



(From left to right) Kevin, Steve, Tammy, Linda and Liza dressed up to promote our July '50s Dance at the Virgil Clarkson Lacey Senior Center. See them in action on our Facebook and Instagram!



Brian's View

*A Message
From the
Executive
Director*

Like you,
perhaps, we are
having active
conversations

about **Artificial Intelligence (AI)**. It would be inappropriate for our organization to not question whether we should use AI in our work, and if so, how. I'm pleased by the way my staff are approaching the situation. Rather than doing something impulsive or poorly considered, **we are engaging in thoughtful conversations about the benefits and risks.**

Many folks have quickly taken to using their favorite AI to answer all sorts of questions. *Where is the nearest place to buy a burrito? When was George Washington born?*

We are curious animals, and AI is a resource that can help with some answers. **But we know that, as with the internet itself, the answers are only as good as the questions.** If you ask a simple question like "What is the price of gold?" you might be surprised that the price depends on where you are in the world, and which day you are asking, and how much you want to buy! **We need to be sophisticated and detailed in our questions, to get answers that are actually useful.**

Whether we like it or not, AI is a tool that is going nowhere soon. And as a tool, it is a tremendous resource. I'll have you know that I write every word of my newsletter pieces myself, as I like doing so. But if you need a quick draft of a story that you can edit, then AI can be your friend.

I'm not a Luddite, but philosophically I believe that the natural world is our first and most true home. While technology has changed over the years, the fundamental DNA and structure of humans has not. We need connection, love, purpose and fill in what you wish.

My favorite poet, E. E. Cummings, has a line in a great poem where he says:

a world of made is not a world of born...

Maybe that remains a useful, if fleeting, distinction. Advances in AI are already blurring the lines between natural and artificial. **We are doing our best here to navigate this new technological world.** We honor the stories of those born before computers were in every home, while embracing the reality of new technology that can save us time and money, thereby better stewarding the donated funds that make our work possible.

Brian Windrope, Executive Director



MAKE A DIFFERENCE in Mason County



Volunteer Drivers and Shelton Kitchen Volunteers Urgently Needed

Drive older adults to essential services like medical appointments or help prepare and serve meals at our community dining location at the Shelton United Methodist Church. Our mission can't succeed without you!



YOU DRIVE

Use your own vehicle and set your schedule. Mileage reimbursement provided!



YOU SERVE

Provide rides to medical appointments and other essential errands.



YOU MATTER

Your time helps older adults stay connected and independent.



GET STARTED TODAY!



360.586.6181 ext. 120



Volunteers@southsoundseniors.org



southsoundseniors.org/volunteer



Senior Services for South Sound



Medicare Minute: Get Ready Before Open Enrollment

It may seem early to think about Medicare, but August is actually the perfect time to prepare for the Annual Open Enrollment Period, which runs from October 15th through December 7th. Taking a few simple steps now can make comparing plans much easier this fall.

Start with a Medication List

Make a current list of all your prescription medications, including: drug name, dosage and how often you take it.

Also note which pharmacy you prefer to use. Medicare drug plan costs and pharmacy networks can change from year to year, so having this information ready will help you compare your options.

Read the full article on our website at southsoundseniors.org/news

SHIBA Help in August

For presentations via Zoom, please register with our office at 360.586.6181 ext. 134

CLASS	DATE	TIME	LOCATION
Medicare - Getting Started	August 5	11:00 am - 1:00 pm	ZOOM
Medicare - Getting Started	August 12	11:00 am - 1:00 pm	Olympia Senior Center 222 Columbia St NW Olympia, WA 98501
Medicare - Getting Started	August 18	6:00 pm - 7:30 pm	ZOOM
Medicare - Getting Started	August 20	10:00 am - 12:00 pm	ZOOM
Medicare - Getting Started	August 20	11:00 am - 3:00 pm	Mason County Senior Activities Association 190 W Sentry Dr Shelton, WA 98584

SHIBA (Statewide Health Insurance Benefits Advisors) is staffed by a dedicated group of highly trained volunteers who provide free, unbiased Medicare assistance. We offer in-person appointments at our office in the Olympia Senior Center, as well as assistance by phone. You can reach us at 360.586.6181 ext. 134 to schedule a time that works for you.

