

Lifelong Learning

Classes, Activities, Programs and Services

Senior
Services
FOR SOUTH SOUND



Fall Quarter 2026
September 28 - January 1

Olympia Senior Center
222 Columbia Street NW
Olympia, Washington 98501
360.586.6181

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



A message from the Activities Director

Dear Friends,

As the crisp autumn air rolls off the Sound and the classic drizzle sets in, we are zipping up our fleece jackets and getting ready for a vibrant season together!

Here's a look at some of the activities we have planned for you this fall:

- **ZUMBA Gold® in Olympia:** By popular demand, we have added a ZUMBA Gold® class in Olympia Wednesdays at 11:00 a.m. Advanced registration required.
- **Wednesday Evening Programming:** Enjoy several new programs both at our centers and around town. Meet up for a trivia night, mini-golf, or D&D game at local venues or visit our centers for a movie screening, book club or Acoustic Jam night! Keep an eye on the monthly newsletters for details.
- **Senior Academy:** There's still time to register for several Senior Academy classes. See page 26 - 27 for a complete course list. Register today — space is limited!
 - Living Fully Now with Terry Taylor, Organizational Psychologist and Executive Coach
 - The Science Behind Why Things Work with Cheryl Haskins, PhD in Chemical Engineering
 - Out of the Box Creative Thinking with Janis Johnston, PhD in Psychology and author of *Transforming Retirement, Rewire and Grow your Legacy*
 - Let's Write a One Act Play with Judy Kiehart, award-winning author and speaker
 - We Were Made for These Times: Elders and the Restoration of Civic Life with John Rapano, PhD in Administration and Leadership Studies

We invite you to grab a mug of tea, pull up a chair, and connect with us this season!

Warmly,

Denise Kleinman,
Activities Director

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Services



IMPORTANT INFORMATION

Center Closures Fall 2026:

November 11:
Veterans Day

November 26 & 27:
Thanksgiving

December 24 & 25:
Christmas

January 1:
New Year's Day

■ OLYMPIA SENIOR CENTER

M-F
8:30 am - 4:00 pm
222 Columbia Street NW
Olympia, WA 98501
360.586.6181

● VIRGIL CLARKSON LACEY SENIOR CENTER

M-F
8:30 am - 4:00 pm
6757 Pacific Avenue SE
Lacey, WA 98503
360.407.3967

HOW TO REGISTER



Online

Visit our Activities page online at southsoundseniors.org/activities.



By Phone

Call 360.586.6181 (Olympia Senior Center) or 360.407.3967 (Lacey Senior Center) during normal business hours (8:30 am to 4:00 pm). MasterCard, Discover or VISA credit/debit cards accepted.



In Person

Stop by either senior center during business hours. Staff and volunteers are happy to help you get registered! MasterCard, Discover, VISA credit/debit cards, cash and check accepted.

Fees

Please be aware that some classes may require a fee to participate. These fees vary from per class to one-time. Classes with associated fees are separated under the Paid Activities section of each category and payable online or at reception desks. Fees associated with multi-week sessions are not refundable once class begins.

Contents Subject to Change

The contents of this catalog are subject to change. Class dates and times may change due to low enrollment or unforeseen circumstances. Call our centers to confirm schedule information or check our website calendar.

Limited Scholarships Available

Senior Services for South Sound welcomes ALL seniors, regardless of their ability to pay. Find out more about our scholarships by asking for a Financial Assistance Form at either center's reception desk.

WHAT'S INCLUDED with membership?



Your membership opens the door to more opportunities, savings and ways to stay connected **all year long.**

JUST
\$72
FOR A FULL YEAR
OF MEMBERSHIP!



Access to

40+

**EXCLUSIVE
ACTIVITIES**



Lower tuition on

**SENIOR
ACADEMY**



Discounts for

**TRIPS &
TOURS**



**SUPPORT THAT
MAKES A
DIFFERENCE**

Your donation helps programs and services that enhance the lives of older adults in our community.



Prefer to give throughout the year?

Your membership automatically activates once your calendar-year donations reach \$72.



Interested in becoming a Lifetime Member?

A total of \$1,200 in calendar-year donations earns Lifetime Membership.



VISIT EITHER
RECEPTION DESK



CALL
360.586.6181



VISIT
southsoundseniors.org



Move Fitness activities for all abilities.

AR ZUMBA Gold® After Hours

● LACEY

Tuesdays & Thursdays — 5:30 - 6:30 pm
with Diana & Carmen

ZUMBA Gold® After Hours is a fun energizing dance fitness program to international and Latin music. It's exercise in disguise with easy to follow steps. Just be ready to meet new friends and have fun while you move.

Advance Registration Required
(Online • Phone • In Person @ Reception)

Members Only

AR Chair ZUMBA Gold®

● LACEY

Wednesdays — 11:00 - 11:45 am
with Diana & Sharon

Chair ZUMBA Gold® is a seated, low-impact, version of the Latin inspired dance fitness program. Helping with muscle tone, coordination, flexibility and some cardio, it is ideal for folks with mobility or balance concerns who enjoy music and dance.

Advance Registration Required
(Online • Phone • In Person @ Reception)

Members Only

Explore Olympia Walkabout

■ OLYMPIA

2nd Thursdays — 10:00 am
with Betsy

Join us as we explore our town! Wear weather-appropriate clothing, sturdy walking shoes and bring a water bottle. This group walks approximately a mile and a half to two miles per walk, and sometimes there may be trip hazards, so plan accordingly.

AR Yoga for All

New Day!

● LACEY

1st & 3rd Wednesdays — 12:00 - 1:00 pm
with Sharon

A mixed-level gentle class, Yoga for All allows you to practice seated, standing, on a mat, however your body feels most comfortable.

