

Fall Gala

Paint
the
Town

Join Us!

DETAILS ON BACK COVER





Brian's View

A Message From the Executive Director

It seems to be a theme recently that I'm in conversation with people about **identity**. How do we form our identities and based on what? How do we incorporate tragedy or loss, joy or triumph, into the fabric of who we are? Are we merely the sum of our experiences, families or communities? To what extent is our cloth different from the threads we are woven from?

Of course, questions around identity have been the stuff of novels and plays since the beginning of authorship. The Iliad and The Odyssey contain rich reflections on identity from ancient times.

Reflecting on identity feels essential to life, and can also engender compassion for how others struggle with who they are.

I think older adults have considerable opportunity to reflect on their lives, and identities. For example, **because loss is a component of aging, we are inclined to reflect on who we are**, with or without people we've loved, or without the work we did in our careers, or how that decade back in 1960 really did shape our lives.

What I've observed is that **people are often the heroes of their own stories**.

Not in an egotistical way, or out of hubris, but because if you have lived to tell the tale there is some triumph in looking back on it. As the great poet Robert Frost talked about, in life we often face two roads that diverge, and must make our choices. Through these choices we both reflect and form our identities. And as Frost concludes his poem, we look back and tell ourselves that we took the path less traveled, and that made all the difference.

So how is our identity both of our choosing and clearly also from our genetics or things we didn't choose? And if we didn't choose it, why should we own it?

One of my favorite things about Senior Services for South Sound is that **we provide ways for people to enhance their lives and both express and shape their identities**. We hear of people who swear they would never rappel off a building, only to do it through our Over The Edge event! I know people here who challenge themselves to be better people. To change their stories of self. To alter their identities.

To recognize the agency we each have to author our own stories of self, to continually author our identities, is to join ranks with the long line of people throughout history who **refused to be less than their potential**. Our organization is here to meet you where you are, and support you being the very best version of yourself!

Brian Windrope,
Executive Director



IMPORTANT INFORMATION

Temporary Closures at the Olympia Senior Center

The Olympia Center is receiving new flooring thanks to a project by the City of Olympia. While we're excited for this update to the building we share, the work will mean some temporary closures and schedule changes this month. Please carefully read the schedule below to know what to expect, and follow us on Facebook and Instagram for the latest updates.

Closure & Program Schedule

October 9 - 23: Budd Bay Bargains Closed

Budd Bay Bargains (upstairs at the Olympia Senior Center) will be closed the week of October 9. We will not be accepting donations until further notice.

October 20 - 23: First Floor Closed

- Activities and classes cancelled.
- Lobby and Registration: Closed.
- **Community Dining:** Closed. Meals will be available at all other Community Dining sites including the Virgil Clarkson Lacey Senior Center and the Tumwater Old Town Center.
- **Inclusion Program:** Available only at the Virgil Clarkson Lacey Senior Center.
- **Trips & Tours:** Open remotely. Trip registration and inquiries available online at southsoundseniors.org/trips-tours by phone or by email at trips@southsoundseniors.org
- **All other programs:** No impact.

October 27 - 30: Second Floor Closed

- Administrative offices available remotely (no in-person meetings unless otherwise scheduled).
- Some activities may be affected, please check in before attending.
- **Special Note:** Bingo on October 25 will be held in Lacey, not Olympia.



Volunteer Spotlight: Stan and Val Burson

By Scott Schoengarth

Stan and Val Burson have lived in Thurston County since 1968. Val moved here from Southern California, and Stan came from central Florida. They were married on August 1, 1976, so they recently celebrated their **49th wedding Anniversary!**

