



Life Long Learning

CLASSES, ACTIVITIES, PROGRAMS & SERVICES



Woodworking at the Olympia Senior Center

Spring Quarter • April 3 - June 23, 2023

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

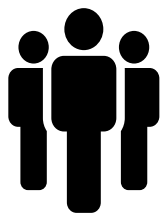
A Word From Activities

Hello all! Spring really is just around the corner, though on these cold and frosty mornings, it can be difficult to remember that. This Spring Life Long Learning catalog is full of activities, events, and classes for your education, entertainment and fun! Sign up for a class, take a trip with our Trips and Tours department, or come and learn how to play cribbage. Also be sure to come and play Bingo. Our Bingo events are so much fun, and you might win some money!

Spring Hopes Spring Eternally,

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. Cancellation policy: refund requests must be submitted before the start of the second day of class.

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.

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

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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



Senior Services
FOR SOUTH SOUND

Travelers Tea

Join us on Friday March 10 & May 12 from 2:30 - 3:30 pm at the Virgil Clarkson Lacey Senior Center for a free video presentation about upcoming day trip destinations!



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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	\$20	\$60	\$120	\$1000
Couple	N/A	\$100	\$200	\$1800
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 Senior Academy Classes	NO	20% or more	20% or more	20% or more
FREE Coffee Card (Olympia location)	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
Annual Membership Renewals	YES	YES	YES	NO



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

updated Jan 2023



What is Home Share?

A living arrangement where Home Providers offer accommodation to Home Seekers in exchange for an agreed upon level of support in the form of financial contribution, assistance with household tasks, transportation, or companionship.

Benefits Include:

- Helps make cost of living more affordable
- Assistance with household chores or transportation
- Ability to save money or pay down debts
- Providing a greater sense of security
- Giving and receiving companionship

Contact Rebecca Hutchinson, Home Share Program Manager at
360-586-6181 ext. 111 or rhutchinson@southsoundseniors.org

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

HEALTH + WELLNESS

WONDERLAND OF WELLNESS (WOW)

OLYMPIA WITH INES PARKER

Thursdays 10:00 -11:30 am

April 6 to May 25

Ines Parker will be facilitating this adventure. Be curious, be adventurous, be hungry, the longer we live, the more we learn, remembering that we are all teachers and students. After her retirement from Senior Services of South Sound, the Briggs YMCA and Thrive Community Fitness, Ines spends lots of time volunteering for non-profit organizations. She is a certified, registered Reflexology Therapist, a Yoga instructor, and Personal Trainer. She facilitates retreats and aspires to serve others.

Members Only + \$20 Registration Fee

WELLNESS CIRCLES

OLYMPIA WITH LINDY HENRY

Wednesdays 1:00 -2:30 pm

April 19 - June 7th

If you want to learn more about holistic wellness (heart, soul, mind, and strength) and be a part of a supportive group where you're empowered to make positive change, then join us for a Wellness Circle! Wellness Circles are an 8-week program where we look at the interconnection of the 8 domains of wellness, tools to support healthy change, and have a chance to share our progress and encourage one another on the journey. We have to do different in order to get different. Whatever we pay attention to is what will grow. Change is inevitable, growth is optional. Lindy Henry is a certified Life Coach and Wellness Circle Facilitator. She empowers people to live healthy and whole so they can impact those around them for good.

Lindy lives in Olympia with her husband and 2 kids. She likes to travel, be outdoors, and cook. **Members Only + \$20 Registration Fee + \$12 Materials Fee + \$5 Per Class Paid to Instructor**

SEATED ZUMBA®

LACEY WITH DIANA YU

Wednesdays 11:00 am - 12:00 pm

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. As this class is so popular that we need to limit new students - **Please send an email to Diana Yu at zumbayu@gmail.com and she'll decide if room is available. Members Only + Registration Fee**

ZUMBA® AFTER HOURS

LACEY WITH DIANA YU

Tuesdays and Thursdays
5:30 pm - 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 Extremely Limited.**



ZUMBA® GOLD

LACEY WITH DIANA YU

Tuesdays 9:30 am - 10:15 am

Zumba Gold is a fun, energizing, low impact dance fitness program to international and latin music. It is exercise in disguise with easy to follow steps. No experience needed. Just be ready to meet new friends and have fun while you move! **New students must get permission to join from Diana (zumbayu@gmail.com) as this class is very full. Members Only + Registration Fee**