Advance Registration Required
(Online • Phone • In Person @ Reception)

Members Only

AR Gentle Yoga

■ OLYMPIA

Mondays & Fridays — 10:30 - 11:30 am
with Candace

Tuesdays — 10:00 - 11:00 am
with Kelly

Thursdays — 10:00 - 11:00 am
with Maureen

● LACEY

Tuesdays — 11:00 am - 12:00 pm
Thursdays — 9:00 - 10:00 am
with Elizabeth

Suitable for both new and experienced yogis, gentle yoga offers a safe environment where participants can work at their own pace and ability level. Focusing on restorative and beginner poses, breathing, body awareness, relaxation and meditation, the class helps increase strength, flexibility, balance, and range of movement. Students should be able to get up and down off the floor unassisted, spend some time lying on their back and do seated work on the floor.
Bring your own yoga mat and a yoga blanket or towel.

Advance Registration Required
(Online • Phone • In Person @ Reception)

Members Only

AR Chair Yoga

■ OLYMPIA

Tuesdays — 1:00 - 2:00 pm
with Sharon

● LACEY

Mondays — 11:00 am - 12:00 pm
with Sharon

Yoga poses adapted for practice while seated on a chair. Working at your own pace and level of ability, we focus on breathing, mindful movement, flexibility and strength. Note: students may opt to stand for a portion of class.

Advance Registration Required

(Online • Phone • In Person @ Reception)

Members Only

AR Tai Chi

● LACEY

Mondays — 5:00 - 6:00 pm
with Steve

An internal Chinese martial art focusing on mental and spiritual aspects that are integrated into a series of movements, Tai Chi takes only 20 minutes a day. Tai Chi can relieve stress, promote deep breathing, help arthritis pain and more.

Advance Registration Required

(Online • Phone • In Person @ Reception)

Members Only

Dance Socials

● LACEY

Tuesdays — 1:30 - 3:30 pm
with Bert and Bill

Dance or listen to Swing Stuff, a live band who know how to get your feet moving! No partner necessary. All skill levels welcome. Coffee and snacks provided.

AR Line Dancing

● LACEY

Mondays

Beginner — 12:30 - 1:15 pm

Beginner Advanced — 1:15 - 2:15 pm

Wednesdays

Intermediate — 1:30 - 3:00 pm

Fridays

Intermediate — 12:30 - 1:30 pm

with Liz

A fun and exhilarating form of group exercise, dancers line up without a partner and follow a choreographed pattern of steps. Learn a wide variety of dances like the Electric Slide, Cha-Cha, Mambo, Rumba, Tango, Waltzes and more!

Advance Registration Required

(Online • Phone • In Person @ Reception)

Members Only

Adaptive Creative Dance

■ OLYMPIA

Thursdays — 1:00 - 2:00 pm

with Winnifred

A fun way to stay physically and mentally active while building connections with others! Using Brain Compatible Dance Education, we'll learn dance techniques adapted for a range of mobility types. Participants can take class seated, standing or with a mobility aide.

Paid Activities

Wake Up Your Glutes & Core!

■ OLYMPIA

Wednesdays, Sept. 16 - Oct. 7
9:30 - 10:30 am
with Margo

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 practice, you won't just mimic the instructor's movements, 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.

Members: \$24 | Non-members: \$32

Advance Registration Required

(Online • Phone • In Person @ Reception)

No drop-ins

ZUMBA Gold®

■ OLYMPIA

*Session 1: Wednesdays, Sept. 30 - Nov. 4

*Session 2: Wednesdays, Nov. 18 - Dec. 23

11:00 am - 12:00 pm

with Heather

● LACEY

Session 1: Tuesdays, Sept. 29 - Nov. 3

Session 2: Tuesdays, Nov. 10 - Dec. 15

9:30 - 10:15 am

with Heather

Join Heather for ZUMBA Gold®, a fun, low-impact dance fitness class designed with active older adults in mind. Enjoy easy-to-follow moves set to upbeat music while improving your balance, coordination, flexibility and cardiovascular health.

Dance at your own pace in a welcoming, supportive environment — no dance experience is needed.

***Olympia Only: Maximum of 20 participants**

Fee per session:

Members: \$36 | Non-members: \$50

Advance Registration Required

(Online • Phone • In Person @ Reception)

No drop-ins

Paid Activities Cont.

Enhance®Fitness

■ OLYMPIA

Mondays, Wednesdays & Fridays

Advanced — 8:30 - 9:30 am with Walt

9:45 - 10:45 am with Sue

Beginning — 1:30 - 2:30 pm with Beverly

● LACEY

Mondays & Fridays — 8:30 - 9:30 am &
9:45 - 10:45 am

Wednesdays — 8:30 - 9:30 am, 9:45 - 10:45
am & 3:30 - 4:30 pm
with Mitzi or Andrea

Enhance®Fitness is an evidence-based group exercise and fall prevention program helping older adults at all levels of fitness become more active, energized and empowered. This class can improve your overall health, balance, flexibility, bone density, endurance, coordination and decrease the risk of falling.

\$4 Fee per class (*EF classes may be free to you through your insurance. Call your center to find out how!*)



Tai Ji Quan: Moving for Better Balance™

■ OLYMPIA

Beginning:

Tuesdays & Thursdays — 10:30 - 11:30 am
with Walt

Olympia Only: \$4 fee per class

● LACEY

Beginning:

Mondays — 2:30 - 3:30 pm

Thursdays — 10:30 - 11:30 am
with Marie

Advanced:

Mondays — 3:30 - 4:30 pm

Thursdays — 3:00 - 4:00 pm
with Marie

This is a research-based balance training program aiming to help prevent falls by improving strength, balance, mobility and daily functioning.



Learn

Classes for curious minds.

World Geography: Come Explore!

■ OLYMPIA

Mondays — 12:00 - 1:30 pm
with Jean

With the wealth of experience and interests of class members and ample maps and videos, we explore the geography, culture, history and politics of our world. To date, we have covered most of the world and are currently exploring North America with emphasis on native cultures. When we finish this topic, we will start anew. There is no beginning or end to this class, so feel free to join in at any time (and to bring your lunch)!

