Chris Quimby, Senior Centers Director, performs with The Olympia Peace Choir at our Concert of Love featuring Momentia’s Music Mends Minds group.

Sprin Quarter • March 30 - June 26 2020

Register Today

Olympia Senior Center
222 Columbia St NW
Olympia, WA 98501
360.586.6181

Virgil Clarkson
Lacey Senior Center
6757 Pacific Ave SE
Lacey, WA 98503
360.407.3967
Things I Learned From My Boss

As we gear up for our spring quarter, I can’t help but take a moment to reflect on Eileen McKenzieSullivan, our Executive Director who is retiring at the end of March after 38 years at Senior Services for South Sound, and things I’ve learned from her over the 15 years I’ve had the honor and joy of working here. There are so many things, and not enough space to elaborate on it all, but one of those things is to feed those things that feed our souls, and give us joy, so that we can in turn share that joy with others, and in the process we can, together, have real, authentic moments with one another that can be the difference between feeling connected or not. My day to day work and my interactions with those I meet give me that soul satisfaction every day, but Eileen has reminded me something else over the years.

Eileen reminded me to sing. She helped me rediscover my voice, and my love for singing. She probably doesn’t know that, but she was integral in my reconnecting with this part of me. Last year I finally joined the Olympia Peace Choir. Some of you might have seen us at the Olympia Senior Center in February, where we also featured Music Mends Minds. Through music, I feel I’ve become more connected to my Community and have met new people, and I am a more vibrant, healthier version of myself because of it. The point of all of this is to implore anyone reading this to look over this catalog and try that class you’ve been thinking of taking for a while, but haven’t because you are too busy. Take Tai Chi, try a yoga class, come to a Speakers Series talk, join Music Mends Minds, or whatever it may be. When you take care of yourself, or rediscover a lost love or interest, your spirit will be happy for it, and your community benefits as well!

Thank you, Eileen, for the reminder. And thank you for sharing your joy of life with all of us over the years. Our community is a better place because of your care and attention to it.

Sincerely,

Chris Quimby
Senior Centers Director

How to Register & Pay!

REGISTER TODAY!

IN PERSON
Register for any class in person with the friendly staff at the Olympia Senior Center located at 222 Columbia St NW, Olympia, WA 98501 or Virgil Clarkson Lacey Senior Center located at 6757 Pacific Ave SE, Lacey, WA 98503 during normal business hours. We accept MasterCard or VISA credit/debit cards, checks and cash.

OVER THE PHONE
Call 360.586.6181 (Olympia Senior Center) or 360.407.3967 (Lacey Senior Center) to register for classes, Monday through Friday, 8:30 am to 4:00 pm. Use your MC/VISA credit/debit card to pay.

Schedule Guide

Registration Fee Required: Pay a $20 fee in advance for the quarter; covers all classes that require a registration fee offered that quarter.
Registration is not required for all offerings.
Class Fees: If applicable are paid directly to the Instructor.
Date Format: Month/Day.
Momentia: When you see this logo, it means this class or activity is dementia-friendly! Momentia is a local movement empowering persons with memory loss and their loved ones to remain connected and active in a dementia-friendly community.
Did you know we have two catalogs? Make sure to look out for our Spring Academic Brochure featuring a short article by Don Foran on why he likes to teach in our Life Long Learning program. Senior students are much respected by our faculty for the years of learning and experience they bring into the classroom. Haven't tried an academic class yet? No grades, No tests, No Homework ---just fun!

Sara Thiessen, 
*Education Coordinator*
Membership with Senior Services for South Sound supports our mission of improving the quality of life for people as they age. Membership provides critical support for our programming, monthly activities, scholarship and maintaining our facilities. Join Senior Services for South Sound and visit us soon.

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- All member benefits must be used within the year issued.
- Financial Assistance available for Silver Membership only.
- Please see Reception Desk for more information.
**Memory Café at River’s Edge**

3rd Thursday of the month • 2:30 - 4:00 pm
River’s Edge Restaurant (4611 Tumwater Valley Dr SE)

Connect with peers in a dementia friendly, relaxed, unstructured environment. Care receivers with their caregivers are welcome to join us for the live music of Joe Lawn, conversation, and refreshments. Beverages are provided. Other menu choices are available for your purchase. No RSVP necessary!

**Memory Café at Sister’s Restaurant**

3rd Thursday of the month • 2:30 - 4:30 pm
Sister’s Restaurant (116 W Railroad Ave, Shelton)

Connect with peers in a dementia friendly, relaxed, unstructured environment. Join us for conversation and refreshments. Beverages are provided. Other menu choices are available for your purchase. No RSVP necessary!
ZUMBA GOLD

CARRIE PEARSON AT LACEY SENIOR CENTER
Tue & Thu, 10:00 - 10:45 am
Class Fee: $4 donation per class

An easy-to-follow program that lets you move to the beat at your own speed. It’s an invigorating, community-oriented dance-fitness class. The class provides modified, low-impact moves for active older adults. Class will be tailored to the needs of participants. Members Only/Registration Fee Required

ACCESSIBLE CHAIR YOGA

SHARON HONG MAURMANN & KELLY ZINIEWICZ
AT LACEY SENIOR CENTER
Wed, 11:00 - 11:50 am
AT OLYMPIA SENIOR CENTER
Wed, 1:30 - 2:20 pm
Class Fees: $4 per class

Relaxation, breath work, flexibility, and strengthening through yoga poses modified for practice while seated on a chair. No standing work is required, but students may opt to stand for part of the class. Members Only/Registration Fee Required

LINE DANCING

LIZ WOODARSKI AT LACEY SENIOR CENTER
Beginners
Mon, 12:30 - 1:15 pm
Advance Beginners
Mon, 1:15 - 2:15 pm
Intermediate
Wed, 1:30 - 3:00 pm
Fri, 12:30 - 1:30 pm

A fun and exhilarating form of group exercise. Dancers line-up, without partners, and follow a choreographed pattern of steps to various genres of music. Learn a wide variety of dances like the Electric Slide and Cupid Shuffles; Latin dances like the Cha-Cha, Mambo, Rumba and Tango; Waltzes; and Country, like the Cowboy Boogie; and more! Members Only/Registration Fee Required

YOGA

SHARON HONG MAURMANN AT OLYMPIA SENIOR CENTER
Tue, 10:00 - 11:00 am
Class Fee: $5 per class

KELLY ZINIEWICZ AT OLYMPIA SENIOR CENTER
Thu, 10:00 - 11:00 am
Class Fee: $5 per class

