor of the Yellow Springs News in Yellow Springs, Ohio where she lives. But she also lives part-time in Olympia, where her daughter and baby granddaughter live. After retiring from the News in 2018, she decided to return to her first love of writing fiction, and to write her first novel. She's a 1981 MFA graduate of the University of Iowa Writers' Workshop. That first novel, "One More Day" was published in October, 2021. The book recently was named a finalist in the First Novel category of the Next Generation Indie Book Award, which is the largest award program for small presses, university presses and self-published authors.



Mute Stone and Madmen: Art, Archaeology and Cultural History of Ancient Italy

with Tony Usibelli

Tuesdays, 1:00 - 3:00 pm • Oct 4 - Nov 8 • Olympia Senior Center
General Public/Members: $90/$60 • Six Sessions

Are you interested in learning more about Ancient Italy and its Etruscan, Roman, and Greek inhabitants? This six-week class will present the art, archaeological remains and cultural history of these fascinating civilizations and their continuing influence in today's world. The class will illustrate the monumental and artistic remains of ancient Italy coupled with the colorful and often bizarre history spanning more than a thousand years. There will be plenty of time for class discussion.

Your Instructor: Tony Usibelli has B.A. in classical archaeology and art history from the Univ. of Missouri and the Intercollegiate Center for Classical Studies in Rome. He is an active member of the Puget Sound chapter of the Archaeological Institute of America, the Puget Sound Ancient Numismatic group and has taught classes at Evergreen and SPSCC.

Mindfulness for Optimal Living

with Margo Benedetto

Tuesdays, 10:30 am - Noon • Oct 4 - Nov 22 • via Zoom

General Public/Members: $110/$80 • Eight Sessions

We're all advised to be "mindful" now, and everyone from NBA stars to corporate gurus is claiming mindfulness improves their game. Let's cut through the talk and trendiness and study what mindfulness is, why it works and how it can be used in everyday life to improve physical, mental and emotional health — before, during or after a global pandemic! With a little bit of science and a lot of inspiration and practice, we'll extract the help from the hype for anyone wishing to reap the benefits of mindfulness, including better stress and pain management, improved relationships, sharper mental focus and healthier eating and sleeping habits. Each session will include samples of various mindfulness activities, guided practices and time for sharing in the Zoom world.

Your Teacher: Margo Benedetto is a certified mindfulness instructor and veteran classroom teacher in Washington State. She was a leader in bringing mindfulness education to Centralia School District from 2015-2020, where she designed and taught the class "Strength and Conditioning for the Mind." She continues to provide personal and professional development in mindfulness for individuals and groups and enjoys the variety of classroom settings she finds for her work, including Thurston County Dog 4-H, Olympia Senior Services and North Thurston Public Schools.

Art and Artists of the Pacific Northwest

with Jane Stone

Tuesdays, 10:00 - 11:30 am • Oct 11* - Nov 15 • via Zoom

General Public/Members: $90/$60 • Six Sessions

Please note, October 11 will be in-person at the Olympia Senior Center

The Pacific Northwest has a long history of artmaking – in this course we'll explore the wide variety of regional art created by historical and contemporary artists. We will look at artists from different eras, identities, cultural traditions, and artistic media. While some of these artists and their work may be familiar, others may be unexpected, and intriguing, discoveries. Come learn more about them all. Included in our survey will be both traditional and contemporary artists: Coastal Salish artists; photographers such as Edward Curtis, Imogene Cunningham, and Mary Randlett; landscape painters and sculptors whose art celebrates our Northwestern landscapes, towns and cities; New Deal and contemporary public artists whose legacy enriches our communities; and craftspeople, whose artistry enhances our daily lives and often pushes the boundaries of tradition. This course will be offered via Zoom, with the exception of the first in-person class meeting. The last class may be a field trip, contingent on students' interest to explore local art here in Olympia.

Your Teacher: Jane Stone retired from teaching art history and studio art at South Puget Sound Community College. A graduate of Reed College and the University of Iowa, she earned undergraduate and graduate degrees in Studio Art, Art Education and Art History. She now spends time in her ceramics studio, teaching at the Senior Center and tutoring English language learners.