DANCE SOCIALS

LACEY WITH GERRY JORGENSEN

Tuesdays 1:30 pm - 3:30 pm

This exceptionally popular weekly event has returned at the Lacey Senior Center! Dance and/or listen to Swing Stuff,

a live 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**

LINE DANCING

LACEY WITH
LIZ WOODARSKI

Beginners:

Mon 12:30 pm - 1:15 pm

Advanced Beginners:

Mon 1:15 pm - 2:15 pm

Intermediate:

Wed 1:30 pm - 3:00 pm

Fri 12:30 pm - 1:30 pm

A fun and exhilarating form of group exercise. Dances line-up, without partner, and follow choreographed pattern 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**

CHAIR YOGA

WITH SHARON HONG MAURMANN
and KELLY ZINIEWICZ

Olympia - Wednesdays 12:00 pm - 1:00 pm

Lacey - Mondays 11:00 am - 12:00 pm

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 + \$5 Donation Per Class**

YOGA

OLYMPIA WITH SHARON HONG MAURMANN
and KELLY ZINIEWICZ

Wednesdays and Fridays - 10:00 am - 11:00 am

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 + \$5 Donation Per Class**

TAI CHI

LACEY WITH STEVE MARTINEZ

April - May

Mondays - 5:00 pm - 6:00 pm

June - August

1st and 3rd Mondays - 5:00 pm - 6:00 pm

Tai Chi is a low impact type of exercise that requires 20 minutes a day and rewards your efforts. It is an internal Chinese martial art in that it focuses 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**

WONDERFUL WEDNESDAY WALKERS

LACEY WITH PAT LAZAR

Wednesdays - 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**

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

LACEY WITH RON BROWN

Mondays and Thursdays - 3:00 pm - 4:00 pm

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 + \$4 Instructor Fee Per Class**

ENHANCEFITNESS®

WITH OUR FITNESS STAFF

OLYMPIA

Beginning: Mon, Wed, Fri 1:30 pm - 2:30 pm

Advanced: Mon, Wed, Fri 9:00 am - 10:00 am

LACEY

Beginning: Mon, Wed, Fri 9:45 am - 10:45 am

Advanced: Mon, Wed, Fri 8:30 am - 9:30 am

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 + \$4 Per Class** *Seniors with Kaiser Permanente's Medicare Advantage Plan members do not need to pay for EF classes.

ESSENTIAL OILS - THE BASICS

LACEY WITH LOUANN MILLER

3rd Tuesdays - 12:30 pm - 2:30 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. **Members only + \$5 Per Class to Instructor for Materials Cost**

GENTLE YOGA

LACEY WITH ELIZABETH SWANSON

Tues - 11:00 am - 12:00 pm

Thurs - 9:00 am - 10:00 am

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**

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EXPLORE OLYMPIA WALKABOUT

OLYMPIA WITH CANDY BRAILLARD AND BETSY

MINKOFF

2nd Thursdays - 10:00 am

Meet in the lobby of the Olympia Senior Center at 10:00. Wear weather appropriate clothing, sturdy walking shoes, and bring a water bottle if you like. This group walks approximately a mile and a half to two miles per walk, and sometimes there may be trip hazards, etc. — plan accordingly. Join us as we explore our home town and surrounding areas!

Open to Public

PERSONAL GROWTH

AMERICAN SIGN LANGUAGE

LACEY WITH CATHERINE BRANNAM

Wednesdays - 2:00 pm - 3:00 pm

It can take up to two years to be fluent in American Sign Language, but this is a step in the right direction. Catherine is volunteering her knowledge and time in hopes that the opportunity to learn this unique language is accessible to our members. **Members Only + Free**

DEATH CAFE

LACEY WITH GLENN HARPER

Every 4th Wednesday - 2:30 pm - 4:00 pm

What is a Death Cafe? At a Death Cafe people, often strangers, gather to eat cake, drink tea and discuss death. Our objective is 'to increase awareness of death with a view to helping people make the most of their (finite) lives. A Death Cafe is a group directed discussion of death with no agenda, objectives or themes. It is a discussion group rather than a grief support or counseling session.

Death Cafes are always offered:

- On a not for profit basis
- In an accessible, respectful and confidential space
- With no intention of leading people to any conclusion, product or course of action
- Alongside refreshing coffee, tea – and cake!

