The Best Fall RUMMAGE SALE on the Planet!

NOVEMBER 16th
You can donate your items starting November 4th at Olympic Moving & Storage, 935 Poplar St, Mon - Fri, 1 - 4 pm.

Special Thanks to our Sponsor:

All proceeds from this galactic event benefit Senior Services for South Sound.

Thank you for your support.
(Volunteers Needed Nov 15 & 16)

Virgil Clarkson Lacey Senior Center Senior Services FOR SOUTH SOUND

LACEY SENIOR CENTER NEWSLETTER NOVEMBER 2019

In this issue:

- Estate Planning Workshop
  Nov 7 at Olympia Senior Center (OSC)

- Music Mends Minds Concert Nov 16 at Olympia Senior Ctr

- Presentation: Lacey MakerSpace, a Hands-On Community Resource!

- TED Talks + Plus: “Flying Drones: Pros & Cons”

- PIEROGI Festival Dec 7 right here, 11 am - 5 pm Free admission, see page 8!

The Best Fall RUMMAGE SALE on the Planet!

Tis the season to be ordering your beautiful holiday decorations, fresh from the Lynch Creek Farm! This year, you can simply go online to http://www.lynchcreekfundraising.com/c/212228 and choose from dozens of wreaths, garlands, trees and more. Or, call 1.888.426.0781 to place your order (and say Senior Services for South Sound). Your seasonal decorations will be shipped free of charge directly to you, family, and friends.

Our senior centers are “a place to never grow old,” to celebrate life, stay social, engaged, foster friendships and nourish the mind, body and soul. You are helping make this happen when you participate in our Lynch Creek Farm fundraiser until December 15th.

Thank you for your support.

(Volunteers Needed Nov 15 & 16)
**November 2019**

(See many more classes, groups, & services on back page of newsletter)

<table>
<thead>
<tr>
<th>Date/Day</th>
<th>Happenings</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>11, 28, 29 Mo, Th, Fr</td>
<td>CLOSED Nov 11 Veterans Day &amp; CLOSED Nov 28/29 Thanksgiving</td>
<td>Holidays</td>
</tr>
<tr>
<td>4 &amp; 18 / Mon</td>
<td>Rubber Stamp Group - <em>bring your supplies, we are working on holiday cards!</em> Open to all</td>
<td>1 - 3</td>
</tr>
<tr>
<td>6 &amp; 20 Wed</td>
<td>Owning the Age I Am - <em>the more seasoned you are, the better!</em></td>
<td>1:30 - 3</td>
</tr>
<tr>
<td>7 / Thu</td>
<td>SHIBA Table - MEDICARE Information</td>
<td>10 - Noon</td>
</tr>
<tr>
<td>8 / Fri</td>
<td>Bereavement Support Group - <em>Life After Loss</em></td>
<td>2 - 3:30</td>
</tr>
<tr>
<td>12 / Tue</td>
<td>Intercity Transit Info Table - <em>Get on da Bus!</em></td>
<td>10:30 - 12:30</td>
</tr>
<tr>
<td>12 / Tue</td>
<td><strong>TRAVERELER’S TEA!</strong></td>
<td>2 NEW TIME!</td>
</tr>
<tr>
<td>12 / Tue</td>
<td>DINE OUT! Meet at <em>Puerto Vallarta</em>, 1400 Galaxy Dr NE. Advance sign-up requested but not required.</td>
<td>5 pm</td>
</tr>
<tr>
<td>13 &amp; 27 Wed</td>
<td>Rock Painting $1 for supplies/open to all Hosted by Lacey Rocks Facebook Group</td>
<td>1 - 3</td>
</tr>
<tr>
<td>14 / Thu</td>
<td>Senior Services 101 - <em>get the BIG Picture!</em></td>
<td>11 - Noon</td>
</tr>
<tr>
<td>14 / Thu</td>
<td>Alzheimer's Family Caregiver Support Group</td>
<td>2:30 - 4:30</td>
</tr>
<tr>
<td>15 / Fri</td>
<td>Lucky Eagle Casino Bus - *Adv. sign up required! Important: Park on far side of Community Center, by restroom</td>
<td>8:30</td>
</tr>
<tr>
<td>16 / Sat</td>
<td><strong>Best RUMMAGE SALE on the Planet!</strong></td>
<td>9am - 2 pm</td>
</tr>
<tr>
<td>17 / Sun</td>
<td>AARP Driver Safety Class - <em>FULL at this time</em></td>
<td>9:30 - 5:30</td>
</tr>
<tr>
<td>18 &amp; 25 Mon</td>
<td>Learn or Play Chess - <em>this game keeps your mind sharp!</em></td>
<td>1 - 3</td>
</tr>
<tr>
<td>19 / Tue</td>
<td>Presentation: <em>Lacey MakerSpace</em>, with Manager Joseph Anderson - <em>See page 5!</em></td>
<td>1</td>
</tr>
<tr>
<td>20 / Wed</td>
<td>Food Bank - <em>must be enrolled here in advance</em></td>
<td>10 - 11</td>
</tr>
<tr>
<td>21 / Thu</td>
<td>Tech Help with Rich - members: first priority</td>
<td>9 - Noon</td>
</tr>
<tr>
<td>22 / Fri</td>
<td>Town Hall - <em>Help us improve!</em></td>
<td>10</td>
</tr>
<tr>
<td>22 / Fri</td>
<td>TED Talks + <em>Plus</em>: <em>Flying Drones: Pros &amp; Cons</em> - <em>See page 9!</em></td>
<td>12:30 - 2</td>
</tr>
<tr>
<td>26 / Tue</td>
<td>Smartphone Workshop - free - open to all!</td>
<td>1 - 3</td>
</tr>
</tbody>
</table>