Celebrating *Diversity* August 2026

Cultural and Holiday Meals at Senior Services

We believe that food is one of the most meaningful ways to build connection. Our cultural and holiday meals provide an opportunity to learn, share traditions and enjoy community together.

National Senior Citizens Day Friday, August 21

Menu: Homemade Meatloaf, Mashed Potatoes, Carrots & Peas, Apple Oat Crumble

About the Day: We at Senior Services prefer the term "Older Adults," but however you identify, we're celebrating this unique group bursting with knowledge, skill and experience. Today, there are approximately 61 million adults ages 65 and older in the U.S., and that number is rising.

Raksha Bandhan Friday, August 28

Menu: Chicken Tikka Masala, Naan Bread, Steamed Peas & Carrots, Fresh Mango

About the Day: Raksha Bandhan is a traditional Hindu festival that celebrates the bond between brothers and sisters. Based on the battle between deities and demons, this celebration is also a commitment to moral, cultural and spiritual values.



Heat Awareness

Hot weather can be more than just uncomfortable—it can be dangerous. Extreme heat is the leading cause of weather-related deaths in the US, and older adults are among those most at risk. Because of this, Senior Services has dedicated August as Heat Awareness Month.



Holidays and Observances

National Black Business Month

August 13 – 15:
Obon

August 13 – September 21:
Ullambrana/Hungry Ghost Festival

August 25 – 31:
Be Kind to Humankind Week

- **August 1:**
 - International Mah jongg Day
 - Lughnasadh
- **August 9:**
 - International Day of the World's Indigenous Peoples
- **August 15:**
 - Independence Day of India
- **August 17:**
 - Marcus Garvey Day
 - National Nonprofit Day
- **August 21:**
 - Senior Citizens Day
- **August 23:**
 - Remember Slavery Day
- **August 25:**
 - Mawlid al-Nabi
- **August 26:**
 - Women's Equality Day
- **August 23:**
 - National Grief Awareness Day
- **August 28:**
 - Raksha Bandhan



Volunteer Spotlight: Alberta Hagan

By Scott Schoengarth

I seem to learn something new every time I read this newsletter, and this month is no exception. For instance, have you heard of the **Current Issues discussion class held every Tuesday from 10:00 - 11:30 am at the Olympia Senior Center**? All are welcome to join this exploration of world, national, state and local issues. I had never heard of this class, but it really sounds interesting!

The organizer and discussion leader each week is **Alberta Hagan**, a quiet woman with a wealth of knowledge on many topics. She has volunteered at the center for **more than 15 years**. She took over the class from a man named Alex who was in his mid-90s when he stepped down. One of the rules of her class is no bloodshed. That's a slight exaggeration, but discussion on current topics really is great for the high-spirited sharing of ideas.

Alberta was born in the high-humidity town of Hays, Kansas, with no siblings, living in Kansas for around 30 years. She and her husband Tom then rotated around the country as he moved into new job positions, finally settling in Olympia in 1989. They were married for 43 years before his passing. Alberta took comfort from the Senior Center's Bereavement Support Group. **And it was at the Senior Center that she met her second husband, Doug.** Both Alberta and Doug enjoy volunteering wherever they can.

She calls herself a news junkie, but Alberta rarely watches TV, instead loving to read books, magazines and newspapers, keeping up-to-date on what's going on in the world. Her work background included time as a psychologist at a vocational rehabilitation center and at a school with students with dyslexia. She has two adult sons to keep her busy, one living in her favorite town, Chicago, after graduating from nearby Notre Dame, and the other one closer to her in Bremerton.

Alberta LOVES the Olympia Senior Center. She says **it keeps her from being bored**, and there are so many great classes, numerous activities, luncheons and the opportunity to constantly meet new people and to share stories. In her spare time, **she still likes to travel, sometimes with our Trips & Tours Program.**

She encourages everyone to consider becoming a volunteer. There is so much to do, so many classes to enjoy, and so many people to meet. You can reach Theresa, the volunteer manager, at 360.586.6181 ext. 120, or by emailing volunteers@southsoundseniors.org. She'll help you match your life experiences with the perfect volunteer position. Why not give it a try?



New Day Trips Are Here!

Explore the beauty and excitement of our backyard with day trips designed with YOU in mind.