Death Cafes are taking place both nationally and internationally, so come find out about this popular program! **Open to All + Free**

FRENCH CLASS

LACEY WITH CURTIS
CUSHMAN

Beginning: Mondays
11:30 am - 12:30 pm

Advanced: Mondays
12:30 am - 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

Wednesdays
10:00 am - 1:00 pm

Group meets to socialize, exercise, laugh, and share lunch. **Members Only + Free**



CURRENT ISSUES

OLYMPIA WITH ALBERTA HAGAN

Tuesdays - 10:00 am - 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

Wednesdays - 10:00 am - 11:30 am

Join us as we gather Wednesdays 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



TED TALKS PLUS

LACEY WITH JAY WALLERSTEDT

4th Fridays - 12:30 pm - 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 Bikers Against Child Abuse, the roots of racism, global megalithic architecture, and technology addiction. See our monthly activities guides for topics.

Open to the Public

WORLD GEOGRAPHY: COME EXPLORE!

OLYMPIA WITH JEAN MEAD

Mondays - 12:00 pm - 1:00 pm

Meets over lunch so bring a brown bag lunch or stop by our dining room to purchase lunch. 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**

OWNING THE AGE I AM

LACEY WITH MARTY WORCESTER

4th Wednesdays
1:30 pm - 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**



COFFEE AND CONVERSATION

LACEY WITH JOE CAREY

Thursdays
11:15 am

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



DINE OUT!

HOSTED BY OUR LACEY LOCATION

2nd Tuesdays - 5:00 pm
(360) 407-3967

April 11: Mercato - 111 Market St NE
May 9 : Thai Garden - 2735 Harrison Ave NW
June 13: Oyster House - 320 4th Ave W

HOSTED BY OUR OLYMPIA LOCATION

2nd Thursdays - 5:00 pm
(360) 586-6181

April 13: Octapas - 610 Water St. SW
May 11: Da Nang - 116 4th Ave. E.
June 8: Pizzeria La Gitana - 518 Capitol Way S

Everyone is invited to join us for friends and food. Please sign-up in advance if you are attending the DINE OUTS hosted by the Olympia Senior Center. **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

Mondays
1:00 pm - 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



Fridays
9:00 am - 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
Tuesdays - 8:30 am - 11:00 am

OLYMPIA WITH
DENISE TAYLOR

Fridays - 8:30 am - 11:00 am

Learn the skill and art of woodcarving and some are members of the Capitol Woodcarvers. All levels welcome. **Members Only**



NEEDLE CRAFT/TATTING GROUP

LACEY WITH PATTI LOGAN

Tuesdays - 10:00 am - 11:00 am

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**



HAND CRAFTED CARDS!

LACEY WITH GAYLE HAYWARD

2nd Mondays
1:00 pm - 3:00 pm

Bring your own supplies - let's get creative and show your heart-felt love through this wonderful art form! **Open to the Public**



Open 9am - 3pm

MONDAY - FRIDAY

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

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ZENTANGLE®

OLYMPIA WITH SISTER MONIKA ELLIS, OSB

April 4, April 11, April 25, and May 1

1:00 pm - 2:00 pm

Want to draw a beautiful image? No need for a background in art. No need for any fear about making art. If you can write your name, you can tangle. Zentangle® is an art form using slow, deliberate strokes which form patterns. The work is done on card stock. Using only a fine felt tip pen, a pencil, and a tortillon (smudger) the Zentangle® miniatures are sometimes intricate, sometimes simple, and always beautiful. It is relaxing, slow, deliberate, built on simple strokes, and it enhances focus and reduces pain. Sister Monika Ellis, OSB is a member of St. Placid Priory in Lacey. She is a fiber artist, musician, dot painter, and a Certified Zentangle® Teacher. She is eager to share this art form with you. **Members Only + \$5 Per Class Paid to Instructor. Students must provide their own white cardstock paper, and bring a fine point felt tip pen.**

READER'S THEATER

OLYMPIA WITH JUDY OLIVER

Tuesdays - 12:00 pm - 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**

MEMOIR WRITING CLASS

LACEY WITH CAROL DUFFY

Fridays

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 + Class Registration Required**

MUSIC MENDS MINDS

OLYMPIA WITH EILEEN MCKENZIESULLIVAN

Thursdays - 12:30 pm - 2:00 pm

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**



SING-A-LONG

LACEY WITH BRIGHTER DAYS STAFF

Fridays - 1:00 pm - 2:00 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**

LEHUA UKULELE OHANA

LACEY WITH LUMAN HOHAIA

Thursdays - 6:30 pm - 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 and we will play, eat, and sing together. **Members Only**

BEGINNING UKULELE PART III

OLYMPIA WITH ALLEN MOTE, Ph.D

Tuesdays - April 4 - May 9 - 2:00 pm - 3:45 pm
General Public/Members: \$90/\$60

This interactive, fun-filled, collaborative, practical, relaxed-pace class is designed for intermediate and advanced adult beginners of all ages, as a safe and comfortable place to play with a group, at your own level, while refining your skills and learning new chords, strums, and songs from many genres.