BIRGIT FREE AT LACEY SENIOR CENTER
Wed, 12:00 - 1:00 pm
Fri, 11:00 - 12:00 pm
Class Fee: $3 per class

For new or experienced yogis who want a safe, gentle practice. Work at your own pace and level of ability. Includes restorative and beginning poses, breathing, body awareness, relaxation, and meditation. Increase your strength, flexibility, balance and range of movement. Need your own yoga mat. Members Only/Registration Fee Required

ZUMBA GOLD SEATED

DIANA YU AT LACEY SENIOR CENTER
Mon, 11:00 – 11:50 am
Class Fee: $3 Donation
Free with Silver Sneakers and Silver & Fit

Zumba Gold© Seated is a seated version of the Latin inspired dance fitness program. It is ideal for folks with mobility or balance concerns who enjoy music and dance. Come join the fun – this very low impact class works on muscle tone, coordination, flexibility, and offers some cardio workout too. Members Only/Registration Fee Required

Z GOLD CREW ZUMBA

DIANA YU AT LACEY SENIOR CENTER
Tue & Thu, 5:30 - 6:30 pm
Class Fee: $3 donation/class or $10/month (1 class/week) or $20/month (2 class/week)

Come after work and get a total workout, combining all elements of fitness - cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. Great music, high energy, low impact! Members Only
**Meditation - The Gentle/Fierce Path to Aging Warriorship**

*Robert Lovitt at Olympia Senior Center*

Fri, 1:00 - 2:00 pm

Class Fee: $4 per class

Be guided through the challenges and unparalleled opportunities that aging brings to our doorstep. No meditation experience required. Bring an open mind and an appreciation of how inner serenity can change your world for the better! **Members Only**

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**Tai Chi - Standing**

*Earl Hanson at Olympia Senior Center*

Tues, 5:00 - 6:00 pm

**Curt Kyle at Lacey Senior Center**

Mon, 6:30 - 7:30 pm

(In June - Meeting 1st and 15th)

Yang Style Tai Chi is comfortable, graceful extended movements in a slow, relaxed steady tempo with gentle, stable, flowing movements. **Members Only**

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**Tai Ji Quan: Moving for Better Balance™ Sessions**

*Ron Brown at Lacey Senior Center*

**Part 1**

Tue & Thu, 4:00 - 5:00 pm

Class Fee: $3/class

This is a research-based balance training regimen designed for older adults and people with balance disorders. Program aims to improve strength, balance, mobility and daily functioning, and prevents falls in older adults and individuals with balance disorders. Enrollment in class after first month is at discretion of instructor. **Members Only.**

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**Advanced: Mon, Wed, Fri, 9:00 - 10:00 am**

Class Fee: $3 per class*

**Basic: Mon, Wed, Fri, 1:30 - 2:30 pm**

Class Fee: $3 per class*

**Fitness Staff at Olympia Senior Center**

**Beginning: Mon, Wed, Fri, 4:00 - 5:00 pm**

Intermediate: Mon, Wed, Fri, 8:30 - 9:30 am

Mon, Wed, Fri, 9:45 - 10:45 am

Class Fee: $3 per class*

An exercise class designed by the University of Washington and Group Health to help seniors improve “overall health, balance, flexibility, bone density, endurance, coordination, mental sharpness and to decrease the risk of falling”. *Kaiser Permanente Medicare Advantage Plan members and residents of the Boardwalk Apartments will have fee paid by either Kaiser Permanente or the Boardwalk. Please pick up waiver for doctor to approve and sign to participate. **Members Only**

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**Tai Chi: For Parkinson’s & Balance Issues**

*Earl Hanson at Olympia Senior Center*

Tue, 2:30 - 3:30 pm

Developed strictly for those with Parkinson’s Disease and/or balance issues. **Members Only**

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**AGING MASTERY PROGRAM**

*Geneva Woods (6149 Martin Way E., Lacey)*

Tues, 8:30 am

4/7 - 6/23 *No class on 6/2*

Register in phone or in person at the Olympia Senior Center.

Build your own personal playbook for aging well. This fun, innovative program empowers you to take key steps to improve your well-being, add stability to your life, and strengthen ties to your community. Sponsored by the National Council on Aging. **General Public/Members: $30/$15**

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**Wonderful Wednesday Walking Group**

*Pat Laz at Lacey Senior Center*

Wed, 8:30 am

Make new friends or meet old ones for an enjoyable walk. Schedules available. **Members Only**

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**Dance Social**

*Olympia Senior Center - Let's Dance Band*

Wed, 2:00 – 4:00pm

Cost: $6 Member/$7 General Public

*Lacey Senior Center - The Swing Stuff Band*

Thu, 1:30 - 3:30 pm

Cost: $5 Member/$6 General Public

These live music bands will provide a great mix of the oldies and goodies. No partner required. Buffet of refreshments included. **Open to Public**

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**Health & Wellness**

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**Fitness Staff at Olympia Senior Center**

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**Fitness Staff at Lacey Senior Center**

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**Kaiser Permanente Medicare Advantage Plan members and residents of the Boardwalk Apartments will have fee paid by either Kaiser Permanente or the Boardwalk. Please pick up waiver for doctor to approve and sign to participate.**

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**Members Only.**

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**Open to Public**
PARKINSON’S EXERCISE: MOVE IT

LAHNI ALLEN AT LACEY SENIOR CENTER

Tue, 11:00 am - 12:00 pm
Eight-Week Sessions

Members: $15 to SSSS & $20 to Instructor
Gen. Public: $20 to SSSS & $20 to Instructor
Must Pay By First Day of Session.

Positive, energy-filled class with a focus on improving day-to-day function. Based on Exercise4Brain Change™, the John Argue Method, and include exercises drawn from many different types of exercise. If you have difficulty with balance and standing alone, please bring someone to class who can assist you. Participants must be able to maintain balance for > 30 seconds without assistance. Open to Public

PDPOWERUP! PARKINSON’S EXERCISE

LAHNI ALLEN AT OLYMPIA SENIOR CENTER

Tue, 4:00 - 5:00 pm
Eight-Week Sessions
1st Session: 4/7 - 5/26
2nd Session: 6/2 - 7/21

Members: $15 to SSSS & $20 to Instructor
Gen. Public: $20 to SSSS & $20 to Instructor
Must Register For Each 8-Week Session and Pay In Advance or By First Day of Session.