Members Only

TED Talks Plus

● LACEY

4th Fridays — 12:30 - 2:00 pm
with Dyana

Technology, Entertainment and Design (TED) Talks typically consist of three presentations about cutting edge information from 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.

Members Only

Unforgettable Art

■ OLYMPIA

Wednesdays, October 14, November 25 &
December 9 — 11:00 am - 12:00 pm
with Maureen

We're bringing the museum to you! Experience the joy of seeing artwork up close and personal in this inspiring one-hour art-viewing program designed to spark conversation and connection. Enriched with music and poetry, the experience creates a multi-sensory atmosphere that deepens art appreciation.

Topics:

- October 14: Women Artists
- November 25: Veterans
- December 9: Seniors

Cooking with Chef Mary

■ OLYMPIA

3rd Tuesdays — 1:00 - 2:00 pm
with Mary

Join Chef Mary for a fun and engaging cooking class focused on nutritious meals that are both delicious and easy to prepare. Designed with seniors in mind, each session includes live demonstrations, take-home recipes, and the opportunity to sample the dishes prepared during class.

Members Only



AR 55+ AARP Smart Driver Two-Day Workshop

■ OLYMPIA

October 20 - 21 — 9:30 am - 2:00 pm
with Dan

Join Dan for this informative, engaging, two-part class. This Safe Driving Course may help you save money on your auto insurance. This is a two-day workshop limited to 20 students per class. Register in person or by phone at the Olympia Senior Center. Arrive to class at least 15 minutes early to secure a parking pass from the Parks, Arts and Recreation kiosk in the Olympia Center.

Advance Registration Required
(Phone • In Person @ Reception)

Late Life Concerns Workshops

● LACEY

NEW!

2nd Wednesdays — 1:30 - 3:30 pm
with Marty

Discussions and presentations on late life topics. See newsletters for upcoming topics.

Members Only

NW Gardening Group

● LACEY

1st & 3rd Thursdays — 1:00 - 3:00 pm
with Perry

Join gardeners and farmers for a lively conversation about Northwest gardening. This group is facilitated by a master composter and gardener, and centers around open discussion and presentations backed by scientific data.

Weekly Drop-In Meditation

■ OLYMPIA

Tuesdays — 12:45 - 1:45 pm
with Carmen

Our hour together will start with a guided relaxation meditation leading into 20 minutes of silent sitting. We will then read from contemporary Buddhist authors on the art of meditation and conclude with voluntary group introductions and mindful sharing. All activities are offered with light instruction. Suitable for beginners and advanced meditators. Inclusive and respectful. No religious affiliation required.

Paid Activities

AR 55+ Driving Workshops

● LACEY

2nd Mondays — 8:30 am - 3:30 pm
with Gerry

Join Gerry Apple in this interactive workshop covering topics such as texting, driving in bad weather, handling emergencies, freeways, reference points, what to do in the case of a collision and more! After attending, you will receive a certificate that can apply a 5 to 10% discount on your auto insurance over a two-year period.

\$20 Fee per class

Advance Registration Required
(Phone • In Person @ Reception)

Minimum 6 and Maximum 15 students.



Create Art, music and writing.

Yarn Magic

■ OLYMPIA

Thursdays — 2:00 – 4:00 pm

Bring your crochet or knitting and share tips and techniques with others! Please bring your own yarn and crochet hooks or knitting needles. Come and make something beautiful!

Members Only

Needlecraft/Tatting Group

● LACEY

Tuesdays — 12:00 – 2:00 pm
with Patti

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

Woodcarving

■ OLYMPIA

Fridays — 8:30 – 11:00 am
with Denise

Wednesdays (Beginning Nov. 4) —
5:30 – 8:00 pm
with Frank

NEW!

● LACEY

Tuesdays — 8:30 – 11:00 am
with Denise

Learn the skill and art of woodcarving. Find out about the type of tools involved before you buy any. All skill levels are welcome!

Members Only

Watercolor Group

● LACEY

Mondays — 1:00 – 3:00 pm
with Michael

Open to anyone interested in watercolor painting. Please bring your own supplies and projects. This is a synergistic group and not an instructional class.

Members Only

Art Mixed Media

● LACEY

Tuesdays — 1:00 – 3:00 pm
with Joan

Express yourself artistically through a variety of mixed art forms – pencils, pens, watercolor, acrylics, yarn, string, etc. While there is no formal instruction, there is a lot of helpful guidance, friendship and exchanging of ideas.

Members Only

AR Drawing 101

NEW!

● LACEY

Fridays — 9:00 – 11:00 am
with Mike

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

Bring: 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

Reader's Theater Unlimited

■ OLYMPIA

with Maggie

Group Meetings

1st Mondays — 1:00 - 3:00 pm

Rehearsals & Skill Building

Tuesdays — 12:00 - 4:00 pm

Script Readings & Discussion

2nd & 4th Mondays — 1:00 - 3:00 pm

Come find out what Reader's Theater Unlimited is all about! Act without the necessity of memorizing lines, join our backstage crew, or find a support role that fits you. We perform one-act or brief adaptations of longer productions three times a year at various senior facilities in the area. No acting experience necessary! Plenty of fun awaits you.

Members Only

Read a Play

■ OLYMPIA

1st & 3rd Wednesdays — 12:30 - 3:00 pm
with Judy O.

If you have looked for a book, a script, a DVD or YouTube video because you saw or plan to see a play or a movie—this group is for you. We read play scripts just for fun. No theater experience is necessary. We use paper scripts and a digital screen to read out loud to one another to bring scripts to life. Members suggest scripts and may volunteer to facilitate a script. Judy Oliver will coordinate script selection and readings.

Members Only

Fly Tying

● LACEY

Wednesdays — 12:45 - 3:00 pm
with Group

All levels are welcome. Bring your own fly tie project to work on while you socialize with others interested in this sport.