More advanced players are also welcome to play along at the of the class. Bring your acoustic soprano, concert, or tenor ukulele (GCEA tuned), tuner, picks (optional), music stand (optional), Olympia Senior Center Music Book from previous classes (if you have one—if not one will be provided), a pencil, ... and your smile. Additional music sheets will be provided and can be contributed by participants as the class evolves. The DAILY UKULELE is a recommended music book. 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.

WE ARE ALL CREATIVE

OLYMPIA WITH DAISY ORR

April 13 - June 29
Thursdays - 1:00 pm - 2:30 pm

Zines are mini self-published “magazines” or “books” typically produced using a copy machine and distributed for free or minimal cost. There is a statewide zine contest, a local zine fest and zines are part of the Timberland Library collection. In this class we will explore format and examples, learn how to fold a mini zine and work on developing your own zines for printing and sharing. In the watercolor and collage class we will explore the

medium of watercolor and paper collage. We will explore how pigment and water interact, create drawings from watercolor shapes and explore how images evoke feelings and inspiration for our own creations. Pre-cut images, letters, and words will be provided. In the Reuse and Remake section



of the class now that our creativity is revved up, our last section is about creative reuse; how do we turn something into something else? We will focus on transforming, the value of reuse, and have time to create new art pieces.

Members Only + \$15 Materials Fee + \$5 Per Class Paid to Instructor

SUPPORT GROUPS

LOW VISION GROUP

OLYMPIA WITH MARTY WORCESTER

2nd Mondays - 10:00 am - 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 WITH JILL KOMORA &
KATHLEEN KING

2nd Fridays - 2:00 pm - 3:30 pm

OLYMPIA - VIA ZOOM

4th Fridays
2:00 pm - 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**



DEMENTIA CAREGIVER SUPPORT GROUP

LACEY WITH JENNIFER WATSON, MSW

1st Mondays and 1st Fridays - 12:30 pm - 2:00 pm

This support group will lift up Caregivers of those who have all forms of dementia, providing the type of 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 in California. **Open to the Public**



BRAIN INJURY ALLIANCE OF WA MEETINGS

LACEY WITH CONNIE

1st Tuesdays - 6:00 pm - 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 one. **Open to the Public**

ALS SUPPORT GROUP

OLYMPIA

2nd Tuesdays - 11:00 am - 1:00 pm

This support group will lift up those struggling with ALS and those with loved ones living with ALS. **Open to the Public**

MUSIC FOR PARKINSONS AND PARKINSON'S DISEASE SUPPORT GROUP

OLYMPIA WITH TROY FISHER AND DIANE
HUTCHINS

Wednesdays

Music: 10:00 am - 11:00 am

Support Group: 11:00am - 12:00pm

Separate meeting room available for caregiver discussion. For more information please contact Diane Hutchins genneken22@gmail.com **Open to the Public**

GAMES + HOBBIES

FLY TYING

LACEY WITH GROUP

Wednesdays - 12:45 pm - 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
Wednesdays - 1:00 pm - 4:00 pm

LACEY WITH ELLIN GOLDENBERG
Fridays - 1:00 pm - 4:00 pm

Play American Mah Jongg following the National Mah Jongg League of New York rules. Studies have shown that mahjong 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

Wednesdays
1:00 pm - 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 WITH
JAMES HENDRICKS
AND DARLYS LEICHT

Tuesdays - 1:00 pm - 3:00 pm
Fridays - 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. Lacey does Pinochle with aplomb! All levels of play are welcome. **Members Only**



CRIBBAGE

OLYMPIA - GROUP

Mondays - 12:00 pm - 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 (DURING TABLE GAMES)

LACEY WITH STEPHAN BRKLYCICA

2nd and 4th Wednesdays
12:30 pm - 1:30 pm

Check out the wonderful world of cribbage, 2 spaces at a time! **Members Only**



BINGO (DAYTIME)

OLYMPIA WITH LILLIAN BARBER
LACEY WITH ANNA

Fridays - 9:15 am - 11:00 am

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



POOL AND PING PONG TABLES

OPEN ACCESS AT OLYMPIA SENIOR CENTER

Weekdays - 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 + Additional Guests Pay \$3 to the Olympia Arts, Parks and Recreation Kiosk.**

TABLE GAMES

LACEY WITH MIKE STOKES
Wednesdays - 12:30 pm - 3:30 pm

OLYMPIA WITH GROUP
Fridays - 12:00 pm - 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**

ROCK PAINTING

LACEY WITH LILLIAN BARBER

Thursdays - 10:30 am -11:15 am

Painting rocks a relaxing experience and a wonderfully creative outlet! Many of our Inclusion Members partake in this creative outlet. We often place them around the building pathways for all to enjoy.