Every Wed **Laptop 101** (one hour of 1-on-1 assistance) - now weekly vs monthly! 2 - 3, By Appt

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**Volunteers of the Month**

**Edith Goetz / Activities**

Edith has been staffing the reception area for nearly three years and is happy to serve our clients! She takes part in weekly Chair Yoga classes, enjoys the fellowship of our DINE OUTS once a month, and is fun to be around - thanks Edith for your many contributions!

**Mike Murray / Nutrition**

Mike Murray is one of our awesome meals on wheels drivers. He knows his people well and they love him. Mike also does a donation pick up for us which is much appreciated by all. Mike has a way of putting a smile on your face with his kind and gentle way. We love you Mike!

**Greg Andreassen/ Brighter Days**

Greg helped seniors during her working years in the optical field of healthcare and she has experience as a Nurses Aide. Greg moved here from California to live closer to her brother and his family. She helps care for her 2 nephews who are in grade school. She wanted to find a volunteer opportunity while they are in school. We are so glad she found Brighter Days!
Estate Planning Workshop

November 7
10 am - Noon

Have you taken steps to protect your legacy while providing for those you care about?

Senior Services for South Sound is hosting a free educational Estate Planning Workshop for our members and supporters at the Olympia Senior Center in Room 102-102, 222 Columbia St NW, Olympia.

Local estate planning attorney Lauren A. Pitman will share why estate planning is important, how to prepare for an estate planning appointment, documents, Durable Power of Attorney, and much more.

Space is limited, and registration is required. Please contact Pam Toal for more information or to register:

360.586.6181, ext. 106 or ptoal@southsoundseniors.org.
On October 19, hundreds of supporters attended our inaugural Community Recognition Brunch to honor three amazing individuals who have done so much for seniors: Elsa McLain, Inge Marcus and Eileen McKenzieSullivan. At the event, a special fundraising campaign officially kicked off -- Caring Across Our Community: A Campaign for Seniors in Need. Our goal is to raise $300,000 by March 2020.

**$100,000 for Current Operations to Support:**

- A staff position to manage our team of volunteer Senior Advocates that help seniors access resources at each of our centers;
- A staff position to coordinate our Home Share Program, which matches seniors who have housing with those who need it;
- Expanding our Brighter Days Adult Day Program to double the number of individuals and families we can serve that are impacted by Alzheimer’s and other cognitive disabilities.

