



Greg and Lana participate in a teaser class for upcoming Drum Circles in Lacey. Check out page 6 for details on this exciting new offering!

Senior Services for South Sound

Brian's View

*A Message From
the Executive
Director*



These are not easy times for many in our community. While I embrace that we see the world as we are,

not as it is, it remains true that objective circumstances can be better or worse. Aside from any politics, **there are fewer resources flowing** from Federal, State and Local governments to support the environmental and social service work that sustains a healthy community.

I'm part of a regular gathering of fellow non-profit leaders in our community, and I have tremendous respect for their skills and dedication. **A common thread is that many are facing reduced funding and existential threats, while simultaneously having greater demand for their services.**

What this means is that more people are on the edge. Folks are on the edge financially, clearly, but I would argue there are more people on the edge about their lives and the larger picture. Here in our area, more people are being denied help because the funding that once supported them was cut. I see numerous specific local cases of reduced services and support for housing, food, business, environmental preservation and health care.

It's hard to not get into a third rail on this, and I ask you to understand that it is not my place to opine about causes here as I write on behalf of our beautiful mission.

My main point is that Senior Services for South Sound exists to enhance the quality of life for people like you and me, who age!

We meet people where they are and try to take them higher. But what if people start off lower? Then we have to reach lower, to bring people up to simply having basic nutrition. Or bring them up to having a safe, warm or cool space to socialize.

We are on the front lines of our communities; our doors are open to the public. People come into our centers with all their hopes and issues. **We are well prepared to do this work, and yet can't help but be sensitive to the trends we see and concerns we hear.**

My staff are outstanding. Our volunteers are outstanding. Our donors and community members are heroic in support of our mission. While we are not promised a rosy path in this life, it needn't be so hard for so many.

I'm grateful that so many of us still try, every day, to make life better for others.

This is especially needed at this time when more people are being denied help and are on edge. So far, funding for our mission has remained steady, and we can only hope that those capable of helping will continue to do so.



Brian Windrope, Executive Director

Enchanted Forest

FALL GALA

Senior
Services
FOR SOUTH SOUND

Join Us

Our Annual Fall Gala is October 10

Discover the magic that happens when a community comes together. You're invited to an enchanting evening of fine dining, live entertainment, inspiring stories, and silent and live auctions. Together, we'll help older adults throughout our community continue to age with dignity, independence and connection.

Sponsored by

Panorama

OlyFed
BANKING THAT'S MUTUAL



Heritage
BANK



Tickets on sale now!

\$125 Per person

Scan to purchase or visit
southsoundseniors.org/gala

Volunteer Spotlight: Denise Taylor

By Scott Schoengarth



If you walk into the Olympia Senior Center, you might think the downstairs lobby is the main attraction. But really there is so much more going on all the time! The same can be said for the Lacey Center.

and a knife and will be ready to start carving! When she retired she kept herself busy with Water Aerobics and Zumba®, but now it's all Woodcarving. Since retirement she did manage to take a few cruises, and she's also traveled all over the state of Washington. She also loves yard and estate sales, but no more traveling outside the state.

You can find Denise and the Woodcarvers at:

On the second floor, and in Lacey, you'll find a whole series of classes taking place, run mostly by volunteers. From art to Zumba®, there is definitely something for everyone! Go online to find a list of all such classes, or get the catalog at either center.

Recently I stopped by the second floor of the Olympia Senior Center to visit the **Woodcarving class**, which had close to 12 senior students working on their individual projects under the supervision of volunteer **Denise Taylor**. They're all members of the Capitol Woodcarvers Association, a non-profit organization dedicated to promoting and preserving woodcarving as an art form and traditional American handicraft.

Denise is a very interesting person. She was born in Olympia and graduated from Olympia High School in 1963 and then the Olympia Vocational Technical School. In 1965 she started work with the state, including the Highways Department, then Commerce Department and finally the Gambling Commission, which she really loved, before retiring in 1995.