An energetic, challenging workout that focuses on improving their day to day function. Each class uses activities drawn from disciplines that have a demonstrated benefit for PWP, including aerobics, tai chi, dance, balance work, boxing, strength training and yoga. Participants must be able to walk, move, and turn on all surfaces, and to get up and down off the floor with relative ease and without assistance. A referral from a health professional is required for participation. Open to the Public

WII® FITNESS

LILLIAN BARBER AT OLYMPIA SENIOR CENTER
Available upon Request

JILL RECTOR AT LACEY SENIOR CENTER
Available upon request

Baseball, tennis, bowling, golf and more. Wii is fun, interactive, and you get exercise and improve hand/eye coordination too. Members Only

WRITE YOUR STORY: WEAVER DEPTH INTO YOUR STORY/MEMOIR

NAOMI LOMBARDI, MA CLINICAL PSYCHOLOGY, AT OLYMPIA SENIOR CENTER

8-Week Class; Thursdays
4/2, 4/9, 4/16, 4/23, 4/30
5/7, 5/14, 5/21
Cost: Offered on a donation basis

In this class you will learn how to:
• Discover your unique narrative voice that gives your story depth.
• Reveal what is in the heart of your story.
• Use questions to drive your memoirs and stories.
• Organize the frame of your story.
• Create memorable scenes.
• Use dialogue effectively

Each student will have the opportunity to share their writing throughout the class for support & feedback. Please note, there will be weekly homework assignments, culminating in your selecting a seven-minute piece to be read in class.

ESSENTIAL OILS – NATURAL SOLUTIONS

LOUANN MILLER AT OLYMPIA SENIOR CENTER

Thurs, 10:00 - 12:00 pm
3/5, 4/9, 5/7
Cost: $5 materials cost to instructor

Have you been curious about essential oils and how to incorporate them into your daily life? In this class, you will learn how essential oils are used to promote physical and emotional wellness, how to safely use the oils, and how to reduce using pharmaceuticals and over-the-counter meds.

Members Only

LAUPE 101

JAY WALLERSTEDT AT LACEY SENIOR CENTER
By appointment

For those with no or minimal experience with their laptop computers, 60 minutes with Jay. Advance sign up is required. Free. Members Have Priority
CREATIVE CONNECTIONS
CHERI KNIGHTON AT OLYMPIA SENIOR CENTER

3rd Wed, 10:00 - 11:30 am
4/15, 5/20, 6/17

South Sound Momentia will be having a Creative Connections experience. Each month will be a relaxed and simple exploration of different art forms, everything from painting to poetry and pottery! A description of each event and any cost details will be included in the monthly South Sound Momentia flyer. Visit www.southsoundseniors.org for a flyer. Call Cheri Knighton at 360.586.6181, ext.111 to register or with questions. Open to the Public

SPEAKER SERIES

STAFF AT OLYMPIA SENIOR CENTER
Wed, 10:15 - 11:30 am

Join us as we gather every Wednesday from 10:15 to approximately 11:30. Various topics are presented by different speakers. The content of each talk’s goal is to educate, inform, and enliven the minds of our audience. Speaker Series is open to the public and all ages are encouraged. Come check out our series, and see how each talk related to the monthly theme. Open to the Public

DR. TARANATH: TANGLED: WHY YOUR HAIR MATTERS TO SOCIETY
Wed, 3/4
10:15 AM - 11:30 AM

JULIA HARRISON: STICKY SUBJECT: THE HISTORY AND CULTURE OF SUGAR
Wed, 3/11
10:15 am - 11:30 am

BOB SUNDSTROM: AN EAR TO BIRDS AND NATURE
Wed, 4/8
10:15 am - 11:30 am

DONNA DOYLE DEATH WITH DIGNITY:
RESCHEDULED
Wed, 4/22
10:15 am - 11:30 am

FRENCH CLASS
CURTIS CUSHMAN AT LACEY SENIOR CENTER
Mon, 12:30 - 1:30 pm (Beginner)
Mon, 1:30 - 2:30 pm (Advanced)

A step by step learning program; an introduction to grammar and vocabulary, which is engaging and enjoyable for all. Class will be based on teaching what you want to learn, and therefore student input is “clé” (key)! Members Only

TECH HELP
RICK BONNELL AT LACEY SENIOR CENTER
Tue, 10:00 am - 12:00 pm
RICH PALLECHIO AT LACEY SENIOR CENTER
3rd Thurs, 9:00 am - 12:00 pm

If you have questions, issues, or need troubleshooting with any of the following portable devices, please bring your device and drop-in: smartphones, tablets, iPads or readers. Members Only

SMARTPHONES DEMYSTIFICATION
DOUG MAIR AT OLYMPIA SENIOR CENTER
Mon, 1:00 - 2:30 pm

This course is intended to take the mystery out of smartphones and show you how to use basic free functions such as digital terminology, calls, contacts, calendars, email, texting, camera and more! For people who have little or no knowledge of cell phones. For Android phones. Classes will be interactive. Class is closed after third week. Members Only

SQUARE DANCE 4 SENIORS
BOB KNUDSON AT LACEY SENIOR CENTER
Mon, 2:30 - 4:00 pm
(May not take place in Summer months)

Come learn or refresh your “DOE-SEE-DOE” skills and enjoy this wonderful dance form. Free. Open to the Public
SAGE-ING CIRCLE

GROUP AT OLYMPIA SENIOR CENTER
1st & 3rd Thurs, 1:00 - 3:00 pm

This is a member-facilitated group based on Sage-ing International materials, but not limited by those materials. This is not a class, but an exploration, equal sharing among peers, meant to be an ongoing connection in our aging journey together. Open to Public

OWNING THE AGE I AM

MARTY WORCESTER AT LACEY SENIOR CENTER
1st & 3rd Wed, 1:30 pm - 3:00 pm

Come listen, learn, and share. A weekly ongoing discussion for persons in late life-the older you are the better. Share what you are doing and learning, your joys and challenges. Learn more about the age you are. You can drop in and out as it fits your ability to attend. There is no charge for the group. Open to Public

CURRENT ISSUES

ALBERTA HAGAN AT OLYMPIA SENIOR CENTER
Tue, 10:00 - 11:30 am

Discussion of world, national, state, and local issues. Add to your knowledge, broaden your perspectives, and recognize diversity of view points. Examine positions and comments of public figures. Members Only

COFFEE & CONVERSATION

MARY LAKE AT LACEY SENIOR CENTER
Thu, 10:00 - 11:00 am

Join other savvy thinkers for interesting current event conversations over coffee. Stimulating and intriguing subjects will blow your mind! Open to Public

SPANISH SENIORS - OLE!

