



WE WENT
Over
EDGE
SENIORS

June 28, 2025



Brian's View

A Message From the Executive Director

Recently I attended an event put on by the United Way of

Thurston County where we were presented with the latest information about ALICE households in our area. **ALICE is an acronym for Asset Limited, Income Constrained, Employed.** These are households that earn more than the Federal Poverty Level, but less than the basic cost of living for an area. An unfortunate characteristic of the Federal Poverty Level is that it is uniform all over the nation. Well, that's absurd, as **the cost of living in Kansas is not the same as Seattle.** So the ALICE threshold is more useful because it changes based on the actual cost of living in any community.

Here's an eye-opening statistic that I learned: **44% of seniors 65 and older in Thurston County live at the ALICE threshold or below. This means they are barely able to afford necessary living expenses like rent or housing, food, health care and transportation.** We know many of these people here through our work. They are living at the financial margins of survival. Although the ALICE system applies to people still working, it works the same for people living on fixed incomes like Social Security or retirement savings.

44% is close enough to call it half. **Half of area seniors 65 and over are living**

at the edge of financial survival.

That number for Thurston County, for a single adult 65+, is estimated by ALICE calculations to be \$40,260 a year. That works out to \$3,355 a month. **Think of living on Social Security alone, when the average payment in WA State is about \$2,100, which means about half receive less than that.** We know of seniors trying to live on \$1,500 a month, where housing takes up most of it.

I'm pointing this out because **it should be of concern to all of us that it's not only working-age people struggling to raise kids and make ends meet, but also seniors who have already worked all their lives and are now living on fixed incomes. Seniors are least able to make changes in their situations, or take a second job! What does it look like for a senior to face homelessness?** We know all too well.

Here at Senior Services, we provide free, nutritious lunches every day. For some who are facing hunger and lack of income, we provide additional meals to take with them. We open our Centers every weekday as warm/cool safe places to enjoy life and meet friends. **We do all we can to improve the quality of life for people as they age.** While we do what we can locally, our nation has much work to do to foster healthy families who can pay their bills and prevent seniors from falling through the cracks into hunger, poor health and homelessness.

A handwritten signature in blue ink, reading "Brian Windrope".

Brian Windrope,
Executive Director

WE WENT Over the EDGE of SENIORS

June 28, 2025

Hanging Out for a Good Cause

On Saturday, June 28, more than 20 brave individuals rappelled down a four-story building in Huntamer Park to not only raise critical funds for seniors in our community, but to show that **age is just a number!**

Together, they raised over **\$45,000** to support our vital programs and services!

The day was filled with laughter, community and an incredible sense of accomplishment. We extend our heartfelt thanks to our fearless rappellers, our generous sponsors Senior Action Network, Olympia Orthopaedic Associates and The Hub at Lacey, and the amazing volunteers and staff who made it all possible.

Whether cheering from below or hanging from the ropes above, everyone helped prove: **seniors can do anything.**

It's not too late, support us
without leaving the ground!
Scan the code or visit
southsoundseniors.org/ote



Senior Services for South Sound



About SHIBA

Every month our SHIBA program (Statewide Health Insurance Benefits Advisors) trained volunteers are available to help you understand the Medicare program.

If you are new to Medicare or have been on Medicare for some time, feel free to contact us at our message line at 360.586.6181 ext. 134 and a volunteer advisor will return your call, usually within two business days, or sooner.

SHIBA presentations in July

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

CLASS	DATE	TIME	LOCATION
Medicare - Getting Started	July 2	11:00 am to 1:00 pm	ZOOM
Medicare - Getting Started	July 9	11:00 am to 1:00 pm	Olympia Senior Center
Medicare - Getting Started	July 17	11:00 am to 3:00 pm	Mason County Senior Activities Center
Medicare - Getting Started	July 15	6:30 to 7:30 pm	ZOOM
Medicare - Getting Started	July 17	10:00 am to 12:00 pm	ZOOM

Article of Interest: Medicaid Expands Tribal Health Services in Six States

By SHIBA Manager, Kelly Hudson

The Centers for Medicare & Medicaid Services (CMS) has approved changes that make it easier for [Tribal health clinics](#) to care for American Indian and Alaska Native patients. In six states, including Washington, Tribal clinics can now provide Medicaid-covered services in more places.