Open to the Public



NW GARDENING GROUP

LACEY WITH PERRY MCCOY

1st and 3rd Thursdays - 1:00 pm - 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**

SERVICES

FREE NOTARY SERVICES

LACEY WITH TERRI CARRILLO

Every 3rd Monday - 11:00 am -1:00 pm

Blessings Mobile Notary Services is donating their time to provide free notary services. Come with your photo ID. Service provided on a first come, first served basis.

Open to the Public + Free

PLANNING GUIDANCE

LACEY WITH MARTY WORCESTER

Tuesdays - 10:00 am -2:00 pm

Discover how to plan your life as you age. Drop-in or make an appointment by emailing Marty at mworcester@southsoundseniors.org. She also collects your ideas for educational events to be offered here - events/classes which you think would be good for our Lacey/Olympia seniors.

Open to the Public

TECH HELP (TIMBERLAND)

OLYMPIA WITH TIMBERLAND LIBRARY STAFF

March 14 - 10:00 -11:00 am

Drop into the Olympia Senior Center with your tech questions for the fabulous Timberland Library staff! No appointment needed. **Members Only**

BLOOD PRESSURE CHECKS

LACEY WITH STEPHEN

BRKLYCICA

Mondays

10:30 am - 11:30 am



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

FOOT CARE

LACEY WITH NURSE JULIE

3rd Thursdays - By Appointment

Julie Lundstad is an RN with a passion for foot care. This includes, but not limited to toenails, skin, or just helping feet to be in as good a condition as possible. Whether you have diabetes, neuropathy, thick or elongated nails, calluses, severe dry skin, or none of these conditions, she treats each client's feet individually and with care.

Members Only

HAIRCUTS

OLYMPIA WITH LISA CALDWELL

1st and 3rd Wednesdays - 10:00 am - 3:00 pm
(except for 12 pm - 12:30 pm)

LACEY WITH LISA CALDWELL

1st and 3rd Mondays - 12:30 pm - 3:30 pm

Members Only + \$10 By Appointment

DIABETIC SHOE FITTINGS

LACEY WITH PAUL BERRYHILL

By Appointment Only

Paul is with Priority Footwear. Shoes are covered by Medicare and other insurance companies. Contact Paul for appointment at pberryhill@priorityfootwear.com or at 206.200.3804. **Open to the Public**

FOOD BANK AND COMMODITIES DISTRIBUTION

OLYMPIA SENIOR CENTER

3rd Fridays - 10:30 am - 11:30 am

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

TRIPS AND TOURS

OLYMPIA SENIOR CENTER - OFFICE

Weekdays - 10:00 am - 2:00 pm

Trips, tours and travel for anyone 18 and older, but with senior travellers in mind. Trips include local one-day excursions, trips across the country, or ventures to foreign lands. Learn more at the Olympia or Lacey Senior Centers, Trips & Tours office or on our website at www.SouthSoundSeniors.org/trips-tours
Call 360.586.6181 ext. 126. **Open to the Public**

STATE HEALTH INSURANCE BENEFIT ADVISORS (SHIBA)

OLYMPIA SENIOR CENTER

Advisors are available by phone, Zoom or email the following times:

Tuesday, Wednesday and Thursday
9:00 am - 3:00 pm

Mon & Fri: Volunteer hours vary (by phone)

Call 360.586.6181 ext. 134 for appt.

SHIBA volunteers can help you with your Medicare questions. 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. When you call, please leave your name, phone# and a brief description of why you are calling and one of our volunteers will get back to you as soon as possible. If you require an in person appointment, there are limited times available each week. To find out if there is a time slot available at the Olympia location, please call us or email jrich@southsoundseniors.org. **Open to the Public**

MONTHLY MEDICARE ZOOMS

ONLINE WITH SHIBA TEAM

1st Wednesdays 11:00 am to 1:00 pm:
Welcome to Medicare

1st Thursdays 1:00 pm to 2:00 pm:
Senior Medicare Patrol-prevent and detect Medicare Fraud

2nd Thursdays 11:00 am to 12:00 pm:
Programs to help pay out of pocket costs with Medicare

3rd Thursdays 10:00 am to 12:00 pm:
Welcome to Medicare

3rd Tuesdays 1:00 pm to 3:00 pm:
Welcome to Medicare

4th Wednesdays 6:30 to 8pm: Welcome to Medicare

In-Person options at Olympia Senior Center, no registration is necessary but space may be limited:

2nd Wednesdays: 11:00 am to 1:00 pm

3rd Wednesday in March and April:
4:00pm-6:00 pm

Contact the Volunteer Coordinator by email or phone to obtain the pre-registration link and information at: 360-586-6181 ext 134, or jrich@southsoundseniors.org. **Open to the Public**

TRANSPORTATION

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 two weeks prior to your appointment or errand.

