



Team Senior Services at the Thurston County Walk to End Alzheimer's at Heritage Park in Olympia. Together, we raised over \$900 for the vital work of the Alzheimer's Association!



## Brian's View

*A Message From  
the Executive  
Director*

Warm days in September mean so much more to us than warm days in July, because we

appreciate how fleeting they are as winter approaches. And so it is with so many things. What can we learn from this? Clearly we see exactly the same things differently based on many factors. It's an example of how we don't see the world as it is, but as we are.

My wife and I are recently back from a dude ranch trip. (Don't be confused into thinking we are horse people. We are decidedly not horse people.) As a little girl, my wife visited a dude ranch in Wyoming, owned by college friends of her parents. **This was a formative experience that meant the world to the little girl she was.**

Fast forward to our marriage in the 1990s and she was already telling me that someday we needed to go to a dude ranch and ride horses around the wild wilderness of the west. "Sure," I said. "Sure." I've been saying "Sure" for 30 years now! Eventually, that wasn't a sufficient answer. As a young couple we could barely pay rent each month, so dude ranches were dreams. But we've saved and worked all our lives and I surprised her with the long-awaited trip to a dude ranch for her birthday this year.

I cannot begin to tell you what it meant to me to see her joy. **She literally cried tears of joy the first time she mounted her horse and rode off into the wild.** My wife is a delightful person, and a happy one, but tears of joy are not the norm, right? She had tears well up in her several times that week, out of sheer disbelief in the beauty of what she was doing, what it meant to her, and the fulfillment of lifelong dreams.

**There is something to be said about aging and the ability to fulfill dreams that have been unrealized for decades.** We do wonderful things as young people, hopefully; but they can't mean the same as doing something after what feels like eons of waiting. I remember my great aunt Margaret finally getting to Italy after a lifetime of hoping.

I hope, for all of us, that we cultivate our dreams, and that we appreciate things all the more because we know how rare, or how special, or how fleeting, the moments are.

A handwritten signature in blue ink, appearing to read "Brian Windrope". The signature is fluid and cursive.

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](mailto:Volunteers@southsoundseniors.org)



[southsoundseniors.org/volunteer](https://southsoundseniors.org/volunteer)



## Volunteer Spotlight: Betsy Minkoff

*By Scott Schoengarth*

I've made mention of this before, but it seems the longer I interview Senior Services for South Sound volunteers, the more I find out about the different classes and activities available at the centers. It's mind-blowing!

For example, have you heard about the **Explore Olympia Walkabout**? These walks, led by volunteer **Betsy Morris Minkoff** since 2019, happen on the second Thursday of every month at 10:00 am from the Olympia Senior Center lobby.

Betsy and her husband, Marty, have lived many places over the years, including Bainbridge Island for 19 years where they rode a ferry to work every day.

For many years Betsy was a nurse, even teaching at Harborview. It was working with and helping so many different people that really brought her the most joy, and she's kept this going during her retirement journey. She and Marty retired to the Olympia area so she could live closer to their children's families.

Betsy loves discovering the South Sound area and enjoys meeting, walking and talking with new people. **So she approached the Senior Center and worked out the details of the Olympia Walkabout program.**

On any given month they have five to 15 people who are ready to walk up to two miles to the next Olympia area location. They get lots of repeat walkers, and many newcomers who drop by to try it out. On a few occasions they've ridden Intercity Transit, but most of the time they will gather at the Olympia Senior Center and walk someplace downtown, or they will simply carpool.

This September they went to Tumwater Falls. This is a great example as to why you must be in good enough shape to walk the two miles, with some ups and downs. People with walkers and wheelchairs might have too much of a challenge on many of these local trips. Still, Betsy says that many of the walks are on level sidewalks downtown and **she will always accommodate for whoever shows up** to adventure with them. They've walked and talked all over the place including local museums, parks, lakes and rivers, Downtown LOVEOLY events and so much more.

During their spare time, Betsy and Marty like to travel to places where they can walk around together, such as Vancouver Island. She also enjoys a local Tai Chi class, and she takes on all kinds of craft classes and projects. She likes the Senior Center because it is a welcoming environment, and there are lots of volunteers involved in different projects and classes. **While she likes to visit with folks in the lobby, Betsy really wants to get out and explore.**

Just like Betsy did, if you have an idea for a class or activity, simply contact Theresa at 360.586.6181 ext. 120 or email her at [volunteers@southsoundseniors.org](mailto:volunteers@southsoundseniors.org) and discuss your idea. If you're home and retired and looking for something new to challenge you, why not get up off the couch and come visit the centers. They're brimming with all kinds of activities just waiting for you!



