



# Speakers Series

## at the Olympia & Lacey Senior Centers Open to the Public

### *The Life and Legacy of Justice William O. Douglas with John Aylmer*

Wednesday, June 5 @ 10:15 am • Olympia Senior Center

Justice Douglas was the youngest, longest serving Justice and the only U.S. Supreme Court justice from the Pacific Northwest. He hiked the Cascades; wrote 32 books; was threatened with impeachment; and married often. Through all that he never forgot his Northwest roots. Learn how Justice Douglas applied the Bill of Rights to cases and to the wilderness he loved. Our Speaker, John Aylmer has a Masters in Public Administration, taught Political Science at Wenatchee Valley College and pursued additional adjunct teaching at colleges and universities in the Yakima Valley. He completed his professional experience as the Executive Director of the Cowiche Canyon Conservancy where he facilitated connecting the Conservancy with the William O. Douglas national heritage trail from Yakima to Mount Rainier.



### *The Best Things in Life are Free with Jonathan Fork*

Thursday, June 6 @ 11:30 am • Lacey Senior Center

Attorney Jonathan Fork from NW Justice Project will present information about free legal assistance available to seniors. He will provide information and materials about decision-making options such as powers of attorney, guardianship, and living wills. Jonathan will stay after his lunchtime talk to address individual questions.



### *Travelogue: Bhutan with Senator Karen Fraser*

Wednesday, June 12 @ 10:15 am • Olympia Senior Center

Join Senator Fraser as she shares images and stories of her recent travels to the ancient Himalayan Buddhist Kingdom of Bhutan. This beautiful country is known for its monasteries, fortresses and dramatic landscapes that range from subtropical plains to steep mountains and valleys. Get transported to another world!



### *Cloudy with a Chance of Fun with Maria Mudd Ruth*

Wednesday, June 19 @ 10:30 am • Olympia Senior Center

Under a cloud? On Cloud 9? Olympia is cloudy 223 days a year, but what do we really know about these shape-shifting wonders? Join Maria Mudd Ruth for a presentation that blends science, wonder, and humor to help you better appreciate the clouds. Maria is the author of more than a dozen books on nature, including *A Sideways Look at Clouds* and *Rare Bird: Pursuing the Mystery of the Marbled Murrelet*. Maria lives in Olympia and is working on a book on lakes and lake swimming in Washington.



### *Mindfulness: What's all the Hubub with Margo Benedetto*

Wednesday, June 26 @ 10:30 am • Olympia Senior Center

Ms. Benedetto will conduct an experiential workshop focusing on stress-resilience. She will share mindfulness communication skill and share daily practices for relaxation, experiencing better sleep, and handling difficult emotions. Margo has been a public educator for over 25 years. She is a Certified Mindfulness Instructor and social-emotional learning specialist with the Centralia School District. She holds an M.A. in Teaching Humanities and is a licensed teacher in Washington State.



Contact us to learn more about this series or other events:

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[www.SouthSoundSeniors.org](http://www.SouthSoundSeniors.org)