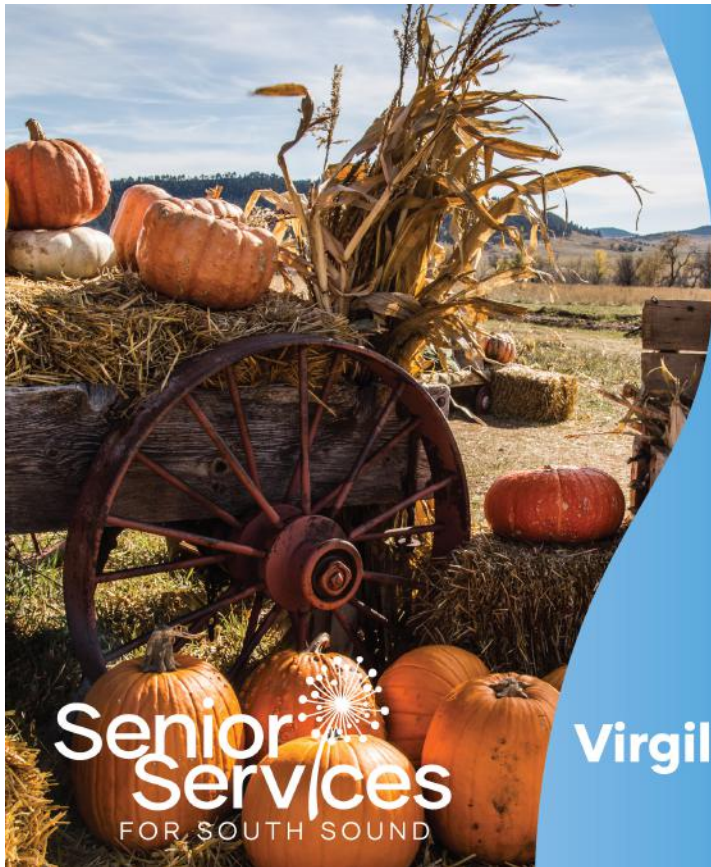
During their working years, Stan served as a **747 Captain** for United Airlines, retiring 10 years ago, while Val was a longtime **Information Security Officer** for the Washington State Department of Employment Security. They have three children, two who live in Washington, and a daughter who is ensconced in hot Atlanta, Georgia, where her husband is a school teacher.

Both Stan and Val now volunteer at Senior Services, though they don't work side-by-side. **Val uses a lifetime of culinary skills to work one day a week in the Olympia kitchen, baking meals and having a great time. Stan is a Meals on Wheels volunteer, driving meals to folks who, for the most part, can't get out of their homes.** In many cases he is the only visitor his senior clients get in a week's time, so he keeps his eye out for any health challenges that may need to be reported.

Besides volunteering, they enjoy being a retired couple who find a lot of time to spend together — traveling to countries like **Thailand, Laos, the United Kingdom and Tasmania** — just enjoying life together as companions, friends, and of course as volunteers.

No matter how you got here, or what your individual situation is, if you find you have some extra time on your hands, then **why not become a Senior Services for South Sound volunteer?** Volunteer Manager, Theresa Ziniewicz, specializes in matching your background and skills with just the perfect volunteer opening that will fit your schedule. You can contact her at 360.586.6181 ext. 120 or volunteers@southsoundseniors.org.

As fall and winter approach, both the Olympia and Lacey Senior Centers will have many seniors dropping in on a daily basis. So the more volunteers they have, the better everyone will be. Val and Stan, and many of the other volunteers, who've appeared in this column, mention all the **wonderful friends** they've met while volunteering at the Center. Why not you!



Senior
Services
FOR SOUTH SOUND

Trips & Tours SHOWCASE

Friday, October 17
Virgil Clarkson Lacey Senior Center
2:00 to 3:30 pm



Extended Travel

**REGISTRATION
ENDS SOON!**

October 26

Mackinac Island with Collette Tours

April 30 — May 8, 2026

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

This classic Midwestern tour features Illinois and Michigan. Savor two incredible nights amid the luxury of the Grand Hotel on Mackinac Island. Enjoy a horse and buggy tour of Mackinac Island. Explore the wonderful city of Chicago with a local guide. View extraordinary flowers in bloom at Holland's Tulip Time Festival. Visit historic homes and workshops of American icons.

Celebrate Diversity and Inclusion this October

By Senior Services Staff

At Senior Services, we believe **every senior deserves to be welcomed, celebrated, and supported**, no matter their background, identity or journey. October gives us many opportunities to honor that commitment through cultural, spiritual, and global observances. From **Yom Kippur**, **Indigenous Peoples' Day**, this month is filled with moments that call us to reflect, connect, and celebrate the rich diversity of traditions around us.