*Explore Olympia Walkabout at Tumwater Falls.*

# Enchanted Forest

## FALL GALA

Join Us

Our Annual Fall Gala is October 10

Discover the magic that happens when a community comes together.

What to expect:

- Music by local artists Vince Brown and Christy Neal
- Whimsical forest-inspired entrees prepared in-house by our Senior Nutrition Program
- Awe-inspiring silent and live auction items
- Photo booth, wine pull and more!



Sponsored by



Heritage  
BANK

Eldercare Counseling & Guidance Services



Don't Miss Out!  
Tickets sales end  
Tuesday, October 6.

\$125 Per person

Scan to purchase or visit [southsoundseniors.org/gala](https://southsoundseniors.org/gala)

# ● Lacey Senior Center Activity Spotlights

## **Drawing 101**

Fridays

9:00 - 11:00 am | ● **LACEY**

Learn the basics of drawing and watch your creativity explode! Mike has a vast and impressive portfolio — learn from a master!

- **Participants must bring their own supplies:**  
8.5 x 11 in. sketchbook, 9mm mechanical pencil with 9mm lead, 1 kneaded eraser, 1 in. blue painter's tape and a pad of tracing paper.
- **Advance Registration Required**  
(Online • Phone • In Person @ Reception)
- **Maximum of 10 participants**

**Members Only**

## **Drum Circle**

Friday, October 2

2:00 - 3:00 pm | ● **LACEY**

Grab your hand drum and join the magic of creating a rhythmic community together. Limited drums are available to use if you don't have your own. Small percussion instruments will also be available. No musical experience is necessary!

## **Our Feathered Friends**

Thursday, October 8

12:30 - 2:00 pm | ● **LACEY**

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.

## **Daytime Bingo**

1st & 3rd Fridays,  
October 2 & 16

9:15 - 10:30 am | ● **LACEY**

This is the Bingo that you know and love! Play for prizes and enjoy social time with friends old and new.

## **Friday Funday**

2nd & 4th Fridays,  
October 9 & 23

9:30 - 10:30 am | ● **LACEY**

Socialize with friends and win raffle prizes. Play games, craft, and experience loads of new and fun activities. Coffee provided!

## **Dine Out**

Tuesday, October 13

4:30 pm

Taqueria y Mas Mi Pueblo  
7839 Martin Way E  
Olympia, WA 98516

Hispanic Heritage Month, and we're headed to Taqueria y Mas Mi Pueblo for comida deliciosa! Join us for a great evening meal and even better company! Meet at the restaurant. Everyone pays for their own meal.

**Advance Registration Required no later than Friday, October 9.**

(Phone • In Person @ Reception)

## **Cover to Cover Book Club**

Monday, October 26

2:30 - 3:30 pm | ● **LACEY**

Read the month's selection and come prepared for a lively chat! Light refreshments will be provided.

This month's read: *Jayber Crow*, Wendell Berry

**New Days  
& Times!**

# ■ Olympia Senior Center Activity Spotlights

## **Dine Out**

Thursday, October 8  
5:00 pm  
Octapas Café  
610 Water St SW  
Olympia, WA 98501

Everyone is invited to join us at Octapas Cafe for a great evening meal and even better company! Meet at the restaurant. Everyone pays for their own meal.

**Advance Registration Required no later than Tuesday, October 6.**

(Phone • In Person @ Reception)

## **Legends & Lore D&D Club with Jonathan**

Tuesday, October 13  
5:00 – 7:00 pm  
Game Freaks  
625 Black Lake Blvd SW Ste 373  
Olympia, WA 98502

Embark on epic adventures, solve mysteries and create unforgettable stories with the Legends & Lore Dungeons & Dragon Club! Bring dice and a 2014 Player's Handbook if you have one.