This change removes an old rule that limited care to inside the clinic building. Now, care can come to patients, especially in remote or hard-to-reach areas.

This update is especially helpful for [seniors in Tribal communities who may have mobility issues or difficulty getting to a clinic](#). It helps ensure care is more accessible and available when and where it's needed. One of the ways

our SHIBA volunteers help with these issues is by traveling to Tribal Health clinics to give presentations and in-person appointments.

In Thurston and Mason counties, the [Squaxin](#), [Nisqually](#) and [Skokomish](#) tribes have deep roots. Some tribes, such as the [Puyallup](#), have a presence across multiple counties due to the layout of their reservation lands, reflecting the rich and complex history of Tribal nations in Washington.

"Our SHIBA team is committed to making free, [unbiased Medicare education and assistance](#) available to all members of the communities we serve throughout Mason and Thurston counties," said Kelly Hudson, SHIBA Manager.



Volunteer Spotlight: Nancy Wicker

By Scott
Schoengarth

Nancy Wicker has found the perfect home at the Lacey Senior Center, taking on jobs that match perfectly with her working career. She's been a local most of her life, though she spent about six years living in Hawaii and several more in National City, California.

During her career [Nancy spent 27 years in the state's Attorney General's office as a legal secretary](#), and then retired as an administrative manager. She LOVES office work, paperwork and organizing, so volunteering to help in the Lacey Center's office was a natural fit. She's volunteered there for 8-10 years now.

"It's hard to keep track when you're having fun," she said.

Nancy does all kinds of things, including enrolling folks in various programs, taking attendance, doing billing and inputting membership forms. In addition to office duties, she also addresses birthday cards to Lacey volunteers and supports the Lacey Activities Coordinator. All of these duties are very time-consuming, but, like I said, she loves all the paperwork!

But that's not all she does. Nancy also works, mostly behind the scenes, on the [annual fall gala, dances at the Lacey Senior Center, another 3-4 times a year at bingo events, and of course the huge Rummage Sale](#), where she helps set up, works the day of the event, and counts the money after it is over. And to keep

herself busy and in great shape, she takes exercise classes three days a week, plus Yoga, Zumba and Line Dancing classes.

Nancy has many relatives who live in Western Washington, including her daughter who she goes on vacation with every year to different countries [all over Europe](#). Last year they went on a fabulous river cruise on the Danube that began in Hungary, and then took them to Slovakia, Austria, Germany and the Czech Republic. She highly recommends a river cruise to anyone who enjoys traveling and seeing other countries.

In case you haven't guessed, Nancy likes to be active, both at the Senior Center and in her personal life. She prefers to be behind the scenes, though, not necessarily being the person out front leading the parade. That's one of the great things about [volunteering at Senior Services, where you can find a role that fits you well!](#)

If you are retired now and not too sure what you want to do, why not take your work and life talents to Senior Services and be a volunteer. There are SO many things you can do. The best way to find out what works for you is to **contact the lady in charge of volunteers, Theresa**, who will sit down with you and figure out which jobs work best with your background in mind. You can reach her at 360.586.6181 ext. 120, or email her at TheresaZ@southsoundseniors.org. The Senior Centers are waiting for you!

Scott Schoengarth is the coordinator for the Bus Buddy Program of Thurston County, a partnership between Intercity Transit, Catholic Community Services of Western Washington, Volunteer Services and Washington State Department of Transportation. He can be reached at 360.688.8832.