Members Only

Music Mending Minds

■ OLYMPIA

Thursdays — 12:30 - 2:00 pm
with Eileen & Bob

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!

Lacey Ukulele Ohana

● LACEY

Thursdays — 6:00 - 7:30 pm
with Carole

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 and we will play, eat and sing together.

Ukulele Group

■ OLYMPIA

Thursdays — 1:00 - 4:00 pm

This is an ongoing, relaxed-paced, interactive group of advanced-beginner (7+ chords), intermediate and advanced ukulele players. We play songs from many genres and share tips while playing at our own skill levels and progressing at our own pace. Our group is about creating a safe, warm, comfortable and fun place to play, feel a sense of connection and a feeling of "participation," not "perfection." We play songs from our own Music Book and members also bring in songs for the group to play. Bring a ukulele, tuner, pencil and paper, and a music stand if you have one.

Members Only

Drum Circle

NEW!

● LACEY

1st Fridays — 2:00 - 3:00 pm
with Liza

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

Members Only

Sing Along with Brighter Days

● LACEY

Fridays — 1:00 - 2:00 pm
with Peggy

Come sing familiar songs and learn a few new ones! Each week we sing a variety of classics and folk songs accompanied by piano and/or guitar. Song sheets provided.

Open Writing Group

NEW!

■ OLYMPIA

Tuesdays — 12:00 - 1:30 pm
with Catherine

Join the Open Writing Group for a casual creative gathering to write and share prose, poems, memoirs, stories, or essays. Each week prompts are provided to help spur creativity but each participant can choose to use the prompt or not. After writing for a half hour, we have the opportunity to share our writing with the group, although this is optional. It's a wonderful opportunity to be creative and meet other people who enjoy writing.



Memoir Writing Class

● LACEY

Wednesdays — 3:00 - 4:00 pm

Fridays — 10:00 am - 12:00 pm
with Carol

This popular class will be led by class members in rotation. Learn how to let your written words become an heirloom for generations to come.

Advance Registration Required

(Online • Phone • In Person @ Reception)

Members Only

No drop-ins



Connect Gatherings and discussion.

Speaking of Transitions - Navigating the Journey of Retirement and Aging

■ OLYMPIA

1st Thursdays — 1:30 - 3:00 pm
with Edwin

This group explores the most common issues people deal with in aging and retirement: living location, living companion(s) if any, finances, health and personal/social connections. Our purpose is to discuss this information together, so we can learn from each other. What's YOUR story? Facilitated by a former college career counselor.

Owning the Age I Am

● LACEY

1st Wednesdays — 1:30 - 3:30 pm
with Marty

Come listen, learn and share. An ongoing discussion for persons in later 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.

Laughing Circle

■ OLYMPIA

Fridays — 10:30 - 11:30 am

Come share some joy at our Laughing Circle—a lighthearted, welcoming gathering focused on laughter, relaxation and connection. No jokes or experience required; we'll lift our spirits, reduce stress, and enjoy the many health benefits of laughing together.

Story Circle

■ OLYMPIA

Mondays — 11:00 - 11:45 am
with Candy

Each participant will have up to 10 minutes to share a story from their own life. Rather than performance storytelling, this gathering focuses on authentic connection, reflection, and understanding. A new theme will guide each month's stories, and whether you choose to share or simply listen, you are welcome to participate at your own comfort level.

Current Issues

■ OLYMPIA

Tuesdays — 10:00 - 11:30 am
with Alberta

Discussion of world, national, state and local issues. Add to your knowledge, broaden your perspectives and recognize diversity of viewpoints while examining positions and comments of public figures.

Coffee and Conversation

● LACEY

Thursdays — 9:30 - 11:00 am
with Joe

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

Intercambio Cultural

■ OLYMPIA

3rd Thursdays — 10:30 am - 11:30 am
with Scott

Join us for a welcoming cultural exchange gathering where culturally curious seniors and Spanish-speaking community members can come together to share stories, music, traditions, food, language, and friendship. No special experience or fluency in Spanish is needed — just curiosity, kindness, and an interest in connecting with others. For more information contact Scott at 360.704.9900.

Korean Elders

● LACEY

Wednesdays — 9:30 am - 1:15 pm
with Mansoun

Group meets to socialize, exercise, laugh and share lunch.

Members Only

French Conversation

● LACEY

Mondays — 10:00 - 11:00 am
with Josie

Join us for fun conversation in this casual setting. Josie will facilitate conversation. No specific course structure, just come for a great chat!

Conversaciones en Español

■ OLYMPIA

Wednesdays — 10:30 - 11:30 am

● LACEY

Tuesdays — 2:00 - 4:00 pm
with Juan

¡Hola amigos! Ready to spice up your language skills? Whether you're a fluent speaker or just starting out, everyone's welcome! This isn't a language class—it's a vibrant opportunity to immerse yourself in Spanish conversation. Don't miss out!

Open Book Club

● LACEY

3rd Wednesdays — 1:30 - 3:00 pm
with the Lacey Timberland Library Staff

Attention readers and audio book listeners! Come join a member of the Timberland Library staff for a group discussion on what you've been reading or listening to. Bring at least one title to talk about and leave with a list of new recommendations!

Senior Reads Book Club

■ OLYMPIA

3rd Thursdays — 10:00 am

Join us for our monthly book club! Each month we'll meet to discuss our chosen book.

- October 15: *A Place for Us*,
Fatima Farheen Mirza
- November 19: *Station Eleven*,
Emily St. John Mandel
- December 17: Share your favorite
quote or short passage.