She joined the Woodcarving class in 1999 and has been there ever since. Denise tells inquiring minds they'll get a pair of gloves

- Mountain Green Mobile Home Park Clubhouse
Mondays, 5:30 - 8:00 pm
- Virgil Clarkson Lacey Senior Center
Tuesdays, 8:30 - 11:00 am
- Stone Creek Wood Fired Pizza
Wednesdays, 5:30 - 8:00 pm
- Olympia Senior Center
Fridays, 8:30 - 11:00 am

The classes are fun, and the reason Denise loves volunteering at the Senior Center, as she explained quite emphatically, is the people! The staff, other volunteers and the senior students are all such wonderful people. **When I asked Denise how much longer she hopes to continue, she replied "until she dies" or at least until she turns 98!**

Denise suggests you contact Theresa Z. if you're thinking of volunteering. You can call Theresa at 360.586.6181 ext. 120 or email her at volunteers@southsoundseniors.org. **Email Denise at denise_taylor19@aol.com for more information about the class!**



Find Peace of Mind

Estate Planning Essentials Presentation

Join local estate planning attorney Susan Kirkpatrick for valuable insights to help reduce the anxiety and confusion surrounding estate planning.

Friday, September 11 • 2:00 pm

**Virgil Clarkson Lacey Senior Center
6757 Pacific Ave SE, Lacey, Wa 98501**



Pre-Registration Required

Save your spot today by scanning the code or visiting southsoundseniors.org/events

Topics include:

- Wills and Trusts
- Planning for Incapacity
- Powers of Attorney
- Health Care Directives
- Reducing Family Conflict
- Preserving Your Legacy



**Attorney Susan Kirkpatrick
Life Seasons Estate Planning, PLLC**



LifeSeasonsEstate.com

● Lacey Senior Center Activity Spotlights

🕒+ Dine Out

Tuesday, September 8
4:30 pm
The Ram
8100 Freedom Ln NE
Lacey, WA 98516

Join a group of friendly seniors for a delicious meal at our monthly Dine Out at The Ram! This month, we're trying something new: REGISTRATION! Participants must register for Dine Out by calling or visiting the Lacey reception desk by end of day Friday, September 4 so that we can make a reservation to better accommodate restaurant staff. We meet at the restaurant; everyone pays for their own meal.

Yoga for All with Sharon

Wednesdays
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

🕒+ Drum Circle with Liza

Wednesday, September 9
6:30 - 7:30 pm | ● LACEY

Grab your hand drum and head on over for an evening of facilitated rhythm making. Don't worry if you don't have your own drum! Liza has some to share, as well as small percussion items. No experience necessary.

Late Life Planning Workshop with Marty

Wednesday, September 9
1:30 - 3:30 pm | ● LACEY

Marty is beginning a new series of Late Life planning workshops on the second Wednesday of the month. Each month will have a different special presentation or topic. Be informed and supported as you navigate the challenges of late life!

🕒+ Cover to Cover Book Club: Evening Edition

Wednesday, September 23
6:30 - 8:00 pm | ● LACEY

Read the month's selection and come prepared for lively chat! This month we'll read *Jayber Crow* by Wendell Berry. Light refreshments will be provided. Participants are responsible for procuring their own copy of the book.

Double Deck Pinochle Tournament



Saturday, October 3
9:00 am - 3:00 pm | ● LACEY

Join us for our first-ever Saturday pinochle tournament! Enjoy six rounds of friendly competition, with four hands per round. Bring your own lunch and non-alcoholic drinks and get ready for a fun day at the tables! Register by September 30 online or at the Lacey reception desk. Late registrants will not be accepted!

\$20 Registration Fee

■ Olympia Senior Center Activity Spotlights

🕒+ **Legends & Lore D&D Club with Jonathan**

Tuesday, September 8

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 2024 Player's Handbook if you have one. **Pre-registration required.**

MakerSpace Tour

Wednesday, September 9

1:00 - 2:00 pm

Lacey MakerSpace

St. Martin's University, Zaverl Hall Bldg. 5

Lacey, WA 98503

Join us for a fun, behind-the-scenes tour of Lacey MakerSpace! We'll explore the facility, check out the equipment and learn how members use the tools for everything from woodworking to creative personal projects. Wear closed-toe shoes and come ready to see where creativity, curiosity and a little bit of machinery come together! **Meet at the Space at 1:00 pm. Transportation will not be provided.**

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

Wednesday, September 16

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!