Open to the Public

TRAVELER'S TEA

LACEY SENIOR CENTER WITH SKY MYERS

May 12 – 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 Arizona, 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**

DAILY LUNCH

OLYMPIA SENIOR CENTER

Weekdays – 11:45 am – 12:30 pm

LACEY SENIOR CENTER

Weekdays – 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 \$10 per meal. **Open to the Public**

INTERCITY TRANSIT/BUS BUDDIES

OLYMPIA WITH SCOTT SHOENGARTH

1st Wednesdays – 10:00 am – 12:00 pm

LACEY WITH SCOTT SHOENGARTH

2nd Wednesdays – 10:00 am – 12:00 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**

SENIOR ACADEMY



Integrity and Despair: How We Elders Can Change the World with John Rapano

Thursdays - 1:00 pm - 3:00 pm • April 20 - May 25 • Olympia Senior Center
General Public/Members: \$150/\$100 • Six Sessions

What does it mean to be a senior today? Despite the stereotypes, most people over 60 are active, healthy, capable individuals, and 95% live independently. Yet older adults are still marginalized in our materialistic society. However, we are the fastest growing population demographic, and this has created unprecedented changes in our society. Change is hard on those to whom it is happening, and while many are thriving, others struggle with health issues, depression, anxiety, and despair. This impacts social policies, politics, health, family support and caregiving, work and retirement, housing, demographics, and economic well-being. Using the lens provided by the field of lifespan human development, we will examine older adulthood as a continuation of human development, with physical, psychological, and cognitive dimensions. We will discuss Betty Friedan's idea that taking a positive approach to aging is fundamental to survive in our challenging times. We will use Erik Erikson's stages of development that postulate that integrity, despair and wisdom grow out of the experiences of earlier life stages. We will look at Walter Koenig's theory of religious faith development and Henri Nouwen's reflections on aging as a way to the darkness or as a way to the light. Throughout the course, we will share our lifetime of experiences to understand how our personal worldview affects our beliefs and values about aging and become confident in our ability to play an essential role in changing the world.

Your instructor: John is retired from teaching Human Development and Family Studies at Pennsylvania State University. John also worked in a variety of human service roles: early childhood education, community mental health, aging services, and geriatric partial hospitalization programs. John earned a Ph.D. in the Administration and Leadership Studies for Nonprofits program at Indiana University of Pennsylvania in 2010. John "fully" retired and relocated to Olympia in 2019 but continues to be involved in a variety of volunteer activities.

Sock Hop!

Seniors 55+
April 14
6 - 7:30 pm

Nostalgic Memories!
Music from the 50s
Admission: \$5

Retro Games!
50s Trivial
Rootbeer Floats,
Rice Crispy Squares,
Pop Rocks, & MORE!

Prizes for costumes, best dancing couple, and bring a friend to enter raffle!
Dressing in 1950s costumes is not required. Open to all seniors 55+ seniors.

Virgil Clarkson Lacey Senior Center
6757 Pacific Ave SE

Senior Services
FOR SOUTH SOUND



Math Games and Puzzles

with Steven Kant

Mondays - 1:00 pm - 3:00 pm • April 10 - May 15 • Olympia Senior Center
General Public/Members: \$150/\$100 • Six Sessions

Steve Kant will offer a class that offers a combination of topics including some visual algebra, some logic games, some puzzles, and some other hands-on activities. Be prepared to dust off those cobwebs and have fun with math!

Your instructor: Steven Kant is a retired math teacher, software developer, and business owner. He has taught math in secondary schools and at the college level. He is currently teaching math as a volunteer in elementary school, middle school, and summer day camp. He also has a website to provide math materials for students, parents, and teachers.