Pick up your copy of the Trips & Tours Catalog at our reception desks, or find it online at southsoundseniors.org/trips-tours

Go further with Collette Tours and Premier World Travel!

See trips online or email wchurchman@southsoundseniors.org for pricing and full itineraries.



Washington DC Cherry Blossoms with Premier World Travel

April 5 - April 10, 2027

Celebrate spring in spectacular fashion on this unforgettable journey to our nation's capital during the world-famous Cherry Blossom Festival!



Discover Canadian Maritimes and Coastal Wonders with Collette Tours

June 20 - 30, 2027

From the nautical beauty of Peggy's Cove to the rugged splendor of the Cabot Trail, the Maritimes will enchant you.



Discover Switzerland, Austria & Bavaria with Collette Tours

September 15 - 24, 2027

Journey through spectacular mountain scenery and picturesque cities as you experience three Alpine countries.



Southern Italy and Sicily with Collette Tours

September 23 - October 5, 2027

Journey through a crossroads of civilizations in Sicily and on to the spectacular coastlines of Southern Italy.



West Virginia Rails & Williamsburg with Premier World Travel

October 7 - 14, 2027

Step back in time and experience the beauty, history and scenic charm of America's eastern mountains and colonial heartland on this unforgettable journey through West Virginia and Williamsburg!

● Lacey Senior Center Activity Spotlights

Yoga for All

Wednesdays, August 5 & 19

12:00 - 1:00 pm | ● LACEY

Whether you are seated, standing, or on the mat, this yoga class is for YOU! Yoga for All's gentle stretching, breathing, and feel good vibes will leave you relaxed and ready for the rest of your day.

Members Only

Line Dancing

Fridays

12:30 - 1:30 pm | ● LACEY

Line dance is fun exercise! No partner required. Learn Electric Slide, Cha-Cha, Mambo, Rumba, Tango and more!

Members Only

Dine Out

Tuesday, August 11

4:30 pm

Olive Garden

2400 Capital Mall Dr SW

Olympia, WA 98501

Join a group of friendly seniors for a delicious meal at our monthly Dine Out at Olive Garden! Meet at the restaurant; everyone pays for their own meal.

Public Welcome

Cyber Security and Scam Prevention

Thursday, August 13

12:30 - 2:00 pm | ● LACEY

Technology is rapidly changing, and scammers are adapting along with it. Learn tips and tricks to keep your information safe online.

Public Welcome

Understanding Alzheimer's and Dementia with Cynthia from Alzheimer's Association of Washington

Thursday, August 20

12:30 - 2:00 pm | ● LACEY

Cynthia Flores from the Alzheimer's Association of Washington will help participants navigate the multiple brain changes that impact every aspect of life for those who live with Alzheimer's and Dementia and their loved ones.

Public Welcome

COMING SOON: Late Life Topics with Marty

2nd Wednesdays starting in September

1:30 - 3:00 pm | ● LACEY

Marty will be starting a new series of Late Life Topics. Stay tuned in this location for more details in the September Newsletter!

DAY CHANGE: Planning Guide in Late Life with Marty

Wednesdays starting in September

10:00 am - 12:00 pm | ● LACEY

Starting in September, Marty will move her popular one on one sessions with individuals and family members from Tuesday morning to Wednesdays.



■ Olympia Senior Center Activity Spotlights

Stay & Play Wednesdays

Wednesday, August 5 & 12

4:00 – 5:30 pm | ■ **OLYMPIA**

Join us for extended card and game play in the lobby and a bonus Enhance®Fitness class.

Public Welcome

Discover Senior Services

Wednesday, August 12

4:30 – 5:15 pm | ■ **OLYMPIA**

Curious about what Senior Services has to offer? Join us for an introduction to our programs and a guided tour of the building. Whether you're new, thinking about becoming a member or a longtime participant who wants to learn more, all are welcome. Come connect, ask questions and enjoy light refreshments!

Public Welcome

Listening Session with Intercity Transit

Friday, August 14

12:30 – 2:00 pm | ■ **OLYMPIA**

Join Intercity Transit staff for a listening session designed to hear directly from older adults. Share your experiences, ask questions and provide feedback on bus routes, stops, accessibility and services.