**Advance Registration Required**

(Online • Phone • In Person @ Reception)

## **55+ Trivia Night at Altitude 15**

Wednesday, October 14  
6:00 pm  
Altitude 15  
225 State Ave NE  
Olympia, WA 98501

Join us for a fun night of trivia, food, drinks, and friendly competition! **Meet at the location at 6:00 pm** and be ready to test your knowledge and have some laughs. Pay for your own food and drinks, and come enjoy a fun evening!

## **Senior Reads Book Club**

Thursday, October 15  
10:00 – 11:00 am | ■ **OLYMPIA**

Join us for our monthly book club! This month we will discuss *A Place for Us* by Fatima Farheen Mirza.

## **Cooking with Chef Mary**

Thursday, October 15  
10:00 – 11:00 am | ■ **OLYMPIA**

Join Chef Mary this month as she prepares a variety of CHOWDERS. Recipes and samples will be provided.

**Members Only**

## **Let's Do Lunch!**

Tuesday, October 27  
11:30 am  
The Leaning Maple  
111 Washington St NE  
Olympia, WA 98501

Let's Do Lunch is a monthly opportunity for older adults to gather, socialize and enjoy a meal together at a local restaurant. This month, we'll be dining at the Leaning Maple in Downtown Olympia. Everyone pays for their own meal.

**Advance Registration Required**

(Phone • In Person @ Reception)

## **Intergenerational Art Discussion**

Wednesday, October 28  
3:00 – 4:00 pm | ■ **OLYMPIA**

Connect across generations through a lively conversation with high school students about food-themed artwork. Students will share artwork that sparks their interest, while you bring your own perspectives, experiences, and ideas to the conversation. No art experience needed—just come ready to share, listen and enjoy a conversation with a younger generation!

## ■ Olympia Senior Center Speaker Series



### Author Talk: Diane Chiddister

Wednesday, October 7

11:00 am - 12:00 pm | ■ OLYMPIA

Diane Chiddister will read from her new novel, *Peace Corner*, which is about political activism in a small Ohio town in recent years. The book was described by NetGalley reviewer Ruthie Whalen as "...a breathtaking, unforgettable love letter to humanity." She is a retired journalist, an MFA graduate of the University of Iowa Writers Workshop and a teacher of novel writing at the Olympia Senior Center.



### Unforgettable Art: Featuring Women Artists with Maureen

Wednesday, October 14

11:00 am - 12:00 pm | ■ OLYMPIA

We're bringing the museum to you! Celebrate women artists through artwork, poetry, music, and lively conversation. This engaging Unforgettable Art class invites you to explore a variety of works from female artists while sharing ideas, stories, and observations along the way. No art background is needed—just bring your curiosity and join us for a fun, interactive journey through art!



### Our Feathered Friends: Birds of Thurston County, Part 2 with Lisa

Wednesday, October 28

11:00 am - 12:00 pm | ■ OLYMPIA

Avid birder and photographer Lisa Genuit returns to the senior center to share more photos, videos and stories about birds you can find close to home. Species this time will include raptors, corvids, ducks and more. The presentation includes information about bird behavior and tips on how to identify species by sight and by ear.



## Dive Deeper with Senior Academy!

The Senior Academy offers quarterly academic courses for older adults who want to engage in academic material in a deeper way. Open to members and the general public.

Registration open now: [southsoundseniors.org/courses](https://southsoundseniors.org/courses)

## Celebrating *Diversity* October 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.

#### International Day of Older Persons Thursday, October 1

**Menu:** Chicken or Tofu, Chow Mein, Brown Rice, Stir Fry Veggies, Pineapple Chunks

**About the Day:** The United Nations (UN) selected October 1st to annually celebrate the invaluable contributions of seniors while raising awareness to the challenges of global population aging. According to the UN, this day celebrates contributions and wisdom, exposes systemic challenges and advocates for better policy.

#### National Pierogi Day Thursday, October 8

**Menu:** Potato & Cheese Pierogis (Dumplings) w/ Sauteed Onions & Sour Cream, Steamed Cabbage & Carrots, Fruit

**About the Day:** Get stuffed with one of the world's most beloved Eastern European dumplings! Boiled, fried, baked or stuffed, these delightful bursts of flavor are a great excuse to get together with friends and family.

#### World Food Day Friday, October 16

**Menu:** Herbed Fish, Baked Potato w/Broccoli, Fruit, Roll

**About the Day:** This day recognizes how innovation is transforming how food is produced and delivered to people all around the world. From sustainable farming and reducing contaminants to ensuring food is delivered on time, this day celebrates and raises awareness of the ways tech and partnership have revolutionized how we food.