Wake Up Your Glutes & Core! with Margo

Wednesdays, Sept. 16 - Oct. 7

9:30 - 10:30 am | ■ **OLYMPIA**

Strengthening the glute and core muscles improves mobility and alleviates pain caused by common conditions such as arthritis, bursitis, sciatica and herniated discs. In this weekly class you'll learn how to use focused attention and proper body mechanics to isolate and strengthen the muscles you need in order to perform daily activities with greater mobility and less pain. Bring your own yoga or exercise mat. **Pre-registration for the entire 4-week session required. Members: \$24 | Non-Members: \$32**
Members Only

🕒+ **2026 Thurston County Walk to End Alzheimer's**

Saturday, September 26

10:00 am

Heritage Park

5th Ave SW & 701 Water St SW

Olympia, WA 98501

Join us as we walk together to support the fight against Alzheimer's! The 2026 Thurston County Walk to End Alzheimer's will take place on Saturday, September 26 at 10:00 am at Heritage Park at Capitol Lake in Olympia. The walk is a great opportunity to get some fresh air, connect with our community and show support for everyone affected by Alzheimer's and dementia. **Sign up online to join our team and help us make a difference, one step at a time!**

🕒+ **Movie Night: Silver Screammers**

Wednesday, September 30

6:00 pm | ■ **OLYMPIA**

Join us for a special screening of *Silver Screammers*, a heartwarming and entertaining documentary about a group of older adults who step outside their comfort zones to create a horror film together. Expect plenty of laughter, conversation and connection as we experience this inspiring film together. **\$5 per person, with snacks provided.**

■ Olympia Senior Center Speaker Series



Unforgettable Art with Maureen

Wednesday, September 9

11:00 am - 12:00 pm | ■ OLYMPIA

We're bringing the museum to you! Celebrate the beauty and wonder of the seasons through artwork, poetry, music and lively conversation. This engaging Unforgettable Art class invites you to explore a variety of seasonal masterpieces 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!

Public Welcome



Exploring Olympia History and Issues with Janine Gates

Wednesday, September 16

11:00 am - 12:00 pm | ■ OLYMPIA

Are you new to Olympia or the South Sound? Do you want to learn more about the people and issues of our area? Come hear Janine Gates, a 43-year resident of Olympia, who will present a fascinating slideshow using historic postcards from the early 1900s, writing and photography from her blog, Little Hollywood, and excerpts from her recent book, Saving the Nisqually Delta. Janine will illustrate how much the area has changed, or hasn't changed, over the years.

Public Welcome



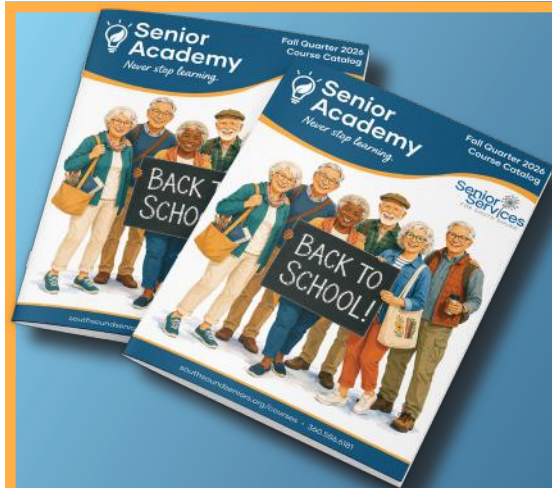
Cyber Security and Scam Prevention with Ted

Wednesday, September 23

10:00 am - 12:00 pm | ■ OLYMPIA

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

Public Welcome



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/course

Celebrating *Diversity* September 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.