Arguing Cooperatively: Convincing Partners, Friends and Adversaries with Heart, Reason and Soul

with Bruce Lerro

Tuesdays - 2:00 pm - 4:00 pm • April 11 - June 6 • Olympia Senior Center
General Public/Members: \$180/\$120 • Nine Sessions

"Don't be so critical!" "I don't mean to be critical, but...." In both of these cases the word "critical" is used in a negative sense. But this word needs to be rehabilitated. The root meaning of critical is to "cut" or to judge. Like it

or not, we need to be able to take things apart in order to analyze problems, evaluate our actions, build arguments and make decisions. Sometimes people are afraid that taking this class will make them change their political or spiritual beliefs. Occasionally this happens, but that is not the intention of the course.

Critical thinking is not about what you know, but how you know it. How good is the quality of the steps you take to reach your conclusion? Unfortunately, many adults imagine that the process of thinking is a skill you learn in childhood and adolescence and that it requires no more training in adulthood. This is a problem because how we think, like any muscle, can get flabby, overconfident and set in its ways.

Critical thinking is "thinking squared". What does that mean? Critical thinking is the process of self-reflection on the thinking process itself as it engages in how we think about problems, make arguments and decisions. Critical thinking brings self-reflection, skill and standards to the process of our own thinking.

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

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



Mask Making, An Ancient Art of Storytelling

with Barbara Young

1:00 pm - 4:00 pm • April - June • Olympia Senior Center

General Public/Members: \$150/\$100 • Five Sessions

Session One - *April 27*: What is the story behind the mask we wear? What does the word "mask" mean to you? Introductions to class members. Sketch a lifetime line. PowerPoint presentation: Native masks of the Pacific Northwest Coast.

Session Two - *May 4*: With a partner, construct a facial mask with plaster of Paris gauze strips. The construction of the mask is a meditative time of creativity, of touching and being touch.

Session Three - *May 25*: Paint and decorate the mask. Painting the mask expresses identity, narrates a story, and/or transitions your spirit.

Session Four - *June 1*: Using the mask as guide and prompt, begin to compose a story telling of an important life event or whatever story the mask helps you to express. Work briefly with a partner to share your ideas. Present to the larger group for comments. Use the time in the next three days to edit. Write double space, 14 font, a page and a half (more or less), and email your edited story to Barbara by June 5.

Session Five - *June 8*: Convene the Talking Circle. Pass the Talking Stick. Celebrate the mask. Release your story in the shared, safe space of the circle. You may want to invite a guest(s) to the presentation.

Mask making materials provided. Brushes, paints, buttons, and decorations will be available. You are invited to scour your utility drawer, work bench, or sewing box for fabric pieces or whatever you might use to embellish the decoration of your mask. Participants encouraged to wear paint clothes.

Your instructor: Barbara Young has facilitated mask making workshops for twenty-five years: in her home studio, Arts Olympia, women's weekend retreat, student classes at the university and community college, in Olympia and beyond, groups large and small. Seniors of Panorama partnered with Komachin Middle School to make masks for intergenerational storytelling. With masters' degrees in Community Health Planning and in Nursing Education, Barbara was faculty at University of Washington., St. Martin's, and SPSCC. She conducts mask making workshops for health, wellness, and storytelling.

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

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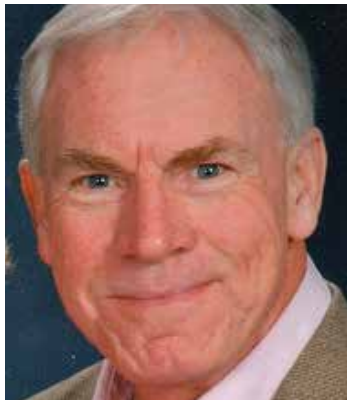
Your Life, Your Story

with Pam Toal

Wednesdays - 1:00 pm - 3:00 pm • April 12 - May 17 • Olympia Senior Center
General Public/Members: \$160/\$110 • Six Sessions

Have you ever wanted to write your memoir or leave a legacy for your loved ones? This is your chance. This introductory six-week course includes activities and resources to help you write, share and preserve your life stories. Each week you'll receive prompting questions to write two-pages at home on a particular theme of your life history. You'll bring your writing to class the following week to share in a warm, supportive group environment. No writing experience is necessary, just an openness to appreciate and share the unique life that is yours. **Limited to 9 students**

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



History CAN Be A Blast!

with Gery Gerst

Wednesdays - 10:00 am - 12:00 pm • April 5 - May 10 • Olympia Senior Center
General Public/Members: \$150/\$100 • Six Sessions

This class will offer a potpourri of additions and corrections to our nation's narrative that we call "history". We'll look at some of our "most cherished myths," give voice to significant persons slighted or omitted from our 'memory bank', and reinsert some key events that shaped our history. We'll also look at some people, places, events that enrich our nation's story and share some moments of: "Gee whiz, I didn't know that!" It will be diverse in content, eye-opening and fun.