Celebrate Diversity and Inclusion this July

By Senior Services Staff

At Senior Services, we believe that **every senior deserves to feel seen, valued and supported, no matter their background, identity or lived experience.** July gives us a chance to reflect on this commitment as we honor **International Non-Binary People's Day** and **Nelson Mandela's Birthday**, both reminders of the strength and beauty found in diversity, inclusion and justice.

We're proud to serve a community as diverse as ours, where **each story adds meaning to the whole.** Whether you've lived here all your life or just joined us, whether you feel young at heart or carry the wisdom of many decades, you belong here. Our programs are designed not just to meet basic needs, but to uplift, connect and celebrate the people we serve.

As always, you're invited to bring your full self to the table — literally and figuratively — as we gather for special community meals and meaningful conversations throughout July.

Date	Occasion	Menu
July 14	International Non-Binary People's Day	Mac & Cheese (Cavatappi Pasta), Baked BBQ Chicken, Broccoli Slaw with Craisins and Almonds, Fresh Fruit
July 18	Nelson Mandela's Birthday	Site Choice (check with reception for the day's entrée)

All meals are low in sodium and prepared with the needs of diabetic diners in mind. Menu changes may occur, so please check with reception on the day of your visit.

Raising Awareness with Ribbons:



Lacey and Olympia senior centers will be giving out free ribbons to raise awareness and curiosity. For July, blue and gray ribbons will be available at the reception counters to help spread awareness about our country's epidemic of Isolation and Loneliness. At Senior Services, we believe in empowering our seniors and offering a wide variety of programs like Trips & Tours, Nutrition, and Activities meant to help improve your quality of life. This month, ask us how!

Upcoming Ribbons:

• **August** – TBD



• **September** – Suicide Prevention Awareness (Teal/Purple Ribbon)



• **October** – Hunger Awareness (Orange Ribbon)



• **November** – National Family Caregiver Month (Purple Ribbon)



• **December** – Isolation & Loneliness Awareness (Blue/Gray Ribbon)

Newsletter July 2025



Celebrating *Diversity* July 2025

Monthly Observances:

- Social Wellness Month
- Disability Pride Month
- French American Heritage Month
- South Asian Heritage Month
- Bebe Moore Campbell National Minority Health Awareness Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Canada Day Keti Koti	2 National CROWN Day	3	4 Independence Day Filipino-American Friendship Day	5 Ashura
6	7 Tanabata	8	9	10 U Festinu (- July 15)	11 World Population Day	12 Malala Day
13 Asar B'Tammuz	14 International Non-Binary Peoples' Day Bastille Day	15 The Democracy and National Unity Day of Turkey	16	17 Jeheonjeol	18 Nelson Mandela International Day	19
20	21 Belgium Independence Day	22	23	24	25 Dia de la Constitucion de Puerto Rico	26 National Disability Independence Day
27 Black Women's Equal Pay Day	28 Peru Independence Day Ólavsøka	29 Nag Panchami	30 International Day of Friendship	31		

Olympia Senior Center Weekly Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 - 10:00 Advanced EnhanceFitness® \$	10:00 - 11:00 Gentle Yoga \$	9:00 - 10:00 Advanced EnhanceFitness® \$	10:00 - 11:00 Gentle Yoga \$	8:30 - 11:00 Woodcarving
10:30 - 11:30 Gentle Yoga \$	10:00 - 11:30 Current Issues	10:00 - 12:00 Parkinson's Disease Support Group	12:30 - 2:00 Music Mends Minds	9:00 - 10:00 Advanced EnhanceFitness® \$
10:30 - 1:00 Tech Help w/ Melinda	10:00 - 1:00 Tech Help w/ Adam	10:00 - 1:00 Tech Help w/ Adam	12:30 - 2:30 Communication Group \$	10:00 - 1:00 Tech Help w/ Adam
12:00 - 1:30 World Geography: Come Explore!	10:00 - 11:30 Rock Painting w/ Inclusion	10:30 - 11:30 Gentle Yoga \$	12:30 Pinochle	10:30 - 11:15 Laughing Circle
12:00 - 3:00 Table Games	12:45 - 1:45 Drop-In Meditation	12:00 - 3:00 Table Games	1:00 - 2:00 Adaptive Creative Dance \$	12:00 - 3:00 Table Games
12:00 - 4:00 Cribbage	1:00 - 2:00 Chair Yoga \$	12:30 - 2:00 Euchre	2:00 - 3:45 Ukulele Group	1:30 - 2:30 Beginning EnhanceFitness® \$
1:00 - 3:00 Party Bridge		1:00 - 4:00 Mah Jongg	BOLD = Senior Services for South Sound membership required to participate \$ = Class Fee associated with activity. Read full class description on our website at southsoundseniors.org/activities or in the Lifelong Learning Catalog	
1:30 - 2:30 Beginning EnhanceFitness® \$		1:30 - 2:30 Beginning EnhanceFitness® \$		

