**What STEPers are saying**

“We have so much in common. The time flew by. Age does not matter after all.”

“To be around youth is terrific. Their excitement is contagious.”

“Youth give me hope for the future.”

“I am not afraid to talk to older people now.”

“Older people have lived such interesting lives.”

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**About Senior Services for South Sound**

Since 1973, the mission of Senior Services for South Sound is to improve the quality of life for people as they age. A wide array of progressive and comprehensive services including adult daycare, nutrition, transportation and supportive services, along with socialization, health and educational/recreational programs, are provided in Mason and Thurston counties for seniors and active adults.

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

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

Mason County  
By Appointment Only  
360.525.3238

For more information about STEP, please contact Linda Terry at 360.586.6181, ext. 108 or email lterry@southsoundseniors.org.

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**STEP**  
Sharing Teens & Elders Project

An international movement inspiring people to bridge the generations through empowering conversations.

**Senior Services for South Sound**

SouthSoundSeniors.org
**STEP is an award-winning intergenerational program founded in Olympia, WA in 2014**

The Sharing Teens & Elder Project (STEP) is a multi-generational program where teens and elders gather to bridge the generations through conversation. We gather to talk, to listen, and to be heard - striving to increase the mental well-being of all participants, to help decrease social isolation, and to create a safe space where people talk and find their similarities while sharing their experiences.

STEP promotes ideas that give rise to happiness, belonging, security, wisdom and the realization that disparate age groups can have genuine fun together.

Come be part of STEP. We meet the third Saturday of the month. Doors open at 10:30 am. Talk Story begins at 11:00 am. Please call 360.586.6181, ext. 108 in case of schedule changes.

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**Our Mission**

To inspire and empower people to change the social norm of aging.

The Program of Distinction award was granted to five programs across the nation and is a three year designation.

"U.S. benchmark for Intergenerational programs based on the criteria that underpin effectiveness of high quality programs." ~ 2018-2021

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**STEP TWO - The Women Only**

This group 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.

STEP TWO meets the first Sunday of the month, 3:30 - 5:30 pm, at the Mercato Restaurant, 111 Market Street NW, Olympia. Schedules can vary. Please call 360.480.1894

Please join us to continue the valuable conversations and friendship! For more information, please call Linda Terry at 360.586.6181, ext. 108.