Mexico Independence Day Wednesday, September 16

Menu: Pastel de Azteca with Chicken, Frijoles Puerco, Mixed Greens Salad, Melon Salad

About the Day: This day commemorates the moment when a priest named Miguel Hidalgo y Costilla called upon Mexicans to rally and fight for their independence against Spain, which would ultimately succeed in 1821. Today, thousands of Mexicans celebrate with fireworks, dancing, food and mariachi music

Mabon (Pagan Harvest Festival) Friday, September 25

Menu: Beef Cottage Pie, Oven Roasted Squash, Simmered Cinnamon Apples, Whole Wheat Roll

About the Day: Mabon celebrates the autumnal equinox and the second harvest festival, the equivalence of light and dark, the arrival of Autumn and giving thanks for the Earth's bounty. Curious? Check out the Autumn Equinox Mabon Festival at Kirkland Marina Park on September 13.



Suicide Prevention Month

September dedicates a time to remember lives lost to suicide, acknowledge the millions who have experienced suicidal thoughts and the loved ones who have been impacted. If you or someone you know is experiencing a mental health crisis, call or text 988 immediately.



Holidays and Observances

World Alzheimer's Month

Suicide Prevention and Awareness Month

Hispanic Heritage Month

September 4 - 6:
Cherokee National Holiday

September 11 - 13:
Rosh Hashanah

September 13 - 19:
National Historically Black Colleges and Universities Week

September 14 - 21:
Te Wiki o te Reo Māori

September 20 - 21:
Yom Kippur

- **September 10:**
 - World Suicide Prevention Day
- **September 14:**
 - Ganesh Chaturthi
- **September 16:**
 - Trail of Tears Commemoration Day
- **September 17:**
 - Constitution/Citizenship Day
- **September 18:**
 - National HIV/AIDS and Aging Awareness Day
 - International Equal Pay Day
- **September 21:**
 - World Alzheimer's Day
- **September 23:**
 - Mabon
 - International Day of Sign Languages
- **September 25:**
 - Native American Day
- **September 26:**
 - European Day of Languages

Senior Services for South Sound

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!

Want to learn more?

Join us and our travel partners for two upcoming presentations:

Collette Tours

■ OLYMPIA

Wednesday, September 16
1:30 - 3:00 pm

Premier World Travel

■ OLYMPIA

Monday, September 14
1:00 - 2:00 pm

See highlights, get the details and ask questions directly to Collette and Premier representatives! Registration not required, public welcome.

DRIVE CHANGE

one ride at a time

Volunteer Drivers Needed in Mason County



YOU DRIVE

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



YOU HELP

Provide rides to medical appointments
and other essential errands.



YOU MATTER

Your time helps older adults stay
connected and independent.



Senior
Services
FOR SOUTH SOUND

GET STARTED TODAY!

☎ 360.586.6181 ext. 128

✉ Volunteers@southsoundseniors.org

🌐 southsoundseniors.org/volunteer



Get Help From SHIBA This September

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

CLASS	DATE	TIME	LOCATION
Medicare - Getting Started	September 2	11:00 am - 1:00 pm	ZOOM
Medicare - Getting Started	September 9	11:00 am - 1:00 pm	Olympia Senior Center 222 Columbia St NW Olympia, WA 98501
Medicare - Getting Started	September 15	6:00 pm - 7:30 pm	ZOOM
Medicare - Getting Started	September 17	10:00 am - 12:00 pm	ZOOM
Medicare - Getting Started	September 17	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.

Senior Services for South Sound



Enchanted Forest

FALL GALA



Tickets on sale now!

\$125 Per person

Scan to purchase or visit
southsoundseniors.org/gala

October 10, 2026



ROCKY HORROR BINGO

SATURDAY, OCTOBER 24



OLYMPIA SENIOR CENTER

Ugly Sweater

BINGO

Saturday,
December 12

Virgil Clarkson
Lacey Senior Center



**IMPORTANT
INFORMATION**

Centers and administrative offices closed:

Monday, September 7 - Labor Day

Thank you to our Local Partners:



LEWIS-MASON-THURSTON
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