BOLD = Senior Services for South Sound membership required to participate

\$ = Class Fee associated with activity. Read full class description on our website at southsoundseniors.org/activities or in the Lifelong Learning Catalog

Dates and times are subject to change, call the appropriate center if you have questions about your activity. Olympia: 360.586.6181 or Lacey: 360.407.3967

Check out the Lifelong Learning Catalog for class descriptions and more!

Olympia Senior Center Monthly Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2 10:00 - 11:00 Low Vision Support Group 10:00 - 3:00 Haircuts (by appointment only)	3	4 Closed for Independence Day
7	8 11:00 - 1:00 ALS Support Group 11:45 LGBTQ+ Lunch Bunch	9 2:00 - 4:00 Death Cafe	10 10:00 Explore Olympia Walkabout CANCELLED 5:00 Dine Out @ Garcon de Donburi	11 *Secure your spot for Dine Out by Monday, July 7 by calling the Olympia Senior Center at 360.586.6181
14	15	16 10:00 - 3:00 Haircuts (by appointment only)	17 10:00 Senior Reads Book Club 10:00 - 12:00 Tech Help w/ Rich	18 10:00 - 11:30 Food Bank 10:00 - 3:00 Haircuts (by appointment only)
21	22	23	24	25 2:00 - 4:00 Bereavement Support Group: Life After Loss
28	29	30	31	

Check out page 13 for special presentations and activity highlights!

Virgil Clarkson Lacey Senior Center Weekly Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 - 9:30 EnhanceFitness® \$	8:30 - 11:00 Woodcarving	8:30 - 9:30 Enhancefitness® \$	9:00 - 10:00 Gentle Yoga \$	8:30 - 9:30 Enhancefitness® \$
9:45 - 10:45 EnhanceFitness® \$	9:30 - 12:00 Mah Jongg for Beginners	9:00 -12:00 Double Deck Pinochle	10:00 - 11:00 Tech Help w/ Marianne (by appointment)	9:00 - 12:00 Pinochle
10:30 - 11:30 Beginner French	9:30 - 10:15 ZUMBA® Gold \$	9:30 - 1:15 Korean Elders	10:00 - 11:30 Coffee and Conversation	9:15 - 11:00 Daytime Bingo
10:30 - 11:30 Blood Pressure Checks (by appointment)	10:00 - 11:00 Tech Help w/ Jeff	9:30 Wednesday Walkers	11:00 - 12:00 Tech Help w/ Marianne	9:45 - 10:45 Enhancefitness® \$
11:00 - 12:00 Chair Yoga \$	11:00 - 12:00 Gentle Yoga \$	9:45 - 10:45 Enhancefitness® \$	12:30 - 3:30 Double Deck Pinochle	10:00 - 12:00 Memoir Writing Class
11:30 - 12:30 Intermediate French	12:30 - 2:15 Needlecraft/ Tatting Group	11:00 - 11:45 Chair ZUMBA® \$	5:30 - 6:30 ZUMBA® After Hours	12:30 - 1:30 Intermediate Line Dancing \$
12:30 - 1:15 Beginner Line Dancing \$	12:30 - 3:30 Pinochle	12:30 - 3:30 Table Games	5:30 - 7:30 Ukulele Ohana	1:00 to 2:00 Sing Along with Brighter Days
12:30 - 2:30 Advanced French	1:30 - 3:30 Dance Socials \$	12:45 - 3:00 Fly Tying		1:00 to 4:00 Mah Jongg
1:00 - 3:00 Watercolor Group	2:00 - 3:00 Conversaciones en Español	1:00 - 3:00 Chess Essentials		
1:15 - 2:15 Beginner Advanced Line Dancing \$	2:00 - 3:30 Art Mixed Media	1:30 - 3:00 Intermediate Line Dancing \$		
	5:30 - 6:30 ZUMBA® After Hours	3:30 - 4:30 Enhancefitness® \$		