Through our Senior Nutrition Program, we'll celebrate October with **special themed lunches that nourish both body and spirit**. Whether you're joining us for a meal, conversation or celebration, remember: **your presence matters**. You're always welcome at our table, just as you are.

Date	Occasion	Menu
10/2	Oktoberfest	Bratwurst, Onion Gravy, Sauerkraut, Mashed Potatoes, Baked Apples
10/6	National Noodle Day	Pasta Beef, Green Beans, Garlic Bread, Fresh Fruit
10/13	Indigenous Peoples Day	Three Sister Stew, Mixed Salad, Peaches, Whole Wheat Dinner Roll
10/16	World Food Day	Site Choice
10/27	National Potato Day	Site Choice

Raising Awareness with Ribbons:



For October, orange ribbons will be available at the Lacey and Olympia center reception counters in recognition of Hunger Awareness Month. Hunger and malnutrition impact millions across the nation, and right here in our own community. This month, we're joining the call to action inspired by World Food Day on October 16, encouraging everyone to support programs that provide healthy meals and fight food insecurity. Ask us how Senior Services' Nutrition Program helps nourish seniors and strengthen our community.

Upcoming Ribbons:



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



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

October 2025 Newsletter



Celebrating *Diversity* October 2025

Monthly Observances:

Global Diversity Awareness, LGBTQ+ History, National Disability Employment Awareness, Polish-American Heritage, Breast Cancer Awareness, Filipino American History, National Depression and Mental Health Screening

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 • Day of Defenders of Ukraine (Ukraine) • Yom Kippur (Judaism)	2 • Dassahra (Hinduism)	3 • German Unity Day (Germany)	4
5	6 • Sukkot (Judaism)	7	8	9 • Hangul Day (Korea)	10 • World Mental Health Day	11 • National Coming Out Day (LGBTQ+)
12	13 • Shemini Atzeret (Judaism)	14 • Indigenous Peoples Day • Simchat Torah (Judaism)	15 • International Pronouns Day	16 • World Food Day	17	18
19	20 • Diwali/Deepavali (Hinduism, Jainism, Sikhism)	21 • Bandi Chhor Divas (Sikhism)	22 • Birth of the Báb (Bahá'í Faith)	23 • Birth of Ba-ha'u'llah (Bahá'í Faith)	24 • United Nations Day	25
26	27	28	29	30	31 • Halloween • Samhain	

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
10:00 - 1:00 Tech Help w/ Adam	10:00 - 11:30 Current Issues	10:00 - 12:00 Parkinson's Disease Support Group	10:00 - 1:00 Tech Help w/ Adam	9:00 - 10:00 Advanced EnhanceFitness® \$
10:30 - 11:30 Gentle Yoga \$	10:00 - 11:30 Rock Painting w/ Inclusion	10:30 - 1:00 Tech Help w/ Melinda	12:30 - 2:00 Music Mending Minds	10:00 - 1:00 Tech Help w/ Adam
12:00 - 1:30 World Geography: Come Explore!	12:45 - 1:45 Drop-In Meditation	10:30 - 11:30 Gentle Yoga \$	12:30 Pinochle	10:30 - 11:15 Laughing Circle
12:00 - 3:00 Table Games	1:00 - 2:00 Chair Yoga \$	12:00 - 3:00 Table Games	1:00 - 2:00 Adaptive Creative Dance \$	12:00 - 3:00 Table Games
12:00 - 4:00 Cribbage		12:30 - 3:00 Read a Play, Engage & Have Fun	2:00 - 3:45 Ukulele Group	1:30 - 2:30 Beginning EnhanceFitness® \$
1:00 - 3:00 Party Bridge		12:30 - 2:00 Euchre	2:00 - 4:00 Yarn Magic	
1:30 - 2:30 Beginning EnhanceFitness® \$		1:00 - 4:00 Mah Jongg		
		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 page 12 for special presentations and activity highlights!