RAQUEL PRAY AT LACEY SENIOR CENTER
Mon, 10:00 am - 1:00 pm

Group meets to socialize and have lunch. Join us for fun projects, sharing Spanish newspapers, and great friendships. Members Only

BIBLE STUDY

RICHARD WRIGHT AT LACEY SENIOR CENTER
1st Sun, 3:30 - 5:30 pm

A non-denominational Bible study based in the belief that God’s Scriptures and plan of salvation are just as valid today as when first proclaimed. Members Only

SPIRITUAL BOOK DISCUSSION

JANET RHODES AT OLYMPIA SENIOR CENTER
2nd & 4th Fri, 2:00 - 3:30 pm

Join us to discuss books with a variety of spiritual viewpoints. We have found reading the books together works. In these challenging times, our discussions help equip us with better skills and to strengthen our spiritual life. Members Only

SHARING TEENS & ELDER PROJECT (STEP)

LINDA TERRY AT OLYMPIA SENIOR CENTER
3rd Sat, 11:00 - 12:15 pm
4/18, 5/16, 6/20

STEP is an intergenerational volunteer program where teens and elders laugh, learn, and share to bridge age barriers and form unique, gratifying friendships. Newcomers welcome each session. No pre-registration required. Open to the Public

STEP TWO - THE WOMEN ONLY

LINDA TERRY AT MERCATO’S MARKET
1st Sun, 3:30 - 5:30 pm
4/5, 5/3, 6/7

STEP TWO grew out of STEP and is for adult women only. Like STEP it provides meaningful interaction between women of all ages, allowing space for dialog on important issues pertaining to women and to learn about each other. No pre-registration required. Mercato’s is located at 111 Market St NE, Olympia. Open to the Public

KOREAN ELDERS

GROUP AT LACEY SENIOR CENTER
Wed, 10:00 am - 1:00 pm

Group meets to socialize, exercise, and share lunch. Members Only
**SENIOR SERVICES 101**

**OLYMPIA SENIOR CENTER**
Monthly on the 4th Thurs, 1:30 - 2:30 pm

**LACEY SENIOR CENTER**
2nd Thu, 11:00 - 12:00 pm

An orientation about all the programs and services Senior Services for South Sound has to offer our senior community and families. Includes a tour of the our Senior Centers. Open to the Public

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**TRAVELOGUES**

**STAFF AT OLYMPIA SENIOR CENTER**
3rd Wed, 10:15 - 11:30 am
4/15, 5/20, 6/17

A presentation by a world traveler, including photos, discussion of experiences, and travel tips. Each month is a new and interesting location from throughout the world. Open to the Public

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**TED TALKS PLUS**

**JAY WALLERSTEDT AT LACEY SENIOR CENTER**
4th Fri, 12:30 - 2:00 pm

Technology, Entertainment, and Design (TED Talks) typically consist of three presentations about cutting edge information going on in any part of the world. Topics range from human behavior to technology. In this discussion we take a look at three individual talks on topics that cover a theme for discussion. Consult the Lacey Senior Center Newsletter for topics. Open to the Public

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**LUNCH BUNCH**

**HOSTED BY OLYMPIA SENIOR CENTER**
3rd Tue, 12:00 pm

March 17: O’Blarney’s Irish Pub, 4411 Martin Way E., Olympia
April 21: Wicked Pies, 410 Franklin St. SE, Olympia
May 19: Ramirez Mexican Restaurant, 318 4th Ave. E, Olympia
June 16: 5th on 4th Sandwiches, 926 4th Ave. E, Olympia

Please pre-register by calling the Olympia Senior Center at 360-586-6181. *Restaurants subject to change, please confirm at the time you pre-register. Open to the Public

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**OLY BOOK CLUB**

**GROUP AT OLYMPIA SENIOR CENTER**
1st Tue, 1:00 – 2:30 pm

March 3: *Lab Girl* by Hope Jahren
April 7: *Hidden Life of Trees* by Peter Wholleben
May 5: *My Beloved World* by Sonia Sotomayor
June 2: *Flight Behavior* by Barbara Kingsolver

New books are selected by the group for discussion the following month. New members are always welcome. Members Only

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**DINE OUT**

**HOSTED BY LACEY SENIOR CENTER**
2nd Tue, 5:00 pm, 360.407.3967

Apr 14: Tugboat Annie - 2100 W Bay Drive NW
May 12: Iron Rabbit - 2103 Harrison Ave NW
Jun 9: Oyster House - 320 4th Ave W

**HOSTED BY OLYMPIA SENIOR CENTER**
2nd Thu, 5:00 pm, 360.586.6181

March 12: Octapas Café, 414 4th Ave. E., Olympia
April 9: Dirty Dave’s, 3939 Martin Way E., Olympia
May 14: Fish Tale Brew Pub, 515 Jefferson St. SE, Olympia
June 11: Mercato Ristorante, 111 Market St. NE, Olympia

Everyone is invited to join us for friends and food. Please sign-up in advance. Open to the Public

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**WORLD GEOGRAPHY: COME EXPLORE!**

**JEAN MEAD AT OLYMPIA SENIOR CENTER**
Mon, 12:00 – 1:00 pm

Meets over lunch so bring a brown bag lunch or stop by our dining room to purchase a lunch. Class members contribute to the discussions. Wynn Kapi’t’s geography coloring book and colored pencils are used to shade in countries and outline borders while learning history, politics, and culture of the countries covered. Members Only

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**FOODSMARTS**

**EILEEN GRIGSBY AT OLYMPIA SENIOR CENTER**
Thurs, 10:00 - 11:00 am
4/30 - 5/28

This series is designed to help adults set achievable goals around nutrition and a healthy lifestyle. You will learn information about healthy eating, food choices, and more! Open to the Public
THE ARTS

WATERCOLOR GROUP
MICHAEL SHEURICH AT LACEY SENIOR CENTER
      Tues, 1:00 - 3:00 pm
Open to anyone interested in watercolor painting. This is not an instructional class. Members Only

READER’S THEATER
TOMMURRAY AT OLYMPIA SENIOR CENTER
      Tue, 12:00 - 4:00 pm
MARCHARRISON AT GENEVA WOODS HEALTH SUPPLIES
      Thurs, 12:30 - 3:00 pm
Act without the necessity of memorizing lines. The plays performed are one-act or brief adaptations of longer productions. No acting experience necessary. Members Only

DRAWING GROUP
PATTI SELLS/PATMCAULEY AT LACEY SENIOR CENTER
      Fri, 9:00 - 11:00 am
“Draw” up a chair and come work on your drawing with like-minded folks. Bring your own projects and supplies to this very “sketchy” group! Members Only

WOODCARVING
DENISE TAYLOR AT OLYMPIA SENIOR CENTER
      Fri, 8:00 - 11:00 am
DENISE TAYLOR AT LACEY SENIOR CENTER
      Tue, 8:00 - 11:00 am
Learn the skill and art of woodcarving. All levels welcome. Members Only