**$200,000 for the McKenzieSullivan Endowment**

After 38 years of dedicated service, Eileen McKenzieSullivan will retire from Senior Services for South Sound next March. We want to send her into retirement with love and appreciation. Eileen’s leadership expanded our agency’s ability to meet the needs of a diverse and growing senior population. Over the years her family - her husband Bob, their three sons and daughters-in-law, and their grandsons—has joined her in her efforts to contribute to the health and wellbeing of seniors in our region. We honor this caring and compassionate family by raising the funds needed to establish the **McKenzieSullivan Endowment Fund.** Once fully funded, it will generate income every year for vital programs that benefit our most vulnerable seniors.

Our goal to raise $200,000 by the time Eileen retires, from both outright and planned gifts (such as a gift from a life insurance policy, retirement account, or a gift in your will). At Eileen’s retirement party next March, we will present her with list of all the donors who contributed to this special endowment.

We warmly invite our volunteers, supporters and individuals from across the community to join the Caring Across Our Community campaign and make a gift today. There are three ways to contribute:

- Send a check made out to Senior Services for South Sound (and indicate what you wish your gift to support in the memo line)
- Donate online at [http://c-fund.us/n6e](http://c-fund.us/n6e) (Click the “Make a Donation Today” button and indicate in the special instructions box whether your gift is for Current Operations or the McKenzieSullivan Endowment.)
- Contact Pam Toal, Gift Planning Manager, to discuss a planned gift you wish to make (Call 360.586.6181 ext. 106 or send her an email at ptoal@southsoundseniors.org).
Let your creativity flow and get ready to join us! A terrific group of volunteers are currently working to fully equip our space with state-of-the-art equipment and tools and generate funding to ensure our center meets your expectations.

The Lacey MakerSpace is a physical location where people can gather to share resources and knowledge, work on projects, network, and build.

We provide tools and space in a community environment so you can start making whatever you can create. Skilled advisors will be available some of the time and we will offer classes, but often novices get help from other community users.

The Lacey MakerSpace has tools to work in almost any medium. Our equipment comes primarily from grants and donations, and we’re eager to add more!

Manager Joseph Anderson will give us an overview of what this amazing place is about on November 19, 1 pm, here at VCLSC.

Here’s a list of our current equipment:

**MULTI-MATERIAL**
- Epilog Helix 60w Laser Engraver/Cutter

**METAL**
- Langmuir Systems CNC Plasma Cutter
- MillerMIG Welder
- Esab MIG/TIG/Stick Welder
- Oxy Acetylene Welding and Cutting Torch
- Porter Cable 15” Floor Drill Press
- Variety of hand-held power tools

**ELECTRONICS**
- Chicago Electric Soldering Guns
- Microscope
- Anti-Static Mats
- Circular Magnifiers with Lights

**PLASTIC**
- Creality CR10S 3D Printers (3)
- Luzbot 3D Printer
- MakerBot Replicator 3D Printers (2)
- Makerbot 3D Scanner
- Matter & Form 3D Scanner
- Quality Vacuum Former

**WOOD**
- Carvewright CNC Wood Router
- MPCNC Wood Router
- Sawstop Table Saw
- Dewalt Compound Miter Saw
- Porter Cable Band Saw
- Porter Cable Disc and Belt Sanding Station
- Central Machinery Scroll Saw
- Various hand-held power tools

**FABRIC**
- Brother Embroidery Machine
- Singer Sewing Machine
- Singer Overlock
- Silhouette Vinyl Cutter
- Volcano Heat Press
- 1600 watt Iron
- Self-healing cutting mat
FREE and open to

No Sign-up Require

Art Show

Thursday, Nov 21 • 4 - 6 pm

It’s back by popular demand! Brighter Days will be hosting our second annual Art Show for participants and family members. We are also opening our show to the greater community, so please help us spread the word! Bring your friends and come enjoy beautiful art created by our very own talented Brighter Day participants. Food and refreshments will be served. Join us to see this uplifting art collection in the Brighter Days room.

Chef Steph    Chef Lora
We are excited to invite you to participate in **Give Local** - an annual two-week giving campaign, hosted by the Community Foundation of South Puget Sound, designed to encourage philanthropy in our local communities.