Cover to Cover Book Club **NEW!**

● LACEY

4th Mondays — 2:30 - 3:30 pm
with Liza

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

- October 26: *Jayber Crow*,
Wendell Berry
- November 23: *Circe*,
Madeline Miller
- December 28: *Everything Sad is Untrue*,
Daniel Nayeri

Members Only

Discover, Explore, **CONNECT** with Trips & Tours

Make memories and lasting
friendships by traveling with us.
From arts and cultural events to
sports, scenic hikes and food tours,
there's something for everyone!
Book your next adventure at
southsoundseniors.org/trips-tours


**Senior
Services**
FOR SOUTH SOUND



Paid Activities

LGBTQ+ Lunch Bunch

■ OLYMPIA

2nd Tuesdays — 11:30 am - 12:15 pm
with Sound Alliance for Older LGBTQ+

● LACEY

Last Tuesdays — 11:30 am - 12:15 pm
with Sound Alliance of Older LGBTQ+

Sponsored by Sound Alliance for Older LGBTQ+, this monthly lunch gathering celebrates everyone from every walk of life. Look for the rainbow table cloth. Suggested donation of \$4 - \$8 for adults 60 or older. \$13 for guests under 60.

AR Let's Do Lunch!

■ OLYMPIA

4th Tuesdays — 11:30 am

October 27: The Leaning Maple
111 Washington Street NE
Olympia, WA 98501

November 24: State & Central
1415 State Ave NE
Olympia, WA 98506

December 22: Mi Luna
1023 Capitol Way S
Olympia, WA 98501

Let's Do Lunch is a monthly opportunity for seniors to gather, socialize, and enjoy a meal together at a local restaurant. Each month the group meets at a different spot, giving participants a chance to explore local dining while spending time with friends old and new.

Pay for your own meal

Advance Registration Required

(Phone • In Person @ Reception)

AR Dine Out

■ OLYMPIA

2nd Thursdays — 5:00 pm

October 8: Octapas Cafe
610 Water St SW
Olympia, WA 98501

November 12: Vino Mar Bistro
501 Columbia St NW
Olympia, WA 98501

December 10: Uptown Grill
514 Capitol Way S
Olympia, WA 98501

● LACEY

2nd Tuesdays — 4:30 pm

October 13: Taqueria y Mas Mi Pueblo
7839 Martin Way E
Olympia, WA 98516

November 10: Budd Bay Cafe
525 Columbia St SW
Olympia, WA 98501

December 8: Martin Way Diner
2423 4th Ave E
Lacey, WA 98506

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

Pay for your own meal

Advance Registration Required no later than two business days before the event.

(Phone • In Person @ Reception)



Play Classic card and board games.

Chess Essentials

● LACEY

Wednesdays — 1:00 - 3:00 pm
with Perry

Learning chess is fun, but Perry makes it revolutionary! Already know how to play? Come enjoy some great competition!

Members Only

Euchre Group

■ OLYMPIA

Wednesdays — 12:00 - 4:00 pm

Come and play the fun card game of Euchre at the Olympia Senior Center!

Members Only

Party Bridge

■ OLYMPIA

Mondays — 1:00 - 3:00 pm
with Sandy

Come play with us! This is not an instructional class, but a group for experienced players only.

Members Only

Scrabble

■ OLYMPIA

Wednesdays — 10:00 am - 12:00 pm

Why did the dictionary feel so popular? Everyone wanted to play Scrabble with it! This relaxed, low-stress Scrabble group welcomes all skill levels and focuses on friendly play, light brain exercise, and great company—no pressure, just good words and even better laughs.

Members Only

Hand and Foot

■ OLYMPIA

Fridays — 11:30 am - 4:00 pm

Hand and Foot is a fun, easygoing card game played with teams and multiple decks, similar to Canasta. Players work together to build sets and enjoy a bit of strategy. This low-pressure game is perfect for both beginners and experienced players, with a friendly pace and a focus on social connection rather than competition.

Members Only

Pinochle (Single Deck)

■ OLYMPIA

Thursdays — 12:30 - 4:00 pm

● LACEY

Tuesdays — 12:30 - 3:30 pm
Fridays — 9:00 am - 12:00 pm
with Bev & Debbie

Join us for pinochle and fun. These groups continue to grow and players have a wonderful enthusiasm for the game. All levels of play are welcome.

Members Only

Double Deck Pinochle

● LACEY

Wednesdays — 9:00 am - 12:00 pm
Thursdays — 12:30 - 3:30 pm
with Sam & Helen

Join Sam and Helen for a lively game of Double Deck Pinochle, where the stakes are high, and the fun is even higher. Whether you're a seasoned player or new to the game, all levels are welcome to enjoy this dynamic version of a classic card game!

Members Only

Rummikub

■ OLYMPIA

Wednesdays — 11:30 am - 3:30 pm

Come play Rummikub with us at the Olympia Senior Center! It's a lively game that's easy to learn and hard to put down. Whether you're a seasoned pro or brand new, you'll fit right in—just pull up a chair and join the fun. Expect a little friendly competition, plenty of good conversation, and maybe even a winning streak or two!

Members Only

Cribbage

■ OLYMPIA

Mondays — 12:00 - 4:00 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 are welcome.

Members Only

Mah Jongg (American Rules)

■ OLYMPIA

Wednesdays — 1:00 - 4:00 pm
with Peggy

● LACEY

Fridays — 1:00 - 4:00 pm
with Ellin

Play American Mah Jongg following the National Mah Jongg League of New York rules. Studies have shown that mah jongg is a great game for keeping the mind sharp and it is recommended as a means of keeping brains in good health. This is a group for experienced players only.

Members Only

Mah Jongg (Chinese Rules)

● LACEY

Tuesdays — 9:00 am - 12:00 pm
with Marie & Ruth

Discover the joy of Chinese Mah Jongg in this fun and supportive group for beginners. Learn the basics, build your skills and enjoy connecting with others over this timeless game!

Members Only

AR Legends & Lore D&D Club

■ OLYMPIA

2nd Tuesdays — 5:00 - 7:00 pm
Meets at Game Freaks
625 Black Lake Blvd SW Ste 373
Olympia, WA 98502
with Jonathan

NEW!

Embark on epic adventures, solve mysteries and create unforgettable stories with the Legends & Lore Dungeons & Dragons Club! Whether you're a seasoned adventurer or brand new to the game, you'll find a welcoming group ready to teach the game and share in the fun. Bring dice and a 2014 Player's Handbook if you have one. Get ready for an evening of adventure, strategy and new friendships!