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



Making the Most of Your Brain, Aging and Food

with Mary Ellen Psaltis, B.Ph.

Tuesdays - 10:30 am - 11:30 am • April 11 - May 2 • Olympia Senior Center
General Public/Members: \$90/\$60 • Four Sessions

How do life choices affect our brain? What's happening inside our bodies as we grow older? Let's look at food choices, eating for optimal health, strategies for energetic living, pacing ourselves and other relevant topics. The journey of aging is not for the faint of heart. Nevertheless, we might as well enjoy the ride with as much mobility and cognition as we can muster.

Your Instructor: Mary Ellen Psaltis, B.Ph., is a Certified Nutrition and Wellness Consultant and Senior Nutrition Specialist. She is a long-time food and lifestyles writer whose work can be found at ThurstonTalk and ShowCase Magazine." She spent years presenting nutrition-related topics on the dental continuing education circuit across the US and Canada. Mary Ellen strives to support people on their individual paths for optimal well-being through their food and lifestyle choices. Her interest in brain health and aging has increased as she cares for her 97-year-old mother.



Applied Mindfulness: Off the Cushion, Into Life

with Margo Benedetto

Thursdays - 10:00 am - 11:00 am • April 6 - May 11 • Olympia Senior Center
General Public/Members: \$90/\$60 • Six Sessions

Mindfulness is not simply a meditation practice, but an ongoing life skill we can train our minds to apply throughout each day. This course will offer new exercises to help sharpen our mental habits and improve some of our most routine activities, including eating, exercising, communicating and relating to others. Each session will include discussion of the scientific support for mindfulness, instruction in various mindful practices, guided meditation and time for sharing.

Your Instructor: 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 and continues to provide personal and professional development on mindfulness for individuals and groups. She enjoys the variety of classroom setting she finds for her work, including Thurston County Dog 4-H, Olympia Senior Services and North Thurston Public Schools.



Northwest Nations: Traditional Understandings and Holistic Thinking

with Ron Johnson

Fridays - 2:00 - 4:00 pm • April 7 - May 12 • via Zoom

General Public/Members: \$150/\$100 • Six Sessions

prepared for discussion!

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



Introduction to Astrology

with Maia O'Brien

Thursdays, 11:00 am - 12:00 pm • May 4 - May 25 • Olympia Senior Center

General Public/Members: \$90/\$60 • Four Sessions

Join Maia O'Brien as she offers an introduction to the fascinating world of astrology. The basic foundations of astrology will be presented, including planets, signs, houses and cycles/transits of the planets. We will explore the many ways astrology is reflected in our own lives and the lives of those around us. It can give us a broader perspective on world events as well. Join us for lovely and entertaining conversations about the beautiful, ancient, mystical art and science of astrology.

Your instructor: Maia O'Brien is a physical therapist and dance/movement therapist, who has used astrology and the creative arts therapies to help facilitate personal growth and life enhancement since 1975. Please feel free to bring a printed copy of your birth chart to this class, including birth time, date, and location, using Whole Sign Houses.

March 24

Virgil Clarkson Lacey Senior Center
6757 Pacific Avenue SE



LUCKY LEPRECHAUN BINGO

Open to the public! Doors open at 6:00 pm. Must be 21+. \$25 cash at the door to play. Also available: snack bar, 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.

UPCOMING BINGO NIGHTS!

- March 24** Lucky Leprechaun Bingo (Virgil Clarkson Lacey Senior Center)
- April 29** 70's TV Bingo (Olympia Senior Center)
- May 19** Area 51 Bingo (Virgil Clarkson Lacey Senior Center)
- June 24** Rainbow Bingo (Olympia Senior Center)

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

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Meals That Matter

AND OTHER ESSENTIAL SERVICES

You can improve the quality of life for people as they age by supporting Meals That Matter and Other Essential Services!

Join us in support of programs like Meals on Wheels and Community Dining that address senior hunger and food insecurity!

COMING MAY 15

HOLIDAY CLOSURES SPRING & SUMMER 2023:

Monday, May 29: Memorial Day

Monday, June 19: Juneteenth

Tuesday, July 4: Independence 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.

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Create a
better future.
It's easier
than you think.

Do you want to make a significant gift that will transform Life Long Learning programs at Senior Services for South Sound for generations to come? You can do it today - with a legacy gift through your will. Contact us today for more information at 360.568.6181 ext. 110 or development@southsoundseniors.org. You can also visit us at www.SouthSoundSeniors.org. We're here to help.

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