*Starting November 6,* you can become a part of this growing movement to change lives by supporting a cause close to our heart and hopefully yours - Brighter Days Adult Day Program. Please visit the Community Foundation by [clicking here](#) to donate and learn more about Brighter Days Adult Day Program (formerly STARS). It is designed to help respond to the increased need of serving people who are dealing with the challenges of dementia, Alzheimer’s, Parkinson’s disease, traumatic brain injury and other health conditions or disabilities that require supervised care.

As the name suggests, our personalized support and hands-on, compassionate adult day team, provide a bright day of engaging activities while offering respite to caregivers. Time at Brighter Days gave his wife Suzette a break to help her maintain her own health, both physical and mental, and to give her time to think about the next steps in Gerald’s care. While Gerald was at Brighter Days, he formed a close friendship with another participant, Carl. Both men found Brighter Days to be a safe and encouraging place to spend time and find a new friend.

Carl is a naturally caring person and he was drawn to encourage and show concern for Gerald. They supported one another and helped each other through each day. When Gerald moved into a care facility, their spouses worked to help them maintain their friendship. Suzette says the combination of interesting activities that maintain mental stimulation and caring staff and volunteers makes the Brighter Days Program a great place for people living with dementia and their caregivers!

One of the biggest issues facing 24-hour caregivers is finding the time to take care of themselves while ensuring that their loved one continues to get the care they deserve. While the person is at Brighter Days, their family caregivers receive some needed time-off so they can continue to give loving care and pursue their own self-care routines. Brighter Days affords up to five hours per day of special games, arts, demonstrations, group discussions, music therapy, pet therapy, physical games and exercise - in a safe, fun and nurturing community.

![Carl and Gerald](Image)

Your donation, of any size, will help us meet the growing demand to accept more participants. By expanding our facility and staff, we can accommodate more people in our community with new, extended hours.

Go to **GIVE LOCAL** to donate today. Don’t forget to share the campaign with friends and family!
1st Annual
Presented by:
Lacey-Mińsk Mazowiecki Sister City Association

Pierogi Festival

Saturday December 7, 2019 11AM to 5PM

Virgil Clarkson Lacey Senior Center
6757 Pacific Avenue SE
Lacey, WA 98503

Pierogi Making Demonstration  |  Authentic Polish Cuisine
Traditional Music  |  Arts and Crafts for Kids

Open to All!  
Free Admission

For more information call 360.790-5468
TED Talks Plus ♦ November 22
12:30 - 2:00 pm

Topic: “Flying Drones: Pros & Cons”

We will view the following three TED Talks and the best part is discussing them after each one: The Edge of Drone Warfare - James Rogers, The Future of Flying Robots - Vijay Kumar, and A Robot Who Eats Pollution - Jonathan Rossiter. Open to all, free, cutting edge, and fascinating!

We are looking for someone willing to demo their drone at this presentation - please send email to jay@southsoundseniors.org!

Do you love supporting Meals on Wheels - fighting hunger and isolation among our nation’s homebound seniors? So does Subaru of America, Inc.! Their annual Subaru Share the Love Event has helped deliver more than 2.2 million meals to seniors in need! You can help increase that number this year when you purchase or lease a new Subaru between November 14, 2019 through January 2, 2020 and select Meals on Wheels as the recipient of a $250 donation. Learn more at www.mealsonwheelsamerica.org/sharethelove.

Thank you, Hanson Subaru, for choosing Senior Services for South Sound as their local hometown charity!