Lucifer's Labyrinth; Part I

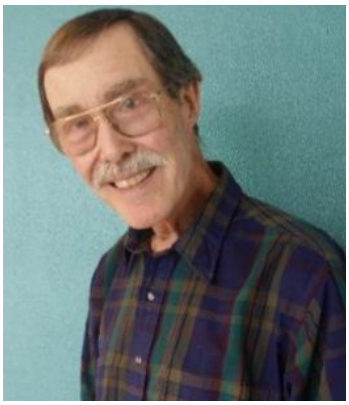
with Bruce Lucero

Tuesdays, 2:00 - 4:00 pm • Oct 4 - Nov 22 • Olympia Senior Center
General Public/Members: $110/$80 • Eight Sessions

For better and for worse, western humanity took a different social evolutionary road than the civilizations of Africa, Asia, or South America. What were the reasons for this? How were European and Yankee individualism different from each other? How were childhoods, adolescence and adulthoods different from today? What did double-entry bookkeeping, the use of Hindu-Arabic numbers and the rise of polyphonic singing have to do with the emergence of hyper-abstract thinking? We trek over 800 years, from the Middle Ages to the Gilded Age.

Your Teacher: Bruce has been a night-school college teacher for 27 years and most of his teaching has been with working adults. He has taught in alternative college settings, in prisons, in the Air Force, in the Navy, and has taught in community colleges in the San Francisco Bay Area. He has written three books on the application of Russian Lev Vygotsky's work to world history. He is also a pen-and-ink artist.

Contact information for Bruce Lerro: email: goethe48@pacbell.net phone: 510-333-7107



Guided Conversations About Great Literature

with Don Foran

Wednesdays, 4:15 - 5:45 pm • Sep 28 - Nov 16 • Olympia Senior Center
General Public/Members: $110/$80 • Eight Sessions • Limited to 15 students

This offering is largely a retrospective set of readings with a few new pieces; we'll discuss novellas, stories, poems and favorite selections from past classes. Below are some of the readings we'll be discussing. Check out the full syllabus online. Enjoy!

Sep 28: "The Comforts of Home" Flannery O'Connor and "Everyday Use" Alice Walker
Oct 5: "Blake" (poem) Adam Zagajewski, "As I Walked Out One Evening" (poem) W.H. Auden . Five Poems (your choice) Emily Dickinson; "Perfect Day for Bananafish" J.D. Salinger
Oct 12: "Cathedral" Raymond Carver; three poems (your choice) Theodore Roethke; five poems by Don Foran (packet). Ada Limon "A New National Anthem" (She is new Poet Laureate of the United States (2022)

Your Teacher: Don Foran earned his Ph.D. in English at the University of Southern California and a postdoctoral MA in Theology from the Jesuit School of Theology at Berkeley. He recently retired from 40 years of teaching literature and creative writing.
Email: foranfam4@gmail.com, website: www.donforan.webs.com

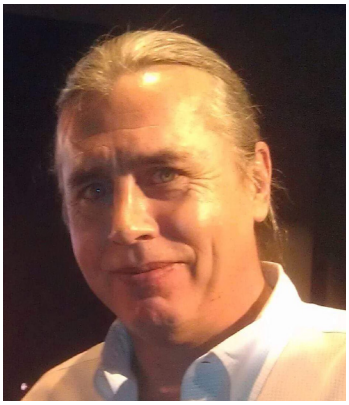
Your Life, Your Story: Writing Your Biography Two-Pages at a Time

with Pam Toal

Wednesdays, 1:00 pm - 3:00 pm • Oct 5 - Nov 9 • Olympia Senior Center
General Public/Members: $120/$100 • Six Sessions • Limited to 9 students

Have you ever wanted to write your memoir or leave a legacy for your loved ones? This is your chance! This six-week class includes activities to help recapture your memories and preserve your life stories. Each week you'll receive prompting questions to write two-pages at home on a theme of your life history. You'll share your writing in class the following week, which can lead to a deeper appreciation of your life experiences and to meaningful connections with group members. No writing experience is necessary, just an openness to share the unique life that is yours. Limited to nine participants.