BOLD = Senior Services for South Sound membership required to participate

\$ = Class Fee associated with activity. Read full class description on our website at southsoundseniors.org/activities or in the Lifelong Learning Catalog

Dates and times are subject to change, call the appropriate center if you have questions about your activity.
Olympia: 360.586.6181 or Lacey: 360.407.3967

Tai Chi will not meet in the Summer Quarter and will resume September 22!

Virgil Clarkson Lacey Senior Center Monthly Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 6:00 - 8:00 Brain Injury Alliance of WA	2 1:30 - 3:00 Owning the Age I Am 6:00 - 7:00 Veteran's Support Group	3 10:00 - 12:00 Tech Help w/ Rich 1:00 - 3:00 NW Gardening Group	4 Closed for Independence Day
7 10:00 - 3:00 Haircuts (<i>by appointment only</i>) 12:30 - 2:00 Dementia Caregivers Support Group	8 4:30 Dine Out @ Firecreek Ale House	9 10:00 - 2:00 Intercity Transit/Bus Buddies	10	11
14	15	16 2:00 - 3:00 Open Book Club 6:00 - 7:00 Veteran's Support Group	17 1:00 - 3:00 NW Gardening Group	18 2:00 - 2:30 Trips & Tours Showcase 2:30 - 4:00 Trips & Tours Showcase In-Person Registration
21 10:00 - 3:00 Haircuts (<i>by appointment only</i>)	22	23	24 2:00 - 4:00 Death Cafe	25 12:30 - 2:00 TED Talks+ Stone Structures & Granite Jars We Can't Explain or Create Today
28	29 11:45 LGBTQ+ Lunch Bunch	30	31	

Check out page 12 for special presentations and activity highlights!

Lacey Senior Center Activity Spotlights

NEW! Additional Enhancefitness® Class

Wednesdays
3:30 pm

EnhanceFitness®, a low-cost, evidence-based group exercise and fall prevention program, helping older adults at all levels of fitness become more active, energized and empowered to sustain independent lives. This class can improve your "overall health, balance, flexibility, bone density, endurance, coordination, mental sharpness and decrease the risk of falling."

Members Only + \$4 Class Fee Per Class

**EF classes may be free to you through either Silver&Fit OR OnePass. To find out if your health insurance covers EF, call 877.427.4788 for Silver&Fit and go to YourOnePass.com and register. We will then need the fitness number they give you along with your name, DOB, address and phone number.*

Dine Out

Tuesday, July 2
4:30 pm
Firecreek Ale House
5225 Yelm Hwy SE
Lacey, WA 98503

Meet at the restaurant for good food and fun with friends!

Public Welcome

NEW! Trips & Tours Showcase

Friday, April 18
2:00 pm
In-person registration open at 2:30 pm

Join for our July Trips & Tours Showcase! Priority registration opens exclusively for Showcase attendees before becoming available to everyone at 4:30 pm the day of the event on our website.

Did you know Senior Services Members get discounts on ALL trips! Don't wait, save time and skip the membership sign-up line by becoming a member before the event! Visit one of our centers before the Showcase or register online today by scanning the code below!