Get one at the reception desk ... while they last! This five-lane avenue has cars flying by so fast you’d think it’s wider than the Pacific ocean, but by being highly visible, taking charge of your safety, waving and waiting for cars to stop, you will be able to cross safely in no time!
Activities

**Fitness**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Date/Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>BIBLE STUDY</td>
<td>TUE 1 - 2</td>
</tr>
<tr>
<td>BINGO w/ Marvelous Marv</td>
<td>THU 9:30 - 11:15</td>
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<tr>
<td>BRIDGE (Advanced)</td>
<td>MON &amp; WED 9 - noon</td>
</tr>
<tr>
<td>COFFEE &amp; CONVERSATION</td>
<td>THU 10 - 11</td>
</tr>
<tr>
<td>CHESS ESSENTIALS NEW!</td>
<td>THU 1 - 3</td>
</tr>
<tr>
<td>CHESS - LEARN/PLAY</td>
<td>3rd &amp; 4th Mon, 1 - 3</td>
</tr>
<tr>
<td>CRAFTS GALORE</td>
<td>FRI 11 - 2:30</td>
</tr>
<tr>
<td>CRIBBAGE</td>
<td>FRI 9:30 - noon</td>
</tr>
<tr>
<td>DINE OUT at Puerto Vallarta</td>
<td>2nd Tue, 5 pm SIGN UP IN ADVANCE, meet at restaurant</td>
</tr>
<tr>
<td>1400 Galaxy Dr NE</td>
<td>THU1:30 - 3:30</td>
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<tr>
<td>DANCE SOCIAL w/ Live Band</td>
<td></td>
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<tr>
<td>$5/Members, $6/Non-member</td>
<td></td>
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<tr>
<td>DRAWING GROUP</td>
<td>FRI 9 - 11</td>
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<tr>
<td>FLY TYING</td>
<td>WED 12:45 - 3</td>
</tr>
<tr>
<td>FRENCH CLASS MON 12:30-1:30 BEG</td>
<td>MON 1:30 - 2:30 ADV</td>
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<tr>
<td>KOREAN ELDERS</td>
<td>WED 10 - 1</td>
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<tr>
<td>LEATHER CARVERS</td>
<td>WED 9 - 11:30</td>
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<tr>
<td>MAH JONGG</td>
<td>FRI 1 - 4</td>
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<tr>
<td>NEEDLE CRAFTERS</td>
<td>TUE 1 - 3</td>
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<tr>
<td>OWNING THE AGE I AM</td>
<td>1st &amp; 3rd WED 1:30 - 3</td>
</tr>
<tr>
<td>PAINTING TECHNIQUES</td>
<td>TUE 9 - Noon</td>
</tr>
<tr>
<td>PINOCHELIE, SINGLE DECK</td>
<td>TUE 12:30 - 3:30, FRI 9 - Noon</td>
</tr>
<tr>
<td>ROCK PAINTING</td>
<td>$1/Supplies</td>
</tr>
<tr>
<td>READERS THEATER Meets at GenevaWoods, 6149 Martin Way E</td>
<td>THU 1 - 3</td>
</tr>
<tr>
<td>SPANISH SENIORS</td>
<td>MON 10 - 1</td>
</tr>
<tr>
<td>SQUARE DANCE 4 SENIORS</td>
<td>Back in Jan 2020</td>
</tr>
<tr>
<td>TABLE GAMES</td>
<td>WED 12:30 - 3:30</td>
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<tr>
<td>TATTING with PATTI</td>
<td>TUE 3 - 4 pm</td>
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<tr>
<td>TECH HELP</td>
<td>TUE 10 - 12</td>
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<tr>
<td>TED Talks + PLUS!</td>
<td>4th FRI 12:30 - 2</td>
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<tr>
<td>UKULELE (Intermediate)</td>
<td>WED 6:30 - 9 pm</td>
</tr>
<tr>
<td>WATERCOLORS</td>
<td>TUES 1 - 3</td>
</tr>
<tr>
<td>WOOD CARVERS</td>
<td>TUE 8 - 11</td>
</tr>
<tr>
<td>*CHAIR YOGA $4</td>
<td>WED 11 - 11:50</td>
</tr>
<tr>
<td>*CHAIR ZUMBA $3 NEW!</td>
<td>MON, 11 - 11:50</td>
</tr>
<tr>
<td>ENHANCEFITNESS® $3 or $30/mon</td>
<td>M/W/F 8:30, 9:45 &amp; 4</td>
</tr>
<tr>
<td>*LINE DANCING BEGINNERS</td>
<td>MON 12:30 - 1:15</td>
</tr>
<tr>
<td>*LINE DANCING ADV BEGINNERS</td>
<td>MON 1:15 - 2:15</td>
</tr>
<tr>
<td>*LINE DANCE INTERMEDIATE</td>
<td>WED 1:30 - 3 Fri 12:30 - 1:30</td>
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<tr>
<td>PARKINSON’S “MOVE IT” 8-Week Sessions $15 members*/$20 non-members</td>
<td>TUE 11 - Noon</td>
</tr>
<tr>
<td>TAI CHI (STANDING)</td>
<td>MON 6:30 - 7:30 pm</td>
</tr>
<tr>
<td>TAI JI QUAN, PART ONE, $3</td>
<td>TUE &amp; THU 4 - 5 pm</td>
</tr>
<tr>
<td>WEDNESDAY WALKING GROUP</td>
<td>WED 9:30</td>
</tr>
<tr>
<td>*YOGA $3</td>
<td>WED, Noon - 1</td>
</tr>
<tr>
<td>Z GOLD CREW w/DIANA YU $3</td>
<td>TUE &amp; THU 5:30 - 6:30 pm</td>
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<td>(Z = Zumbal)</td>
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<tr>
<td>*ZUMBA w/CARRIE DAYTIME $3</td>
<td>TUE &amp; THU 10 - 10:45</td>
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</tbody>
</table>