Your Teacher: Pam Toal is a published writer, coach, and certified Guided Autobiography facilitator. Her professional background in nonprofits, higher education and consulting led her to discover the rewards of writing and sharing life stories.



Northwest Nations

with Ron Johnson

Fridays, 2:00 - 4:00 pm • Oct 7 - Nov 18* • via Zoom
General Public/Members: $120/$180 • Six Sessions

**Please note, there is no class November 11*

Ron Johnson will lead us through six weeks of classes about the Salish P eople's, of the Olympia Region, and the Southern Puget Sound. We will explore traditional lifeways, transformations, and contemporary realities.

Your Teacher: Ron Johnson is enrolled in the Makah Nation and his mother is enrolled with the Lummi Nation. He has worked in a variety of natural resources fields, has three beautiful children, and is currently working on his doctorate. He has taught courses at the Northwest Indian College and The Evergreen State College.

Late Life Design, a one-day workshop

with Marty Worcester, Ph.d. in Gerontology

Thursday, 1:00 - 4:00 pm • Oct 13 Only • Free • Olympia Senior Center

Late Life Design: The art of care-giving & care-receiving. What lies ahead as we contribute to others' lives and receive what others offer us? Increase your awareness of what to expect as we age. Learn to create a design unique to you. For more information contact marthaw@spu.edu or call her at 206.915.6335.

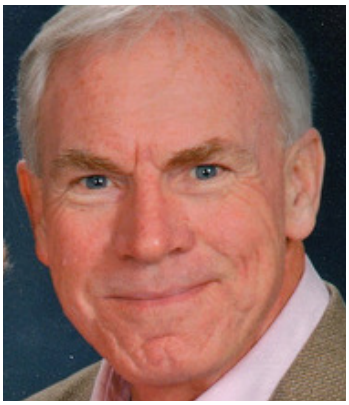
Beautiful Lies/Beautiful Truths 1

with Keith Eisner

Wednesdays, 2:00 pm - 4:00 pm • Sep 21 - Nov 9 • Olympia Senior Center
General Public/Members: $120/$100 • Eight Sessions • Limited to 10 students

For writers and would-be writers of fiction, memoir and essays. Expect to write at least seven pages a week. Improve your writing through short craft assignments, weekly "Wild Pages," in-class exercises, and by critiques of your own work and work of fellow students. You'll also be encouraged to participate in a public reading at the end of the quarter. Lots of work, lots of fun. **Must register in person at the Olympia Senior Center.**

Your Teacher: A local writer and actor, Keith holds an MFA in Creative Writing from Goddard College. A former spokesperson for Thurston County and The Evergreen State College, Keith likes to write while listening to baseball on the radio. He's honored to have had one of his short stories included in the 2017 O. Henry Award Stories. He also won the 2019 Mighty River Short Story Contest held by Southeast Missouri University Press.



What does the Constitution Say about Now? What does Now say about the Constitution?

with Gery Gerst

Tuesdays, 10:00 - 11:30 am • Oct 4 - Nov 8 • Olympia Senior Center
General Public/Members: $95/$75 • Six Sessions

Our founders laid out our foundational principles and methods and "guarantees" to achieve them in the Declaration and Constitution, with this admonition: "We gave you a republic, IF you can keep it." So, how are we doing? Does the Constitution align with the Declaration's ideals? How can our past inform the present? Have we 'achieved' democracy? If the past is prologue to the now, let's look at both with examples, questions, dialogue...and pesky facts.

Your instructor: Gery Gerst earned his Masters of Education from Western Washington University. He has 49 years of teaching experience, in High School & University levels and currently History classes and Civics seminars for adults. He has been awarded four "Teacher of the Year" honors by the Olympia School District, OHS student body, & Olympia Teachers Association. He received both the Distinguished Educator Award and Distinguished Alumnus Award from Saint Martin's University. He loves fishing, travel, languages, politics, learning, writing and his grandkids.