NEEDLE CRAFT GROUP
PATTI LOGAN AT LACEY SENIOR CENTER
      Tue, 1:00 - 3:00 pm
Learn a new skill or share your talent and skills with others. Make new friends, learn a wonderful meditative craft, and share ideas and enthusiasm for the fastest growing crafts in America. Bring your own projects. Members Only

POETRY
GROUP AT OLYMPIA SENIOR CENTER
      Tue, 10:30 - 11:30 am
Class Fee: $5 per year.
Great creative fun. Express yourself! Write your thoughts, emotions, and memories in poetry form. Use words to color our worlds. Members Only

ARTS & CRAFTS
LILLIAN BARBER AT OLYMPIA SENIOR CENTER
      Tue, 1:00 - 2:00 pm
Join us for fun and easy arts and crafts, adult coloring, painting, water colors and more. Members Only

SMARTPHONE/TABLET CLINICS
CRICKET WIRELESS REPS
      AT LACEY SENIOR CENTER
      1:00 - 3:00 pm
      3/24, 4/21, 5/26, 6/16
Bring your smartphone or tablet to get assistance using them here free of charge. Learn about how to send and receive emails, photos, phone calls, texts, and so much more. You can ask questions, get handouts, and enjoy using all the bells and whistles your smartphone has to offer! Open to the Public

FOREVER YOUNG ROCK N’ ROLL CHOIR
OLYMPIA SENIOR CENTER
      Thurs, 10:00 - 11:30 am
Materials Fee: $5.00
Learn to sing songs from all eras in our all senior rock n’ roll choir. If requested, we will perform locally. No previous singing experience necessary. Members Only/Registration Fee Required
ACOUSTIC STRING MUSIC GROUP

JUDITH OLIVER AT OLYMPIA SENIOR CENTER
2nd & 4th Thurs, 2:30 - 3:30 pm

Welcome to acoustic string music. Join a fiddler, a banjoist, a uke player and others to play and sing folk and old time tunes together. Advanced beginner to intermediate skill level, ability to play a few tunes solo, and the desire to play as a group.

Members Only.

CRAFTS GALORE

DOREEN HOSS AT LACEY SENIOR CENTER
Fri, 1:00 - 3:00 pm

The sky’s the limit when it comes to flexing our imaginations to create "crafts galore", with new crafts each week. $1 per meeting for supplies and open to all. Please feel free to donate any excess craft supplies to this new group!

Members Only

TATTING INSTRUCTION

PATTI LOGAN AT LACEY SENIOR CENTER
Tue, 3:00 - 4:00 pm

Come learn the art of tatting to create lace and other knotted items. Tatting is ancient and is knot only for the ladies (pun intended)!

Members Only

MUSIC MENDS MINDS

EILEEN MCKENZIESULLIVAN
AT OLYMPIA SENIOR CENTER
12:30 - 2:00 pm (group)

This music group of instrumentalists play familiar songs and all are welcome to join the singing. This group particularly reaches out to people with cognitive impairment to help stimulate memories and help the right and left sides of the brain to work together. It is a fun group for everyone. If you like music, you’ll have a great time. Come join us! Open to the Public

MUSIC SESSION

GROUP AT OLYMPIA SENIOR CENTER
2nd Mon, 2:00 - 4:00 pm

A monthly Jam Session that includes people who sing and play acoustic instruments that include guitar, fiddle, banjo, dobro, mandolin, etc. The music genres range from folk to country, standards, bluegrass and more contemporary tunes. Anyone who can sing & play or play along with others is welcome to come, sit and be part of this group.

Members Only

Create a better future.
It’s easier than you think.

Do you want to make a significant gift that will transform Life Long Learning programs at Senior Services for South Sound for generations to come? You can do it today – with a legacy gift through your will. Contact Pam Toal, Gift Planning Manager, at 360.586.6181, ext. 106 or ptoal@southsoundseniors.org. Or visit www.SouthSoundSeniors.org. We’re here to help.
**SING-ALONG**

**STAFF AT LACEY SENIOR CENTER**  
Fri, 12:45 - 1:45 pm

Come sing some familiar songs and learn a few new ones! Each week we sing a variety of classics and folk songs, often on a theme, accompanied by piano and/or guitar. A guaranteed great time to be had by all who love to sing. Song sheets are provided. No RSVP necessary.  
**Open to the Public**

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**RUBBER STAMP CLUB**

**GAYLE HAYWARD AT LACEY SENIOR CENTER**  
2nd Mon, 1:00 - 3:00 pm

Bring your own supplies and let’s get stamping!  
**Open to the Public**

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**MEMOIR WRITING CLASS**

**JANICE SALOIS AT LACEY SENIOR CENTER**  
Fri, 10:00 am - 12:00 pm

This incredibly popular class will be led by class members in rotation. Learn how to let your written words become an heirloom for generations to come.  
**Members Only/Registration Required**

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**UKULELE**

**PUA CHUN & BILL CONNOR AT OLYMPIA SENIOR CENTER**  
Wed, 6:00 - 9:00 pm

All skill levels welcome. Learn as you go or improve your current skills.  
**Members Only**

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**LEHUA UKULELE OHANA**

**CAROLE APPLE AT LACEY SENIOR CENTER**  
Wed, 6:30 - 9:00 pm

Come and join our ukulele ohana (family) playing island-style Hawaiian & traditional music. This is an intermediate level group of players who already know basic chords and some strumming styles. Bring your ukulele, some pupus, and we will play, eat, and sing together.  
**Members Only**
**Oysters Galore! • Wednesday, April 8, 2020**

Here’s your chance to learn how to shuck oysters and then snack on these tasty mollusks. Hama Hama Co. is a 5th generation family-run oyster farm with a reputation for quality built on hard work and clean water. This 2-hour class is a hands-on experience. And after you’ve done the work, it’s time to eat – both raw and roasted oysters. If you aren’t an oyster lover, don’t worry, the meal includes charcuterie plates, baguettes and wine. Our trip starts with a stop at the Squaxin Island Museum. The lives of the Squi-Aitl people centered around the rich resources of the sea, including harvesting oysters which were also highly prized trade goods. This Oysters Galore trip is the ideal event for history and ecology fans, foodies, and those looking to enjoy a truly unique experience. 