Public Welcome

Cooking Class with Chef Mary

Tuesday, August 18

1:00 – 2:30 pm | ■ **OLYMPIA**

Join Chef Mary for a fun and flavorful class focusing on food for your brain. She will highlight recipes from the MIND diet and feature anti-inflammatory foods. Samples will be provided!

Members Only

NEW! Senior Academy Showcase

Wednesday, August 19

4:00 – 5:00 pm | ■ **OLYMPIA**

Join us for our Senior Academy Showcase! Meet our instructors and hear a brief introduction to each class to find the courses that interest you most. Enjoy live music, light refreshments and a fun opportunity to connect with fellow students. Class registration begins on August 24.

Public Welcome

Decoupage Lanterns with Elizabeth

Thursday, August 27

10:00 – 11:00 am | ■ **OLYMPIA**

Light up your creativity by making a beautiful decoupage lantern! In this hands-on class, you'll create a lantern using colorful papers and simple decoupage techniques to make a unique piece of art that's perfect for your home or a thoughtful gift. No experience is necessary—all materials are provided, and you'll leave with a finished lantern to enjoy.

Members Only

Tea with Lee

Friday, August 28

11:00 – 11:45 am | ■ **OLYMPIA**

Join our kitchen staff member Lee as he shares his passion for tea in this fun and tasty class. He'll introduce a series of teas and discuss proper brewing techniques. Enjoy sampling different blends while you sip, learn and discover a new favorite.

Public Welcome

■ Olympia Senior Center Speaker Series



Asteroid Impacts! with Paul

Wednesday, August 5

11:00 am - 12:00 pm | ■ **OLYMPIA**

Did you see the movie "Don't Look Up"? Have you heard about the impact that caused a mass extinction of the dinosaurs? This talk will introduce asteroids and discuss some historical Earth impacts and their consequences. There will also be a piece of a real asteroid you can hold in your hand. No prior knowledge is necessary and there will be plenty of time for any questions you might have.

Public Welcome



Unforgettable Art with Maureen

Wednesday, August 12

11:00 am - 12:00 pm | ■ **OLYMPIA**

We're bringing the museum to you! Escape to the tropics as we explore vibrant works of art inspired by lush landscapes, colorful wildlife and island life. This engaging Unforgettable Art class combines artwork, poetry, music and lively conversation for a fun, interactive art appreciation experience. No art background is needed—just bring your curiosity and enjoy the journey.

Public Welcome



Tips to Beat the Heat with Janet

Wednesday, August 19

11:00 am - 12:00 pm | ■ **OLYMPIA**

As our summers become hotter, knowing how to stay safe in the heat is more important than ever. Older adults are especially vulnerable to heat-related illness, and many people in the Pacific Northwest aren't accustomed to prolonged periods of extreme heat. In this informative class, you'll learn how to recognize the signs of heat illness, stay cool during hot weather, and protect yourself and those around you.

Public Welcome



Our Feathered Friends: The Birds of Thurston County with Lisa

Wednesday, August 26

11:00 am - 12:00 pm | ■ **OLYMPIA**

Bird enthusiast and photographer Lisa Genuit shares photos, videos and stories of her encounters with birds in her Lacey neighborhood. This presentation offers tips on how to find and identify local birds and also includes information on their lives, behavior and habitat.

Public Welcome

Senior Academy SHOWCASE

Meet the instructors and explore our new classes! Details on page 9.



-  Wednesday, August 19
-  4:00 pm
-  Olympia Senior Center

BUDD BAY ≈ BARGAINS ≈

50% Off Everything! August 17 - 21

Happy National
Thrift Shop ~~Day~~ Week!

Upstairs at the
Olympia Senior Center
Monday - Friday
9:00 am - 3:00 pm

Senior Services for South Sound

Save the Date



Enchanted Forest

FALL GALA · October 10, 2026

DISCOVER

Senior Services
FOR SOUTH SOUND



Wednesday, August 12



4:30 pm



Olympia Senior Center



Curious about what Senior Services has to offer? Join us for an introduction to our programs, a guided tour of the building and light refreshments!

Steam Punk Bingo

August 22
Virgil Clarkson
Lacey Senior
Center

Thank you to our Local Partners:



LEWIS-MASON-THURSTON
AREA AGENCY ON AGING



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