Olympia Senior Center Monthly Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 10:00 - 11:00 Low Vision Support Group 10:00 - 3:00 Haircuts (by appointment only)	2 	3 10:00 - 3:00 Haircuts (by appointment only)
6 1:00 - 3:00 Reader's Theater Group Meeting	7 	8 2:00 - 4:00 Death Cafe	9 10:00 Explore Olympia Walkabout 5:00 Dine Out @ *Equal Latin	10 *Secure your spot for Dine Out by Monday, October 6 by calling the Olympia Senior Center at 360.586.6181
13 1:30 - 3:00 Reader's Theater Script Readings and Discussion	14 10:00 - 2:00 55+ Senior Driver Two-Day Workshop 11:00 - 1:00 ALS Support Group 11:45 LGBTQ+ Lunch Bunch	15 10:00 - 3:00 Haircuts (by appointment only) 10:00 - 2:00 55+ Senior Driver Two-Day Workshop	16 10:00 Senior Reads Book Club 10:00 - 12:00 Tech Help w/ Rich	17 10:00 - 3:00 Haircuts (by appointment only) 10:30 - 11:30 Food Bank
20 	21 	22 	23 	24 2:00 - 4:00 Bereavement Support Group: Life After Loss (online via ZOOM, see Lifelong Learning Catalog for sign up information)
27 1:30 - 3:00 Reader's Theater Script Readings and Discussion	28 	29 	30 	31

TEMPORARY OLYMPIA CENTER CLOSURE - ALL BUILDING ACTIVITIES CANCELLED!

See page 3 for details!

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/ Jim	9:00 - 12:00 Pinochle
10:30 - 11:30 Basic 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	10:00 - 11:00 Tech Help w/ Jeff	9:30 Wednesday Walkers	10:30 - 11:30 Beginning Tai Ji Quan \$	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® \$	3:00 - 4:00 Advanced Tai Ji Quan \$	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 - 6:30 ZUMBA® After Hours	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	5:30 - 7:30 Ukulele Ohana	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 \$	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	
2:30 - 3:30 Beginning Tai Ji Quan \$	5:30 - 6:30 ZUMBA® After Hours	3:30 - 4:30 Enhancefitness® \$		
3:30 - 4:30 Advanced Tai Ji Quan \$		Wednesday afternoons Reflexology (By appointment only. \$30 for 30 minutes)		
5:00 - 6:00 Tai Chi				

Virgil Clarkson Lacey Senior Center Monthly Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 1:30 Owning the Age I Am 6:00 Veteran's Support Group	2 10:00 - 12:00 Tech Help w/ Rich 1:00 NW Gardening Group	3 12:30 - 2:00 Dementia Caregivers Support Group
6 12:30 - 2:00 Dementia Caregivers Support Group	7 6:00 Brain Injury Alliance of WA Meeting	8 10:00 Intercity Transit/Bus Buddies	9 12:30 - 2:00 Advance Directives and Dementia Legal Planning	10 2:00 Bereavement Support Group: Life After Loss
13 8:30 - 3:30 55+ Senior Driving Workshop	14 4:30 Dine Out @ El Sitio	15 2:00 - 3:00 Open Book Club 6:00 Veteran's Support Group	16 11:30 Death Journaling 1:00 NW Gardening Group	17 Trips & Tours SHOWCASE 2:00 - 3:30 
20 12:30 - 3:30 Haircuts (by appointment only)	21	22	23 12:30 Alzheimer's Ed Presentation: Understanding Dementia 2:00 Death Cafe	24 12:30 - 2:00 TED Talks+ Topic: <i>Paranormal Investigators: What We Know</i>
27	28 11:45 LGBTQ+ Lunch Bunch	29	30 12:30 PSE: Save Money, Save Energy Presentation	31

Lacey Senior Center Activity Spotlights

Advance Directives & Dementia Legal Planning

Thursday, October 9

12:30 pm | Lacey Senior Center

This presentation, hosted by Providence and Dementia Legal Planning (a DSHS-funded outreach), offers practical, hands-on guidance. An attorney and other professionals will be on-site to help you complete advance directives, and caretakers are warmly invited to attend as well.

Public Welcome

Senior Driving Workshop

Monday, October 13

8:30 am - 3:30 pm | Lacey Senior Center

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.

