

## **Olympia Senior Center**

222 Columbia St NW  
Olympia, WA 98501  
(360) 586-6181

### **Special Events in March**

#### **Senior Playback Theater Performance**

**Thurs., March 11, 10 am**

Please come join us for a special performance by our new group from the Senior Center. This group just started performing in January, and are looking forward to showcasing what they have learned throughout the quarter, but need YOU, the AUDIENCE, to supply stories from your everyday life to play back to you and the audience. If you have never seen playback theater, then you are in for a treat. The group has been learning playback from local Playback Czar, Sara Rucker Thiessen, of the Heartsparkle Players.

#### **St. Patrick's Day Music**

**Wed., March 17, during lunch, 11:45-12:30**

Please join us for a lovely feast of Cornbeef and Cabbage, prepared gloriously by our fantastic crew in the Nutrition Department...We will have English/Irish John here performing traditional Irish tunes on his guitar....and a few surprises this year as well.

#### **Senior Services' Annual Meeting**

**Thursday, March 18<sup>th</sup>, 3 pm**

Senior Services will hold its annual meeting at 3 p.m. at the Olympia Center in the Dining Room. Come sing our songs, hear the message of our keynote speaker, find out about the "state of the agency", recognize our honorees and have some delicious snacks. It's a great way to celebrate the good works that Senior Services is doing in the community and recommit to joining us in our mission to "celebrate life"! Everyone is welcome!

#### **Wellness Presentation about Protein.**

**Fri., March 19, 10am**

Learn about how much we need, what the healthiest sources are and what other foods can compliment and assist in the healthy digestion and assimilation of proteins. Presentation offered by Kate Greene, Senior Services Wellness Coordinator. Please call 586-6181 x111 for more information.

#### **DVD and Dinner**

**Marley and Me**

**Thurs., March. 25, 2 pm**

Jennifer Aniston and Owen Wilson star in this big-screen tearjerker based on a best-selling memoir as a newly married couple who, in the process of starting a family, learn many of life's important lessons from their trouble-loving retriever, Marley. Packed with plenty of laughs to lighten the load, the film explores the highs and lows of marriage, maturity and confronting one's own mortality, as seen through the lens of family life with a dog

## **Talent Show**

**Tues., March 23, 12:30 pm**

It's our monthly activity where you can show off your skills! Have a song, dance, joke or poem? Come share with us! We will have a special treat as the Reader's Theater group will be performing three short skits for us. You won't want to miss this month's edition!

## **Ongoing Activities of Interest**

### **February Community Awareness**

**Wednesdays, 10:15-11:30**

**March 3: How are Seniors portrayed in the Media?** Join Sharon Michaels a student of Communications at Gonzaga University as she facilitates a lively conversation about the media. Media literacy encourages people to ask questions about what they watch, hear, and read.

**March 10: Orissi Dance:** The dance style named variously as [Orissi or Odissi](#) developed in the eastern state of Orissa in India. Join us as we watch and listen to Ratna Roy, Faculty member at the Evergreen State College and her students perform this ancient dance style from India dating back to 2<sup>nd</sup> century B.C.

**March 17: St. Patrick Day Celebration:** May God grant you always... a sunbeam to warm you, a moonbeam to charm you, a sheltering angel, so nothing can harm you. Join Eileen MackenzieSullivan and the *Newcomer and Community Awareness Group* as we celebrate St. Patrick's Day. Eileen will have a song or two, a story and some history about this holiday that the Irish have observed as a religious holiday for over a thousand years.

**March 24: TBD**

**March 31: Jeopardy! And Lunch Bunch!** Ever wondered how you get selected for America's Favorite Quiz Show? Join Mariann Cook-Andrews and The Community Awareness/Newcomers Club as we learn about Mariann's Journey from Olympia to Jeopardy! Mariann appeared on the nationally syndicated quiz show on January 12, 2010. Also, Community Awareness will be dining for lunch at the Oyster House. Please make reservations at our front desk in the lobby. We will plan on meeting folks in our lobby around 11:30, and walk to the Oyster House for a 11:45 luncheon.

### **Friday Morning Documentary**

9:30 a.m., usually in room 102

**March 5:** Act of God

**March 12:** The Education of Shelby Knox

**March 19:** This Film Is Not Yet Rated

**March 26:** Red Without Blue

**Supper Club-Thurs., March 11, 5 pm**

Are you new to town? Do you love to eat out, but don't want to eat alone? Each month we pick an area restaurant and go out for dinner as a group. This is an excellent way to meet new friends, try new restaurants and, of course, enjoy a good meal. All Senior Service members and friends are welcome. **This month we will be dining at Ricardo's in Lacey** Meet us at the restaurant at 5 pm, or meet us at the center at 4:30 and we will take a van.

**Out to Lunch Bunch: Wednesday, March 31, Oyster House** Call the Senior Center to Register. We will leave the senior center on foot at 11:30. If you'd like to meet us over there, plan on meeting us there right around 11:40. Please call the senior center to register, so that we know how many folks are coming.

**Olympia Senior PageTurners Book Club** In partnership with Olympia Timberland Library, *PageTurners* Book Club welcomes new readers at any time. The next session will be held Tues., March 9, 1-2:30 pm, and the group will be discussing *Team of Rivals: The Political Genius of Abraham Lincoln*, by Doris Kearns Goodwin.

**Aging Gracefully—Support Group**

**Facilitated by Bill Stoner, MA, Registered Counselor**

**1<sup>st</sup> and 3<sup>rd</sup> Thursdays of every month, 1-2 pm (March. 4 and 18)**

The intent of this new support group is to help seniors discuss and problem-solve their experiences living in today's world.

**Low-Vision Support Group** Every 3<sup>rd</sup> Tuesday (March. 16) at 10 a.m. join the group that gathers for speakers, resources, and mutual support as we navigate the world with various degrees of low vision and blindness.

**Senior Information and Assistance, 2<sup>nd</sup> Wednesday, 10:30-11:30** June Moore, the Assistance Specialist at the Lewis-Mason-Thurston Area Agency on Aging answers your questions regarding Medicare, prescription drugs and all things "Senior" related.