Advance Registration Required

(Online • Phone • In Person @ Reception)



DOUBLE DECK PINOCHLE TOURNAMENT

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!

\$20

REGISTER BY SEPTEMBER 30

Register online or at the Lacey reception desk.

Late registrants will not be accepted!

southsoundseniors.org/tournament



**SATURDAY,
OCTOBER 3**



9:00 am - 3:00 pm



**Virgil Clarkson
Lacey Senior Center**

**Senior
Services**
FOR SOUTH SOUND 



Support Services for body and soul.

Blood Pressure Checks

● LACEY

Mondays — 10:30 - 11:30 am

Please call to confirm the nurse is on-site on days indicated.

Food Bank and Commodities Distribution

■ OLYMPIA

3rd Fridays — 10:30 - 11:30 am

Food Bank for low-income seniors. Must sign-up with the Thurston County Food Bank when you arrive.

Free Notary Services

■ OLYMPIA

2nd & 4th Mondays — 1:00 - 2:00 pm
with Joceile

● LACEY

1st Mondays — 1:00 - 2:00 pm
with Joceile

Free Notary Services are available for senior center participants needing assistance with basic document notarization. This service offers a convenient, low-stress way to take care of important paperwork in a supportive environment. Please bring a valid photo ID and unsigned documents.

Tech Help

■ OLYMPIA

Wednesdays — 10:30 am - 1:30 pm
with Melinda

Fridays — 12:30 - 2:00 pm
with Jeff

3rd Thursdays — 10:00 am - 12:00 pm
with Rich

● LACEY

Tuesdays — 10:00 - 11:00 am
with Jeff

1st Thursdays — 10:00 am - 12:00 pm
with Rich

Need tech support? Don't let those digital dilemmas hold you back—swing by and let our experienced volunteers untangle the tech for you!

AR Haircuts

■ OLYMPIA

1st & 3rd Wednesdays & Fridays —
10:00 am - 3:00 pm
with Lisa

● LACEY

1st & 3rd Mondays — 12:30 - 3:30 pm
with Lisa

Our centers offer convenient haircuts in a welcoming and relaxed environment. Services are provided by Lisa who understands the needs and preferences of older adults. We're here to help you look and feel your best. Appointments are easy to schedule - just contact our front desk!

Advance Registration Required
(Phone • In Person @ Reception)



AR Nail Care for Feet

■ OLYMPIA

1st & 3rd Fridays — 9:00 am - 3:00 pm
with Julie, RN

● LACEY

2nd Fridays — 9:00 am - 3:00 pm
with Julie, RN

This is a medically-based routine Foot Care service provided by a Podiatry-Trained Registered Nurse. The service provided focuses on health and comfort rather than cosmetic treatment. Sessions address conditions such as misshapen nails, as well as other nail or skin concerns arising from bunions, hammer toes, and improper footwear. Routine Foot Care offers professional, compassionate attention to help keep your feet healthy and well-cared for. Please bring a seat cushion if you would like. Appointments can be made by calling the reception desk of the location you would like to receive care.

Members Only

Advance Registration Required
(Phone • In Person @ Reception)

Threadworks!

● LACEY

1st Wednesdays — 12:00 - 2:00 pm
with Kim

Kim will help you mend, patch, darn and sew on that wiggly button to extend the life of your favorite clothes.

Drop-ins only. Services are first-come-first-served. Limit of two items per person.

1:1 Late Life Planning

● LACEY

Wednesdays — 10:00 am - 12:00 pm
with Marty

One-on-one appointments with Marty to help you navigate all the planning that later life requires.

Death Café

■ OLYMPIA

2nd Wednesdays — 2:00 - 4:00 pm
with Glenn

● LACEY

4th Thursdays — 2:00 - 4:00 pm
with Glenn

Death Café is a welcoming space to drink tea, enjoy treats, and have open, agenda-free conversations about death and living well. It's a group discussion, not a grief support or counseling session, offered in a confidential, respectful environment.

Low Vision Support Group

■ OLYMPIA

1st Thursdays — 1:00 - 2:00 pm
with Clair

New time!

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

Bereavement Support Group: Life After Loss

■ OLYMPIA

4th Fridays — 2:00 - 3:30 pm
with Jill and Kathleen

● LACEY

2nd Fridays — 2:00 - 3:30 pm
with Jill and Kathleen

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. To learn more, please contact:
EssentialSpiritCounseling@protonmail.com

ALS Support Group

■ OLYMPIA

2nd Tuesdays — 11:00 am - 1:00 pm
with Caryn

This support group will lift up those struggling with ALS and those with loved ones living with ALS.

Parkinson's Disease Support Group

■ OLYMPIA

Wednesdays — 10:00 am - 12:00 pm
with Diane

Private meeting room available for caregiver discussion. For more information please contact Diane Hutchins
genneken22@gmail.com

Dementia Caregiver Support Group

● LACEY

1st Mondays & 1st Fridays — 12:30 - 2:00 pm
with Jennifer, MSW

This support group will lift up Caregivers of those with all forms of dementia, providing the type of support these unsung heroes need and deserve. Jennifer is extremely well versed in leading this group, with years of experience working with those with memory loss, dementia, and Alzheimer's.

AL-Anon Support Group

■ OLYMPIA

Wednesdays — 12:30 - 1:30 pm

AL-Anon is a supportive group for people whose lives have been affected by someone else's drinking. In a welcoming and confidential setting, participants share experiences, strength, and hope while learning healthy ways to cope and care for themselves. This peer-led meeting offers understanding, encouragement, and connection for anyone seeking support.

Brain Injury Alliance of WA Meetings

● LACEY

1st Tuesdays — 6:00 - 8:00 pm
with Dr. Laura

For those interested in learning about brain injuries, along with others who may be coping with or caring for a person who suffers from one.