### Holidays and Observances

- Global Diversity Awareness Month
- LGBTQ+ History Month
- Polish-American Heritage Month
- Filipino American History Month

October 11 - 20:  
Sharada Navaratri

- **October 1:**
  - Defenders Day (Ukraine)
  - International Day of Older Persons
- **October 2:**
  - International Day of Non-Violence
- **October 10:**
  - World Mental Health Day
- **October 11:**
  - National Coming Out Day
- **October 12:**
  - Indigenous Peoples' Day
- **October 16:**
  - World Food Day
- **October 21:**
  - International Pronouns Day
- **October 31:**
  - Halloween



### Hunger Awareness Month

World Food Day on October 16th raises awareness of hunger and malnutrition, and provides opportunities to improve healthy diets. We've dedicated the entire month of October to inspire those we can to support local food programs that benefit not only those in our community such as our very own Senior Nutrition Program, but help to feed tens of millions of households nationwide.

# Trips & Tours SHOWCASE

Friday, Oct. 16  2:00 – 3:30 pm

## ● Virgil Clarkson Lacey Senior Center

Look forward to the season ahead at our quarterly Trips & Tours Showcase! This is your exclusive chance to get a first look at the exciting destinations this spring. Join us for a presentation of the new catalog and priority registration.



### Plan Ahead!

The new Trips & Tours catalog will be available on Wednesday, Oct. 14 online and in our centers.

### Can't Make It?

Registration opens online at 5:00 pm the day of the Showcase!



## Navigating Medicare Open Enrollment: Our SHIBA Team is Here to Help!

It's that time of year again! Medicare Open Enrollment begins on October 15, making now the ideal time to review your health and prescription plan coverage.

By now, you should have received notices from your current insurance company regarding any plan changes, price adjustments, or coverage updates taking effect for the coming year. Because these details change annually, reviewing your options ensures your plan continues to meet your medical needs and budget.

You don't have to navigate these choices alone. Our Statewide Health Insurance Benefits Advisors (SHIBA) team at Senior Services for South Sound provides free, unbiased, and confidential Medicare counseling. Our trained volunteers are ready to walk you through your options and answer any questions you may have.

### Help Us Beat Phone Tag!

During Open Enrollment, our call volume increases significantly, and our volunteers often spend extra time trying to reach people who miss our callbacks. You can help us reach you faster by including your preferred days and times for a return call in your voicemail message. Knowing when you are available allows our team to get in touch on the first try! You can also email our team of volunteers at [thurstonmasonshiba.volunteers@southsoundseniors.org](mailto:thurstonmasonshiba.volunteers@southsoundseniors.org).

### Educational Presentations:

| CLASS                      | DATE       | TIME                | LOCATION                                                                           |
|----------------------------|------------|---------------------|------------------------------------------------------------------------------------|
| Medicare - Getting Started | October 7  | 11:00 am - 1:00 pm  | ZOOM                                                                               |
| Medicare - Getting Started | October 14 | 11:00 am - 1:00 pm  | Olympia Senior Center<br>222 Columbia St NW<br>Olympia, WA 98501                   |
| Medicare - Getting Started | October 15 | 10:00 am - 12:00 pm | ZOOM                                                                               |
| Medicare - Getting Started | October 15 | 11:00 am - 3:00 pm  | Mason County Senior Activities Association<br>190 W Sentry Dr<br>Shelton, WA 98584 |
| Medicare - Getting Started | October 20 | 6:00 pm - 7:30 pm   | ZOOM                                                                               |

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

## Senior Services for South Sound

Senior  
Services  
FOR SOUTH SOUND



# ROCKY HORROR BINGO

a different kind of bingo

saturday, october 24  
olympia senior center

21+ • doors open 6 pm • games start 7 pm • cash only event  
full bar • concessions • 50/50 raffle • costume contest

# UGLY Sweater BINGO

Saturday,  
December 12

*Virgil Clarkson  
Lacey Senior Center*



**Olympia Senior Center Early Closure:**  
Friday, October 9 at 2:00 pm

Thank you to our Local Partners:



LEWIS-MASON-THURSTON  
AREA AGENCY ON AGING



SUBARU

Olympia Subaru