Beginning Drawing

with John Wiens

Tuesdays, 1:00 - 2:30 pm • Oct 4 - Oct 25 • Olympia Senior Center
General Public/Members: $80/$60 • Four Sessions

Join retired architect and artist John Wiens for a beginning drawing class. Featured will be basic drawing: shapes, perspective, line quality, composition, and shade and shadows. **Materials fee: $12**

NOW RECRUITING

Independent providers, housekeepers and caregivers

Do you know an outstanding caregiver or housekeeper who is not currently on the SSCC registry? We would love to talk with them about our program.

Please have them contact the SSCC office at 360.586.4491 or care@southsoundseniors.org

CareConnection
your home care

HOLIDAY CLOSURES FALL 2022:
Mon, September 5: Labor Day
Fri, November 11: Veteran's Day
Thu, November 24 & Fri, November 25: Thanksgiving
Fri, December 23 & Mon, December 25: Winter Holiday
Mon, January 2, 2023: New Year's Day

CONTENTS OF CATALOG SUBJECT TO CHANGE
Please feel free to confirm status, day and time of any listing by calling our Olympia location at 360.586.6181 or our Lacey location (Virgil Clarkson Lacey Senior Center) at 360.407.3967.
To diminish the chance of class cancellation, please register at least a week before your class begins.

SCHOLARSHIPS AVAILABLE
Limited scholarships are available to low income seniors who meet the criteria for membership and registration fees. Ask for a Financial Assistance Form at the reception desk, you will be notified of the decision.

Dates and times are subject to change. Please contact us if you have any questions or visit us online at southsoundseniors.org

INDEX

ALS Support Group....13
Bereavement Support Group....13
Bingo (Daytime)....13
Blood Pressure Checks....15
Brain Injury Alliance of WA....13
Breath, Body, Beat....11
Bus Buddies....15
Card Crafting (Handmade)....10
Chair Exercise....7
Chess....12
Client Services - Resource Advocates....14
Coffee & Conversation....8
Cribbage....12
Current Issues....9
Dance Socials....6
Dementia Support....13
Diabetic Shoe Fitting....14
Dine Out!....9
Drawing/Mixed Media....10
EnhanceFitness....7
Essential Oils....6
Food Bank Distribution....15
Fly Tie....12
French Beg & Adv....8
Gardening....13
Haircuts....15
Ikebana....10
Intercity Transit....15
Korean Elders....8
Low Vision....13
Line Dance....7
Lunch....14
Mah Jongg....12
Medicare 101....15
Memoir Writing....11
Music Mends Minds....11
Needle Crafts....10
Owning the Age I Am....8
Poetry....11
Pool & Ping Pong....13
Pinochle....12
Readers Theater....10
Resource Advocates - Client Services....16
Rock Painting....13
Senior Academy....16
Sing-Along....11
SHIBA - all things Medicare....14
Speakers Series....9
Support Groups....13
Table Games....12
Tai Chi....7
Tai Ji Quan....7
Tatting....10
Tech Help....8
TED Talks....9
Transportation....14
Traveler's Tea....15
Trips & Tours....15
Ukulele - Beginning....11
Ukulele Ohana....10
Watercolor Group....10
Wood Carvers....10
Wonderful Wednesday Walkers....6
World Geography....9
Yoga....6
Zumba....6