$130 Members; $140 General Public. Includes transportation, admission, class & snack. Bus leaves Lacey at 9:00 am; Olympia at 9:30 am. Approximate return 4:30 pm. Activity Level: Difficult

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**Oregon Shakespeare Festival • Tuesday-Thursday, May 5-7, 2020**

If you are not familiar, Ashland is a picturesque town of boutique shopping, all the craft beers, espresso drinks, gourmet eats and bookstores one might crave, and, of course, the nationally respected, Oregon Shakespeare Festival (OSF). Founded in 1935, OSF boasts a three-stage theater complex with an annual budget of $30 million-plus and a sizable company of resident actors and artisans. We’ll see two plays during our stay. Wednesday we will see the popular classic by the company’s namesake, A Midsummer Night’s Dream. After free time to explore downtown and have dinner on your own, we attend the world premiere of The Copper Children, by Karen Zacarias. We’ll stay at the Ashland Springs Hotel where a two-year restoration project transformed this historic landmark into a haven of taste and elegance reminiscent of the small European hotels. Complimentary breakfast and afternoon tea are included with your stay. Just two blocks from the theater, various restaurants and boutique shopping, Ashland Springs is perfectly situated in the heart of Ashland. In addition to lodging and two performances at OSF, our getaway includes lunch in Salem on the way south, breakfast and afternoon tea at the hotel, and a meal on the way home. 

$539/$559 Members/General public (ppdo) +$175 Single Supplement. Includes transportation, lodging, four meals, two performances and snacks. Bus leaves Olympia at 8:00 am; Lacey at 8:30 am. Approximate return: Thursday 6:00 pm. Activity level: Moderate

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**Mother’s Day in Bellevue • Sunday, May 10, 2020**

Celebrate this special day at the lovely Bellevue Botanical Gardens (BBG). We will start with the highly rated brunch buffet at Eques in the upscale Regency Hyatt Hotel in downtown Bellevue. Then we’re off to the botanical gardens for the main event. With so many species of flowers blooming in May, the many small gardens will delight as you meander through the 53 acres of cultivated gardens, restored woodlands and natural wetlands. In addition to the blooms, BBG will have live music, pleine- aire artists, flower arranging and other demonstrations to entertain and educate you. 

$88/$98 Members/General Public. Includes transportation, brunch and snack. Bus leaves OSC at 9:00/ LSC at 9:30 am. Approx. Return: 5:00 pm. Activity Level: Moderate

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For more information about these trips and many more, please contact Trips & Tours at 360.586.6181, ext. 126 or Trips@SouthSoundSeniors.org. Current brochure available at www.SouthSoundSeniors.org.
POOL & PING PONG TABLES

OPEN ACCESS AT OLYMPIA SENIOR CENTER
Mon - Fri 9:00 - 4:00 pm

Pool tables and ping pong tables are open to Senior Services for South Sound members. Key for equipment cabinet is available at the reception desk. Must be returned by the person who picks it up no later than 3:30pm. Note: This area is open to the general public on Tues & Thurs 1-4 pm, and the space may need to be shared. Members Only

BINGO (DAYTIME)

MARY JO WARNER AT LACEY SENIOR CENTER
Thu, 9:30 - 11:15 am *
LILLIAN BARBER AT OLYMPIA SENIOR CENTER
2nd & 4th Mon, 1:00 - 2:00 pm

Fun, friends, suspense, and small prizes await you! *Van leaves Olympia Senior Center at 9:30 am and returns at 1 pm. Enjoy lunch at the Lacey Senior Center. Members Only

CRIBBAGE

GROUP AT OLYMPIA SENIOR CENTER
Mon, 12:30 - 2:30 pm
EVELYN CARVER AT LACEY SENIOR CENTER
Fri, 9:30 - 12:00 pm

Do you find yourself counting by fifteens? 15-2, 15-4, 15-6, etc.? Do you have visions of pegs being stuck in little holes? Is your image of perfection a 31 hand? Then join our Cribbage Group. All skill levels welcome. Members Only

TABLE TALK

GROUP AT OLYMPIA SENIOR CENTER
Mon - Fri, 8:30 - 11:30 am

Join us at the lobby table to connect with other people and have a good chat! No sign up required. Open to the Public

LEATHER CARVING

JOHN WICKSTROM AT LACEY SENIOR CENTER
Wed, 9:00 - 11:30 am

Learn from each other and our facilitator, a master leather carver, the beautiful art of carving, dying, and stitching leather. The skill can be used to create exquisite gifts that will last for generations. Members Only

FLY TYING

WALT DHORING AT LACEY SENIOR CENTER
Wed, 12:45 - 3:00 pm

All levels welcome. Learn how to tie flies for your next fishing trip or bring your own fly tie project to work on while you socialize with others interested in this sport. Members Only

MAH JONGG

CAROLYN BURTNER AT OLYMPIA SENIOR CENTER
Wed & Thurs, 1:00 - 4:00 pm
ELLIN GOLDENBERG AT LACEY SENIOR CENTER
Fri, 1:00 - 4:00 pm

Play American Mah Jongg following the National Mah Jongg League of New York rules. Members Only

PINOCHEL

DARYLS LEICHT & CAROL MINUGH
AT LACEY SENIOR CENTER
Tue, 12:30 - 2:30 pm
Fri, 9:00 - 11:45 am

Join us for pinochle and fun. This group continues to grow and has a wonderful enthusiasm for the game. All levels of play welcome. Members Only

NEW! CHESS ESSENTIALS

PERRY MCCOY AT LACEY SENIOR CENTER
Thur, 1:00 - 3:00 pm

Learning chess is fun, but Perry makes it revolutionary! Open to the Public
BRIDGE: PARTY BRIDGE

LYNDA THOMPSON AT OLYMPIA SENIOR CENTER
Thu, 12:30 - 3:00 pm

GROUP AT OLYMPIA SENIOR CENTER
All levels are welcome
Tue, 9:00 am - 12:30 pm

MAUREEN PASIK AT LACEY SENIOR CENTER
Advanced players welcomed.
Mon & Wed, 9:00 am - 12:00 pm

Emphasis is for participants to commit to attend every week. If you are going to be absent, contact the facilitator. It is not a drop-in bridge group. New members will be contacted by the facilitator, prior to first meeting, to arrange for a foursome best for your level of play.
Members Only

OLYMPIA MICRO USERS GROUP

OMUG is an organization of local people with a wide variety of computer experience and technical skills. They meet regularly to exchange information and experiences to help each other become more proficient with and to enjoy using their personal computer-related items. It is a volunteer, non-profit organization established in 1986. Their purpose: Provide education for electronic devices; provide a place for users to meet and talk; put people with problems in contact with people with solutions; have a good time while they are doing it! For more information about classes and events, please visit www.olymug.org. Open to the Public

TABLE GAMES

EVELYN CARVER AT LACEY SENIOR CENTER
Wed, 12:30 - 3:30 pm

Play various table games. Meet in center lobby.
Members Only

Care Connection

Your home care

Bringing affordable professional caregivers and housekeepers together with seniors in need of a variety of home care services. For more info, call 360.586.4491 or email us at care@southsoundseniors.org.
TABLE MASSAGE

JIM HARTLEY AT OLYMPIA SENIOR CENTER
Thu, 10:00 am - 12:00 pm   By Appt.
Cost: $10 for 15 min

DEBBY MOE AT LACEY SENIOR CENTER
Fri, By Appt.
Cost: $20 per session.
This is a relaxing group acupuncture session but designed to meet your individual needs.
Members Only

ACUPUNCTURE

ADAM BARNES AT LACEY SENIOR CENTER
Thu, 2:00 - 4:00 pm
Drop-in
Cost: $20 per session.