Public Welcome

Dementia Ed: Healthy Living for Brain & Body

Thursday, July 24
12:30 pm

Join Alzheimer's Association Speaker Cynthia Flores as she shares the current research in the areas of diet and nutrition, exercise, cognitive activity, and social engagement, and uses hands-on tools to help you incorporate them.

Public Welcome

TED Talks Plus

Friday, July 25
12:30 pm

Topic: *Stone Structures & Granite Jars We Can't Explain or Create Today.* We'll watch 3 videos and discuss them as a Think Tank! Great topics to generate more brain neurons.

Public Welcome



Olympia Senior Center Activity Spotlights

Unforgettable Art with Maureen Wells

Wednesday, July 2

10:30

Olympia Senior Center

Come and join the fabulous Maureen as she shares her knowledge and love of art. This month, she'll share art prints about on the theme Relationships.

Members Only

Dine Out

Thursday, July 10

5:00 pm

Garcon de Donburi - 120 5th Ave SW

Olympia, WA 98501

Join us for an evening of conviviality and good food at Garcon de Donburi! Always fun and good food, our Dine Out offers a chance for early evening fun! Meet at the restaurant.

Everyone pays for their own meal. **Reserve your spot no later than Monday, July 7 by calling 360.586.6181.**

Public Welcome

Senior Reads Book Club

Thursday, July 17

10:00 am

Olympia Senior Center

For July, we'll be reading *Jetty Cat Palace Cafe* by Judy Keeslar Santamaria. Our conversations are always fun, typically far ranging, and often time brings new perspectives, join us!

Public Welcome



Speaker: Michael Cade of Thurston Economic Development Council

Wednesday, July 23

10:00 am

Olympia Senior Center

Michael Cade will be discussing recent economic trends for Thurston County. Included in the discussion will be an overview of emerging economic trends and how the economic landscape has changed over time, and will continue to emerge and change. We will be engaging in a discussion of how the community is impacted by large national trends, but more importantly the resiliency and vibrancy of the local economy.

Public Welcome

NEW! Laughing Circle

Fridays

10:30 am

Olympia Senior Center

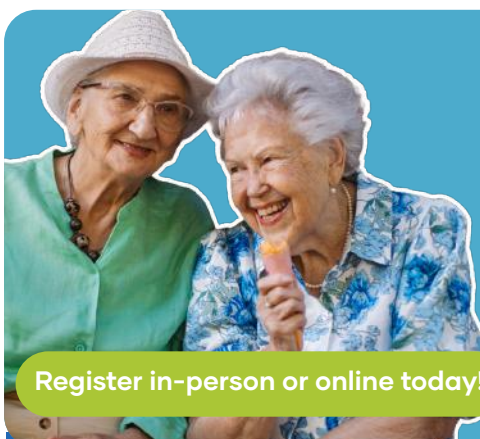
Come and join our new group where we share stories, hope, and most importantly, laughs!

Public Welcome



ATTENTION!

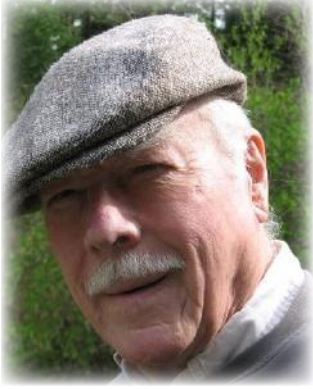
- Explore Olympia Walkabout is cancelled this month due to the July 4th holiday. See you next month!



The Summer Quarter is Here!



Register in-person or online today!



It Takes Work Being Old

By Ken Meierdiercks

Editor's Note: Until very recently, Charles "Ken" Meierdiercks volunteered at the Olympia Senior Center as a Lobby Ambassador. Celebrating his 94th birthday this month, Charles received a PH.D. from the University of Oregon and enjoyed a long career as an educator. In this gently humorous piece, he offers some perspective on aging.