Veterans and First Responders Support Group

● LACEY

1st & 3rd Wednesdays — 6:00 pm
with Spike

This fellowship group is for Veterans, First Responders, and Active-Duty Military members who want an honest, supportive space to talk about how they're doing. You're welcome to give and receive support, make new connections and explore your thoughts related to your Military or First Responder experiences. This is not therapy or a substitute for medical or psychiatric care, just a safe place to listen, share and be heard. The facilitator will guide the discussion and offer resources when needed.

Caring for the Caregiver

■ OLYMPIA

2nd Tuesdays — 2:00 - 3:00 pm

New Day!

Caring for someone else can be really rewarding—but it can also wear you out. This group isn't about the day-to-day caregiving tasks—it's about taking care of you. Come share, swap ideas for managing stress, and find support for your own physical and emotional well-being in a relaxed, welcoming space.



MAKE A DIFFERENCE in Mason County

**Volunteer Drivers and
Shelton Kitchen Volunteers
Urgently Needed**

GET STARTED TODAY!



Volunteers@southsoundseniors.org



southsoundseniors.org/volunteer



Senior Academy

What is Senior Academy?

Great question! Senior Academy offers quarterly academic-style courses for those who want to engage with material in a deeper way. Classes are all taught by instructors who have years of experience. Some are retired professors; others have been researching their topics for decades! When you sign up for Senior Academy classes, you can expect to not only learn something new, but also connect with others who share your enthusiasm for lifelong learning.

Do I need to be a member?

No! Senior Academy classes are for everyone. However, members receive discounted pricing on all classes. Learn more about membership on page 5.

How do I register for classes?

There are three ways to register for Senior Academy: Online, by phone or in-person at our center reception desks.

Where are Senior Academy classes held?

All classes are held at the Olympia Senior Center.

Better Body, Better Mind

Thursdays, September 3 - October 8
10:00 am - 12:00 pm
with Margo Benedetto

Build physical and emotional balance, strength and flexibility through movement and mindfulness.

Members: \$120 | Non-Members: \$150

Geopolitics from Globalization to BRICS

Tuesdays, September 8 - November 10
2:00 - 4:00 pm
with Bruce Lerro

Explore global conflicts, political and economic power, and the rise of BRICS through key geopolitical theories.

Members: \$180 | Non-Members: \$225

The Writing Spa

Wednesdays, September 23 - November 4
2:00 - 4:00 pm
with Anne Hansen

Strengthen your writing voice and confidence through playful exercises, creative practice and gentle feedback.

Members: \$140 | Non-Members: \$175

★ Limited to 10 students

Out of the Box Creative Thinking

Tuesdays, September 29 - November 3
2:00 - 4:00 pm
with Janis Johnston

Rediscover your creativity through engaging exercises, new perspectives and a growth mindset.

Members: \$120 | Non-Members: \$150



The Science Behind Why Things Work

Wednesdays, September 30 – November 4
10:30 – 11:30 am
with Cheryl Haskins

Discover the fascinating science behind everyday life through engaging discussions and hands-on experiments.

Members: \$60 | Non-Members: \$75

Let's Write a One Act Play

Thursdays, October 1 – November 5
1:00 – 3:00 pm
with Judith Kiehart

Collaborate to create characters, dialogue and story while writing and performing an original one act play.

Members: \$120 | Non-Members: \$150

We Were Made for These Times

Mondays, October 5 – November 9
2:00 – 4:00 pm
with John Rapano, Ph.D.

Explore how elder wisdom, lived experience and intergenerational connection can help strengthen civic life and community.

Members: \$120 | Non-Members: \$150

Money: What is it, Anyways?

Thursdays, October 8 – November 12
2:00 – 4:00 pm
with Tom Womeldorff

Find out how money works, from cash and credit to interest rates, global currencies and cryptocurrency.

Members: \$120 | Non-Members: \$150

Following Your Intuition

Thursdays, October 22 – December 3
2:00 – 3:30 pm
with Denise Kinney

Explore and strengthen your intuition through weekly exercises, shared experiences and new ways of knowing.

Members: \$90 | Non-Members: \$112

Living Fully Now™

Mondays, November 2 – December 7
4:00 – 6:00 pm
with Terry Taylor

Reconnect with your strengths, purpose and possibilities while creating a meaningful vision for your next chapter.

Members: \$210 | Non-Members: \$265

For full class descriptions, check out the Senior Academy course catalog! Available online at southsoundseniors.org/courses and our center reception desks.



Senior Services All Programs



Community Dining

All Centers

This program offers those 60 or older a lunch for a suggested donation of \$4 - \$8 per meal, depending on ability to give. Guests under 60 are welcome to enjoy a lunch at the cost of \$13 per meal. Visit our website for our monthly menu!

OLYMPIA: Weekdays, 11:45 am to 12:15 pm
Olympia Senior Center
222 Columbia St NW
Olympia, WA 98501

LACEY: Weekdays, 11:45 am to 12:15 pm
Virgil Clarkson Lacey Senior Center
6757 Pacific Ave SE
Lacey, WA 98503

SHELTON: Weekdays, 11:45 am to 12:15 pm
Shelton United Methodist Church
1900 King St
Shelton, WA 98584

TUMWATER: Weekdays, 11:45 am to 12:15 pm
Tumwater Old Town Center
215 North 2nd Ave SW
Tumwater, WA 98512

ROCHESTER: Wednesdays & Fridays,
11:00 to 11:30 am
Rochester United Methodist Church
18206 Corvallis St SW
Rochester, WA 98579

TENINO: Mondays & Tuesdays,
11:30 am to 12:00 pm
Quarry House
319 Park Ave
Tenino, WA 98589



Meals on Wheels

Delivers meals to the homes of eligible seniors aged 60 and over who live in Thurston and Mason counties. Contact Senior Nutrition Program Director at 360.586.6181 ext. 124 or email snpdirector@southsoundseniors.org



