

Inclusion Program

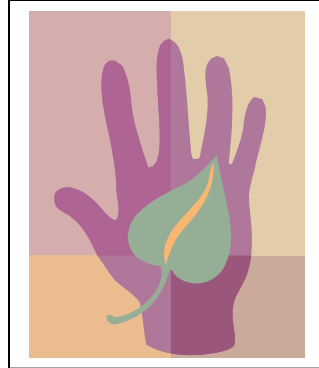
An Activity Program for Seniors with Developmental Disabilities

A partnership between
Senior Services for South Sound
& Thurston County



Celebrating Life

Providing Social,
Recreational,
Educational &
Health Services
for Seniors with
Developmental
Disabilities



Current Activities

Field Trips:

Monthly trips within Western Washington.

Arts & Crafts Club:

This club meets weekly for 1½ hours. Participants have the opportunity to make and create their own projects, which take one to two sessions to complete.

Bingo:

Twice a month bingo program at the Olympia Senior Center and a weekly van ride to play bingo at the Lacey Senior Center.

Services:

Weekly and/or monthly health and wellness services. These services include blood pressure checks, haircuts, chair massage, acupuncture and foot care.

Special Events:

Monthly activities that introduce participants to new experiences at the Olympia Senior Center and the surrounding community.

Volunteer Opportunities:

Volunteer positions for Inclusion participants within the Enhance Fitness program, nutrition program, coffee bar, mailing crew, and our twice-weekly food distribution program.

Who Qualifies for the Inclusion Program?

Individuals, aged 55 or older, who have developmental disabilities.

The Cost:

The Inclusion Program is **FREE** of charge to those who qualify.

Additional funding is available for participants to join Senior Services for South Sound classes or to pay for trips that may charge a fee.



Inclusion Program has a number of on-going activities specifically designed to meet the interests of seniors with developmental disabilities.



In addition to developing new activities, our Inclusion Coordinator, Shannon Hodge, assists Inclusion participants in accessing our existing programs by providing individualized support and attention.

For more information, contact:

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Inclusion
Coordinator
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