It takes work being old. It takes many years. I am old. It began when I left middle age which came after being a baby citizen, a child citizen, and junior citizen, and could smoke. Now that I am a senior citizen, I don't smoke but can't find my glasses and object to being called a Senior Citizen as if I were in line to be added to the knitting of Madame Defarge. (If you don't understand that reference, it's time to re-read *A Tale of Two Cities*.)

Life was easier when you were young. You could look forward to not being responsible for your actions. Older folks would say, "When you grow up, you'll know better." That's an excuse I've used for a stumble or two. Then came "The Dark Ages." A career or not. A family or not. If you weren't paying attention you were absorbed. But then life gave you a way out. You became fully responsible for your actions, you were free, and you wore the term eccentric on your sweatshirt. No more matching socks, or barbershop haircuts, or fractious community meetings.

One of the giveaways that mark a person as old is a cane. There are classic English movies that show a fashionably dressed man nonchalantly tapping his cane along a sidewalk. Us old folks know that there was usually a sword hidden in the end of the cane. Now for us, **the cane is made of wood, metal or candy**, and there is no sword. And the bottom end can be made of tennis balls. When I was a child, tennis balls had a different function. Only one of us kids had a basketball, and when he was called home, we took a tennis ball, scraped the fuzz off and played stickball, or boxball, or wallball in the schoolyard or on the cement sidewalks until darkness. All of us had a tennis ball in various conditions, never dreaming they would one day be on the end of a cane. I should have autographed mine.

I have a grabber that I use for picking up things on the floor and on the ground. I'm surprised how much stuff is left around: tissue paper that the dog has spied on the chair, crumbs, my watch. Science claims that much of the body, particularly the spine, shrinks as we age. I find that even as I shrink, the discrepancy between the floor and me increases. My shoelaces are beyond my grasp and if I try to reach them I find I can't get up. **That is when my grabber makes its appearance** – if I could remember where I put it. I found too that if the tongues of the grabber's end are pressed together they make a very useful cane to walk around with, picking up yard waste, and pretty much the same kind of stuff: torn tissue, crumbs and my watch.



Senior
Services
FOR SOUTH SOUND

Trips & Tours SHOWCASE

Friday, July 18
Virgil Clarkson Lacey Senior Center
2:00 pm
In-Person Registration at 2:30



Extended Travel Opportunity: Mackinac Island

April 30 — May 8, 2026
Registration Deadline: October 28, 2025

PRICE:

Double Occupancy: \$4,499 per person
Single Occupancy: \$5,499 per person

INCLUDED:

Round Trip Air from Seattle Tacoma Intl Airport,
Air Taxes and Fees/Surcharges, Hotel Transfers

For more information about the itinerary and
registration, visit, call or email the Trips & Tours
office.

Experience luxury and historic charm in the
heart of America.

This classic Midwestern tour features highlights
of Illinois and Michigan. Savor two incredible
nights amid the luxury of the Grand Hotel on
Mackinac Island during the lovely annual Tulip
Time, enjoying a horse and buggy tour of car-
free Mackinac Island. Explore the wonderful city
of Chicago with a local guide. Visit the Bavarian-
influenced town of Frankenmuth. In Dearborn,
experience the inspirational Henry Ford Museum
and view historic homes at Greenfield Village
including the famous American workshops of
Thomas Edison, Henry Ford and Robert Frost.

BIGFOOT BINGO



SATURDAY, AUGUST 23

VIRGIL CLARKSON LACEY SENIOR CENTER

DOORS OPEN AT 6PM • GAMES AT 7PM • 21+ ONLY • \$25 CASH TO PLAY • SNACK BAR • CASH BAR • \$2 SPECIAL GAMES • 50/50 RAFFLE • COSTUME CONTEST



**Centers and Administrative
Offices will be**

CLOSED

July 4

for Independence Day.

Thank you to our Local Partners:



LEWIS-MASON-THURSTON
AREA AGENCY ON AGING



SUBARU

Olympia Subaru