Public Welcome + Register in-person at the Virgil Clarkson Lacey Senior Center or call the center + \$20 Per Student

Dine Out

Tuesday, October 14

4:30 pm

El Sitio Steakhouse and Cantina

116 Legion Way SE

Olympia, WA 98501

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

Public Welcome

Alzheimer's Education: Understanding Alzheimer's and Dementia

Thursday, October 23

12:30 pm | Lacey Senior Center

Review caregiver tips and strategies to respond to some common behaviors exhibited by individuals living with dementia, such as agitation, confusion and more. Guest speaker: Cynthia Flores. **Public Welcome**

TED Talks Plus

Friday, October 24

12:30 pm | Lacey Senior Center

Topic *Paranormal Investigators: What We Know*. We'll watch 3 videos and discuss them as a Think Tank! Great topics to generate more brain neurons.

Public Welcome

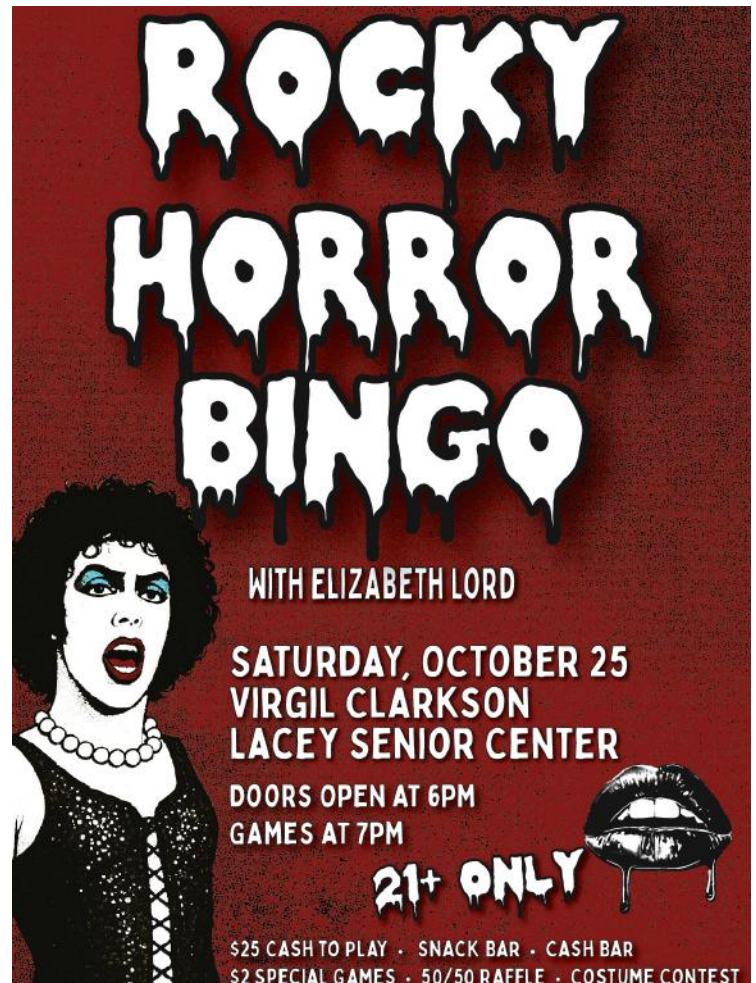
PSE: Save Money, Save Energy

Thursday, October 30

12:30 pm | Lacey Senior Center

Find out how to save money through a plethora of Puget Sound Energy programs and other providers. Topics will include: Bill discount rate, home energy lifeline program, income-eligible community solar, home weatherization assistance, Salvation Army warm house assistance, past due bill forgiveness, LIHEAP assistance, payment arrangements, efficiency boost, and more!

Public Welcome



ROCKY HORROR BINGO

WITH ELIZABETH LORD

SATURDAY, OCTOBER 25
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

Olympia Senior Center Activity Spotlights

Eric Slagle, author of *We Met at a Dance*

Wednesday, October 1

10:00 am | Olympia Senior Center

Local author Eric Slagle talks about his book, which tells the story of a beautiful bond of love shared between Eric and his wife, Nancy, over a span of 40 years through joyful times and challenging times, including living with Parkinson's disease.

Public Welcome

Death Cafe

Wednesday, October 8

2:00 pm | Olympia Senior Center

Join an interesting group discussion about the end of life! Never the same conversation, always interesting, and often deeply helpful, these conversations around the end of life provide insight into our human lives!