**Member Services**

<table>
<thead>
<tr>
<th>Service</th>
<th>Fee</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>ACUPUNCTURE - GROUP</td>
<td>$20</td>
<td>THU 2 - 4 (off Nov 15)</td>
</tr>
<tr>
<td>DIABETIC SHOE FITTINGS Patty Popowich 360.593.1985</td>
<td>2nd MON, 10 - Noon - free shoes w/ Medicare</td>
<td></td>
</tr>
<tr>
<td>FOOT CARE $30 By appt.</td>
<td></td>
<td>Bring a towel</td>
</tr>
<tr>
<td>HAIR CUTS $8 By appt.</td>
<td></td>
<td>2nd MON</td>
</tr>
<tr>
<td>MASSAGE - TABLE by appt</td>
<td></td>
<td>1st &amp; 3rd MON</td>
</tr>
<tr>
<td>REFLEXOLOGY $25/30 mins, by appt</td>
<td></td>
<td>1st &amp; 3rd TUE</td>
</tr>
<tr>
<td>BOLD = for members only *$20 Quarterly Registration Fee</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

All information herein is subject to change!

**Free Services**

<table>
<thead>
<tr>
<th>Service</th>
<th>Date/Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>ALZHEIMER ASSOCIATION FAMILY</td>
<td>2nd THU, 2:30 - 4:30</td>
</tr>
<tr>
<td>MEMBER SUPPORT GROUP</td>
<td></td>
</tr>
<tr>
<td>Bereavement Support Group - Life After Loss</td>
<td>2nd FRI, 2 - 3:30</td>
</tr>
<tr>
<td>Blood Pressure Checks</td>
<td>TUE, 10:30 - 11:30</td>
</tr>
<tr>
<td>Free Reader Glasses</td>
<td>MON - FRI, 8 - 4</td>
</tr>
<tr>
<td>Medical Equipment Repairs</td>
<td>Call reception for appt</td>
</tr>
<tr>
<td>(non-electric)</td>
<td></td>
</tr>
<tr>
<td>Food Bank</td>
<td>3rd WED 10 - 11</td>
</tr>
<tr>
<td>Senior Services 101</td>
<td>2nd THU, 11 - noon</td>
</tr>
<tr>
<td>SHIBA (all things Medicare)</td>
<td>2nd + 4th MON 9 - noon</td>
</tr>
<tr>
<td>1st THU 10 - noon</td>
<td></td>
</tr>
<tr>
<td>Client Services</td>
<td>WED 9 - 1 w/Marty</td>
</tr>
<tr>
<td>Town Hall Meetings</td>
<td>4th FRI 10 - 11</td>
</tr>
</tbody>
</table>

Brighter Days Adult Day Program (Must be enrolled in advance & membership not required) Weekdays, 9 - 2

**Fall Quarter: Sep 16 - Jan 3, 2020**