FOOT CARE

MARIAM BARRINGER AT OLYMPIA SENIOR CENTER
1st Mon, 9:00 am - 2:00 pm By Appt.
MARIAM BARRINGER AT LACEY SENIOR CENTER
2nd Mon, 9:00 am - 2:00 pm By Appt.
Cost: $30 per appointment.
Bring clean towel. People with diabetes welcome. Foot soak, nail trimming, in-grown, and removal of corns and calluses. For those with written referrals from Community Care Clinic, the cost is $10 and no membership required.
Members Only

SMILE CARE

OLYMPIA SENIOR CENTER
9:30 am - 12:00 pm
4/24, 6/19
Advance sign-up not required.
Senior Dental Services for low income seniors. Cost of services varies. Please ask for a packet from the reception desk in advance or call for more information at 360.586.6181.
Open to the Public

REFLEXOLOGY

CONNIE HALD AT LACEY SENIOR CENTER
1st Tue, 9:00 am - 12:00 pm
Cost: $25 for 30 min   By Appt.
Members Only

BLOOD PRESSURE CHECK

ANN LYSE & STEPHEN BRKLYCICA AT LACEY SENIOR CENTER
1st & 3rd Tue, 10:30 am - 11:30 am
2nd & 4th Tue, 10:30 am - 11:30 am
Call to confirm nurse is on-site on days indicated.
Open to the Public

HAIRCUTS

LISA CALDWELL AT OLYMPIA SENIOR CENTER
Tue, 9:00 am - 3:00 pm
(12-12:30 pm lunch)
Cost: $10 By Appointment

LISA CALDWELL AT LACEY SENIOR CENTER
1st & 3rd Mon, 12:30 - 3:30 pm
1st & 3rd Thurs, 12:30 - 3:30 pm
Cost: $10 By Appointment
Members Only

DIABETIC SHOE FITTINGS

PATTY POPOWICH AT LACEY SENIOR CENTER
2nd Mon, 10:00 am - 12:00 pm
Patty is with Priority Footwear. Covered by Medicare and other insurance companies. For more info, call 360.593.1985. Open to Public

TRIPS & TOURS

OLYMPIA SENIOR CENTER
Mon - Fri, 9:00 am - 2:00 pm
Trips, tours, and travel for anyone 18 and older. Trips include local one-day excursions, trips across country, or ventures to foreign lands. Current listings are available in the quarterly catalog. Pick one up at the Olympia or Lacey Senior Centers, Trips & Tours office or on our website at www.SouthSoundSeniors.org/travel. Call 360.586.6181, ext. 126. Office is located at the Olympia Senior Center on the 1st floor.
Open to the Public
BREAD DISTRIBUTION

OLYMPIA SENIOR CENTER  
Wed & Fri, 12:30 - 1:00 pm

LACEY SENIOR CENTER  
Mon - Fri, 8:00 am - 4:00 pm

No income requirement. Donations accepted. 
Open to the Public

FOOD BANK & COMMODITIES DISTRIBUTION

LACEY SENIOR CENTER  
3rd Wed, 10:00 - 11:00 am

OLYMPIA SENIOR CENTER  
3rd Fri, 10:00 - 11:00 am

Food Bank for low-income Seniors; must sign-up with Senior Services Supportive Services Department. Commodities must sign-up with the Food Bank. Open to the Public

TRANSPORTATION

Provides rides Monday through Friday to medical appointments, or to run essential errands, such as grocery shopping. To be considered for this Service, there are certain eligibility requirements. Call the Transportation Office for more details at 360.586.6181, ext. 128. Open to the Public

DAILY LUNCH

OLYMPIA SENIOR CENTER  
Mon - Fri, 11:45 am - 12:30 pm

LACEY SENIOR CENTER  
Mon - Fri, 11:30 am - 12:15 pm

This program offers those 60 or older a lunch for a suggested donation of $3 - $7.55 per meal, depending on ability to give. Guests under 60 are welcome to enjoy a lunch at the cost of $7.55 per meal. Friday lunches at LSC are a flat fee of $3, regardless of age. Open to the Public

MEDICAL EQUIPMENT REPAIR (NON-ELECTRIC)

TOM DEMME AT LACEY SENIOR CENTER  
Call for appointment

Bring your walkers, rollators, and wheelchairs (all non-electric) in for minor repairs. For an appointment, call 360.407.3967. Free! 
Open to the Public

CLIENT SERVICES

OLYMPIA SENIOR CENTER  
Tue, 9:00 am - 1:00 pm  
Fri, 9:00 am - 12:00 pm

LACEY SENIOR CENTER  
Wed, 9:00 am - 1:00 pm

For help or referrals for any senior related questions or issues. Open to the Public

STATE HEALTH INSURANCE BENEFIT ADVISORS (SHIBA)

OLYMPIA SENIOR CENTER  
Tue, Wed, Thu, 9:00 am - 2:30 pm

LACEY SENIOR CENTER  
2nd & 4th Mon, 9:00 am - 12:00 pm  
1st Thu, 10:00 am - 12:00 pm

This is a free program of the Office of the Insurance Commissioner staffed by volunteers. They provide unbiased and confidential information about Medicare and other health insurance. This is an educational service. They don’t sell anything. Open to the Public

MEDICARE 101 – A PRESENTATION BY SHIBA*

OLYMPIA SENIOR CENTER  
3rd Thurs 10:00 - 12:00 pm

LACEY SENIOR CENTER  
Tues, 4/7, 1:00 - 3:00 pm

Whether you’re new to Medicare or want a refresher course, this class can help! No registration necessary, however space is limited. *SHIBA (Statewide Health Insurance Benefits Advisors) provides free, unbiased and confidential help with Medicare choices. SHIBA staff and volunteers are trained by the Washington State Office of the Insurance Commissioner. For questions about the program or Medicare, call 360-586-6181, ext.134.

