



Speakers Series

Free & Open to the Public

Preview of "Aikido For Elders" with Tim Seabold and Charles Pailthorp

Wednesday, September 4 @ 10:15 am • Olympia Senior Center

Aikido is a Japanese martial art that can be practiced by all. Participants may be of any age and range of physical abilities. Even elders more comfortable sitting than walking will benefit from the breathing, meditation and stretching exercises that are taught in this class. Plus, we'll hear about more upcoming classes this fall at the Olympia Senior Center.



The Preservation of Washington's Three National Parks with Kelly Sanderbeck

Wednesday, September 11 @ 10:15 am • Olympia Senior Center

Come learn about what projects Washington's National Park Fund is working on in the North Cascades National Park, Mount Rainier National Park and The Olympic National Park to help support the National Parks Service.

Humanities Washington - Civil Conversation in an Angry Age with David Smith

Wednesday, September 18 @ 10:15 am • Olympia Senior Center

At what point does a conversation become a battle? Why do some opinions inflame our emotions, leading to anger, fights, and even the end of relationships with family and friends? A talk on how to have more respectful conversations on difficult topics. Philosopher David E. Smith takes a deep look at those moments when civility breaks down. By mapping the structure of how we converse, and digging into the root causes of both civility and incivility, Smith explores how we can have meaningful, respectful conversations on notoriously difficult topics like politics, religion, and morality. In our increasingly polarized political environment, Smith provides participants with the tools needed to embark upon more thoughtful, fruitful discussions.



Providence with Lori Harrington, Sue Beall, and Angela Maki

Wednesday, September 25 @ 10:15 am • Olympia Senior Center

The Providence Community Care Center opened September of 2017. It is the home of multiple organizations providing integrated care to vulnerable people through compassionate service in a safe environment. Guests receive access to physical and mental health services, housing, laundry, showers and more.

Contact us to learn more about the Speaker Series or other events!

Olympia Senior Center • 222 Columbia St NW • 360.586.6181

Virgil Clarkson Lacey Senior Center • 6757 Pacific Ave SE • 360.407.3967

www.SouthSoundSeniors.org