Brighter Days Adult Day Program

Affording adults with cognitive and physical challenges the opportunity to spend time in a safe, fun and nurturing environment. Trained staff provide personal care and engaging activities while caregivers enjoy respite time. Contact Brighter Days Program Manager at 360.407.3967 ext. 207 or email brighterdays@southsoundseniors.org



Home Share

Matching people in need of housing with individuals who can provide it! Providers and seekers benefit from home sharing through reduced housing expenses, companionship and the ability to age in place. Contact Home Share at 360.586.6181 ext. 136 or email homeshare@southsoundseniors.org



Inclusion

Available for seniors with developmental disabilities. This program offers a variety of engaging activities throughout the week. Contact Inclusion Coordinator at 360.586.6181 ext. 102 or email inclusion@southsoundseniors.org



Pet Assistance for Low-Income Seniors (PALS)

The Pet Assistance for Low-Income Seniors program helps seniors cover vet bills, saving them from the heartbreaking choice between their own health and their beloved pet's. Contact PALS at 360.586.6181 ext. 131 or email pals@southsoundseniors.org



SHIBA (Statewide Health Insurance Benefits Advisors)

State Health Insurance Benefits Advisors advise on Medicare questions and explain the many options available. This is a free program of the Office of the Insurance Commissioner staffed by volunteers that provides unbiased and confidential information about Medicare and other health insurance. See our monthly Newsletter for schedules of in-person and online SHIBA presentations or visit our website for more information. Contact SHIBA at 360.586.6181 ext. 134, or email shiba@southsoundseniors.org



Transportation

The Transportation Program offers seniors aged 60 and above with rides to medical appointments and/or essential errands, such as grocery shopping, visits to the pharmacy. Rides are available Monday through Friday from 8:00 am to 5:00 pm, excluding holidays. To inquire about eligibility or to arrange an appointment, please email or call. Please call us at least two weeks prior to your appointment or errand to better facilitate a ride. Schedule a ride or request more information at 360.586.6181 ext. 128 or email transportation@southsoundseniors.org



Trips & Tours

Our travel programs offer something for everyone, including nature excursions, baseball games, theatrical productions, international adventures and more. Pick up a Trips & Tours catalog at either center today or explore and book a trip right on our website! Contact Trips & Tours at 360.586.6181 ext. 126 or email trips@southsoundseniors.org



Well Check

This free phone assurance program pairs older adults with trained volunteers for weekly check-in calls. Whether you're feeling isolated or just enjoy a good conversation, Well Check offers emotional support, genuine connection and someone who cares. Contact Well Check at 360.586.6181 ext. 120 or email wellcheck@southsoundseniors.org



Budd Bay Bargains

Our thrift shop accepts gently used clothing, jewelry, home décor and more for resale. All proceeds help fund programs and services that support seniors in our community.



Volunteer With Us!

Volunteers are a vital part of everything that Senior Services does, and we could not pursue our mission without a great many people generously giving their time, skills, and energy to improve the quality of life for people as they age in Thurston and Mason Counties. We offer a variety of volunteer opportunities. There's something for everyone! Fill out an application online at southsoundseniors.org/volunteer or email volunteers@southsoundseniors.org

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

30



= Advance Registration Required | Dates and times are subject to change.

1:1 Late Life Planning	23	Meditation, Weekly Drop-In	11
Adaptive Creative Dance	7	Memoir Writing Class	14
AL-Anon Support Group	24	Music Mending Minds	13
ALS Support Group	24	Nail Care for Feet	23
Art Mixed Media	12	Needlecraft/Tatting Group	12
Bereavement Support Group	24	Notary Services, Free	22
Blood Pressure Checks	22	Owning the Age I Am	15
Book Club, Cover to Cover	17	Parkinson's Disease Support Group	24
Book Club, Open	16	Party Bridge	19
Book Club, Senior Reads	16	Pinochle, Double Deck	19
Brain Injury Alliance of WA Meetings	24	Pinochle (Single Deck)	19
Caring for the Caregiver	25	Read a Play	13
Chess Essentials	19	Reader's Theater Unlimited	13
Coffee and Conversation	15	Rummikub	20
Conversaciones en Español	16	Scrabble	19
Cooking with Chef Mary	10	Sing Along with Brighter Days	14
Cribbage	20	Speaking of Transitions	15
Current Issues	15	Story Circle	15
Dance Socials	7	Tai Chi	7
D&D Club, Legends & Lore	20	Tai Ji Quan	9
Death Café	23	Tech Help	22
Dementia Caregiver Support Group	24	TED Talks Plus	10
Dine Out	18	Threadworks	23
Drawing 101	12	Ukulele Group	14
Driver Workshop, 55+ AARP Smart	11	Ukulele Ohana, Lacey	13
Driving Workshops, 55+	11	Unforgettable Art	10
Drum Circle	14	Vets/First Responders Support Group	25
Enhance®Fitness	9	Wake Up Your Glutes & Core	8
Euchre Group	19	Watercolor Group	12
Explore Olympia Walkabout	6	Woodcarving	12
Fly Tying	13	World Geography: Come Explore!	10
Food Bank	22	Writing, Open Group	14
French Conversation	16	Yarn Magic	12
Haircuts	22	Yoga, Chair	7
Hand and Foot	19	Yoga for All	6
Intercambio Cultural	16	Yoga, Gentle	6
Korean Elders	16	ZUMBA Gold®	8
Late Life Planning Workshops	11	ZUMBA Gold® After Hours	6
Laughing Circle	15	ZUMBA Gold®, Chair	6
Let's Do Lunch!	18		
LGBTQ+ Lunch Bunch	18		
Line Dancing	7		
Low Vision Support Group	23		
Mah Jongg (American Rules)	20		
Mah Jongg (Chinese Rules)	20		



Thank you to our Local Partners:



LEWIS-MASON-THURSTON
AREA AGENCY ON AGING



SUBARU

Olympia Subaru