INTERCITY TRANSIT INFORMATION TABLE

BUS BUDDY AT LACEY SENIOR CENTER  
1st Thurs, 10:30 am - 12:30 pm

Find out about our wonderful transit system, such as the Bus Buddy Program, Dial-A-Lift and a phone app that tells you where your bus is and when it will be at your stop (OneBusAway). Open to the Public
**Services**

**Area Agency on Aging Lewis, Mason, Thurston Counties**

**Representative at Olympia Senior Center**
10:30 - 11:30 am
4/21, 6/16

**Representative at Lacey Senior Center**
Tue, 11:00 am - 1:00 pm
5/25

LMTAAA will answer questions regarding matters related to being a senior and have some resource materials available. **Open to the Public**

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**TRAVELER’S TEA**

**Sky Myers at Lacey Senior Center**
Tue, 2:00 - 3:30 pm
5/12

Enjoy a sip of tea and watch a video presentation about Senior Services for South Sound’s Trips & Tours upcoming trips. Designed with the senior traveler in mind, you’ll be amazed by the diversity of offerings including concerts, hikes, festivals, plays, sporting events, cruises, overnight getaways and more. We also offer group tours to places like Sedona Arizona, New York City, New Orleans, Costa Rica, Scotland and Egypt! Our team can even help you plan YOUR bucket list trip! **Attend the Tea to get a discount on day trips! Open to the Public**

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**Hunger Walk**

**SUNDAY MAY 3, 2020**
3:00 PM
Marathon Park

Walk alone or bring a friend!

Benefiting Senior Services for South Sound’s Senior Nutrition Program, The Community Kitchen, and the Thurston County Food Bank

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**Holiday Closures 2020**
May 25 (Closed for Memorial Day)

**Contents of Catalog Subject to Change**
Please feel free to confirm status, day and time of any listing by calling Olympia Senior Center at 360.586.6181 or the Virgil Clarkson Lacey Senior Center at 360.407.3967. To diminish the chance of class cancellation, please register at least a week before your class begins.

**Scholarships Available**
Limited scholarships are available to low income seniors who meet the criteria for membership and registration fees. Ask for a Financial Assistance Form at the reception desk, you will be notified of the decision. There are no scholarships available for class fees except for EnhanceFitness. Please request waiver from Lead Fitness Instructor. You will be notified of the decision.
SUPPORT GROUPS

BEREAVEMENT SUPPORT GROUP: LIFE AFTER LOSS

AT OLYMPIA SENIOR CENTER
4th Fri, 2:00 - 3:30 pm
AT LACEY SENIOR CENTER
2nd Fri, 2:00 - 3:30 pm

A mental health professional will ensure a safe place of sharing for those who have experienced the loss of a loved one. Resources and education about ways to cope and integrate the journey through grief will also be provided. These are free, ongoing, drop-in groups. Open to the Public

FAMILY CAREGIVER SUPPORT GROUP

CHERI KNIGHTON AT LACEY SENIOR CENTER
2nd Thurs, 2:30 - 4:30 pm
CHERI KNIGHTON AT ST. MARK LUTHERAN CHURCH
4th Fri, 1:00 - 3:00 pm

Caring for a parent with dementia is challenging! Join this group to get confidential, emotional support as well as help problem-solving. Call Cheri for more info at 360.586.6181, ext. 111. Sponsored by the Washington Alzheimer’s Association. Open to the Public

MEMORY CAFE

THE RIVER’S EDGE RESTAURANT – TUMWATER
1st Thu, 2:30 - 4:30 pm
SISTER’S RESTAURANT – SHELTON
4th Thu, 2:30 - 4:30 pm

Join us for an informal break connecting those with memory loss and their caregivers for conversation. Visit, order a snack, and enjoy musical entertainment. Caregivers must be present with guest needing personal care assistance. Call 360.586.6181, ext. 111 for more information. RSVP not required. Open to the Public

SAM BRADLEY PARKINSON’S SUPPORT GROUP

DIANE HUTCHINS AT OLYMPIA SENIOR CENTER
Wed, 11:00 am - 12:00 pm

We discuss problems and solutions for people living with Parkinson’s disease and topical speakers. Patients, caregivers, friends, and medical professionals are all welcome. Open to the Public

ALS SUPPORT GROUP

CARYN WISE AT OLYMPIA SENIOR CENTER
1st Tue, 3:00 pm - 5:00 pm

This is a safe environment to learn more about ALS, share tips on living with ALS and meet others on their ALS journey. This group is for patients, caregivers as well as other interested family members. Facilitated by a member of the Evergreen Chapter, ALS Association. Open to the Public

PARKINSON’S MUSIC CLASS

TROY ARNOLD FISHER AT OLYMPIA SENIOR CENTER
Wed, 10:00 - 11:00 am

Singing can help improve overall health, well-being and articulation if speech becomes slurred and unclear. Singing for Parkinson’s is an effort to improve overall health and well being. Open to the Public

LOW VISION GROUP

MARTY WORCESTER AT OLYMPIA SENIOR CENTER
3rd Tue, 10:00 - 11:00 am

Discussion topics include low-vision services, new products, local community resources, and letting go of fear and embracing life with confidence. Open to the Public

PARKINSON’S CAREGIVER SUPPORT GROUP

AT OLYMPIA SENIOR CENTER
1st Wed, 11:00- 12:00 pm

Open to the Public
APRIL 25
9 am - 2 pm

Our Infamous SPRING RUMMAGE SALE

Why (Oh Why) Pay Retail?

Senior Services for South Sound

Virgil Clarkson Lacey Senior Center
6757 PACIFIC AVE SE ♦ 360.407.3967

Support our Non-Profit Senior Services Fundraiser & SAVE!

To donate items: Take to Olympia Moving & Storage
935 Poplar St, starting April 13, 1-4 pm, M-F
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Since 1973, Senior Services for South Sound has been helping seniors stay vital and independent in our community. A wide array of progressive and comprehensive services including Meals On Wheels, Brighter Days Adult Day program, Care Connection, nutrition, transportation and respite care, along with socialization, health and independent living programs, are provided in Mason and Thurston counties for seniors and active adults.

Administration & Olympia Senior Center  
222 Columbia St NW  
Olympia, WA  98501  
360.586.6181

Virgil Clarkson Lacey Senior Center  
6757 Pacific Ave SE  
Lacey, WA  98503  
360.407.3967

Mason County  
By Appointment  
360.525.3238

www.SouthSoundSeniors.org