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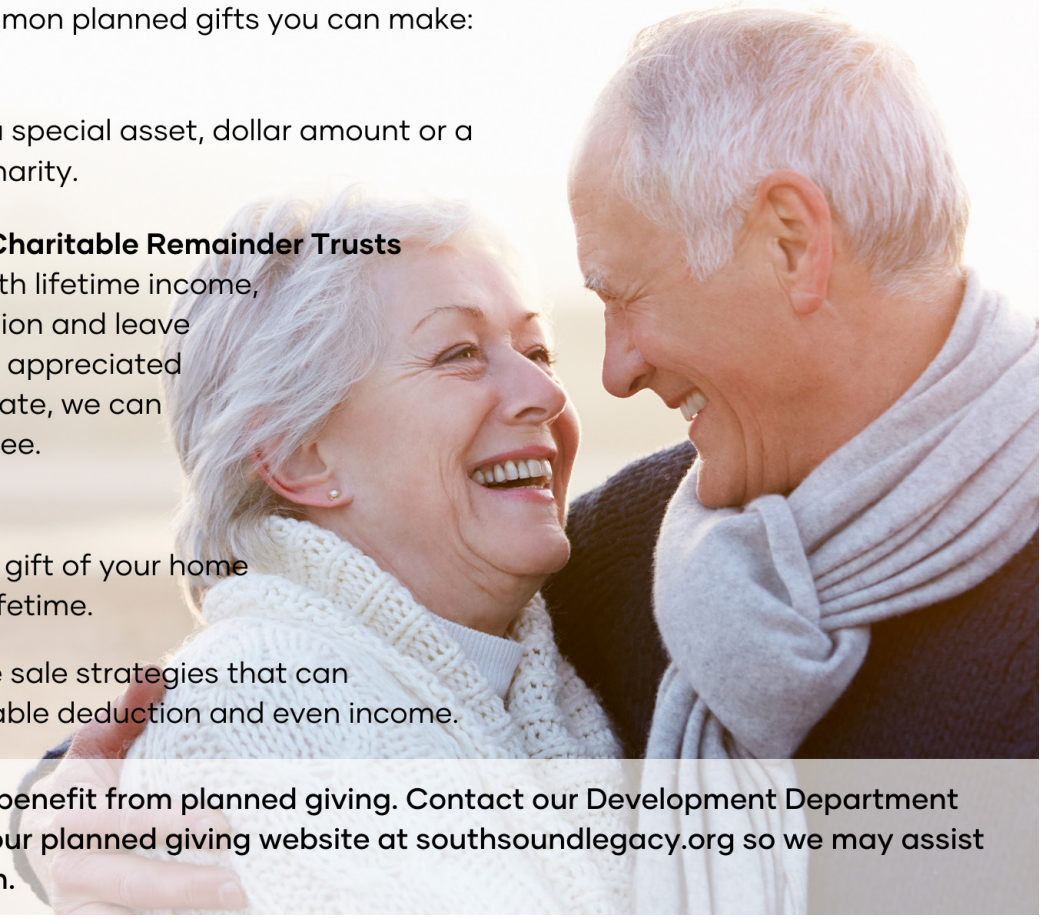
Discover Planned Giving

Planned giving is a way to integrate your financial planning goals. The right planned gift may provide you with tax and income benefits while helping Senior Services for South Sound further its mission. Here are some of the most common planned gifts you can make:



Bequest
Your Will may include a gift of a special asset, dollar amount or a percentage of your estate to charity.

Charitable Gift Annuities and Charitable Remainder Trusts
These plans can provide you with lifetime income, a charitable income tax deduction and leave a nice gift to charity. If you own appreciated assets such as stock or real estate, we can help you sell those assets tax free.

Life Estate
You can make a tax deductible gift of your home and remain living in it for your lifetime.

There are additional real estate sale strategies that can provide you with cash, a charitable deduction and even income.

There are many ways you may benefit from planned giving. Contact our Development Department at 360.586.6181 ext. 110 or visit our planned giving website at southsoundlegacy.org so we may assist you in discovering the right plan.

Since 1973, Senior Services for South Sound has been helping seniors stay vital and independent in our community. A wide array of progressive and comprehensive services including Meals On Wheels, Brighter Days Adult Day program, Care Connection, nutrition, transportation and respite care, along with socialization, health and independent living programs, are provided in Mason and Thurston counties for seniors and active adults.

Administration and Olympia Senior Center
222 Columbia St NW
Olympia, WA 98501
360.586.6181

Mason County
Call for more information
360.586.6181

Virgil Clarkson Lacey Senior Center
6757 Pacific Ave SE
Lacey, WA 98503
360.407.3967

southsoundseniors.org