Public Welcome

Explore Olympia Walkabout

Thursday, October 9

10:00 am | Olympia Senior Center

We will carpool from the Center at 10 am and head to Tumwater Falls for this year's Salmon Run. Those who opt to meet us at Brewery Park should look for us at the fish tanks around 10:20 am. Bring sturdy shoes and walking poles if desired for the ~ 1-mile trek around the park. Dogs are welcome on leash.

Public Welcome

Dine Out

Thursday, October 9

5:00 pm

Equal Latin

2752 Pacific Ave SE

Olympia, WA 98501

Join a lovely group of folks for a delicious meal at our monthly Dine Out. Meet at the restaurant and everyone pays for their own meal. **Reserve your spot no later than Monday, September 8 by calling 360.586.6181.**

Emergency Preparedness with Cherie Carey from Thurston County Emergency Management

Wednesday, October 15

10:00 am | Olympia Senior Center

Come learn about the essential items you should have on hand and ready to go in case of an emergency! Being prepared can help save you, your friends, and your pets!

Cherie currently serves as the Public Outreach and Education Coordinator for Thurston County Emergency Management. In this position, she is also responsible for the management of two volunteer programs that fall under Emergency Management- Thurston County Disaster Assistance Response Team (TCDART) and Thurston County Equine Outreach.

Public Welcome

Senior Reads Book Club

Thursday, October 16

10:00 am | Olympia Senior Center

The book for October is *Remarkably Bright Creatures*, by Shelby Van Pelt. A heartwarming novel that weaves together the lives of a lonely widow and a remarkably perceptive giant Pacific octopus named Marcellus, the story explores themes of grief, friendship and second chances. With humor and tenderness, the book highlights the healing power of unexpected companionship.

Public Welcome

Understanding Alzheimer's and Dementia With Cynthia Flores, from the Alzheimer's Association

Wednesday, October 29

10:00 am | Olympia Senior Center

Learn basic information on the difference between Alzheimer's and dementia, stages, risk factors, research and FDA-approved treatments.

Public Welcome

Senior Services for South Sound



Medicare Open Enrollment is Coming!

By SHIBA Manager, Kelly Hudson

Medicare Open Enrollment runs from October 15 through December 7, and our SHIBA team is here to help you navigate your options. SHIBA (Statewide Health Insurance Benefits Advisors) is staffed by a dedicated group of highly trained volunteers who provide free, unbiased Medicare assistance. Whether you're reviewing your current plan or exploring new coverage, our team can guide you through the process with clarity and care. 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.

SHIBA Hands-On Help in October

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

CLASS	DATE	TIME	LOCATION
Open Enrollment Class	October 1	11:00 am to 1:00 pm	ZOOM
Medicare Plan Finder Workshop	October 6	10:00 am - 12:00 pm	Olympia Timberland Regional Library
Medicare Plan Finder Workshop	October 7	4:00 pm - 6:00 pm	Lacey Timberland Regional Library
Open Enrollment Class	October 8	11:00 am - 1:00 pm	Olympia Senior Center
Medicare Plan Finder Workshop	October 9	12:30 - 2:30 pm	Lacey Timberland Regional Library
Open Enrollment Class	October 16	11:00 am - 3:00 pm	Mason County Senior Activities Center
Open Enrollment Class	October 16	10:00 am - 12:00 pm	ZOOM
Presentation	October 20	2:00 - 4:00 pm	Lacey Timberland Regional Library
Presentation	October 21	10:00 am - 12:00 pm	Olympia Timberland Regional Library
Open Enrollment Class	October 21	6:00 - 7:30 pm	ZOOM
Presentation	October 22	2:00 - 4:00 pm	Tumwater Timberland Regional Library
Presentation	October 28	4:00 pm - 6:00 pm	Lacey Timberland Regional Library
Presentation	October 28	3:00 - 5:00 pm	Olympia Timberland Regional Library



Bridging the Generation Gap, One Letter at a Time

By Senior Services for South Sound Staff

We're excited to announce a new partnership in our ongoing efforts to combat isolation and loneliness amongst our senior community. What is truly inspiring is that [this partnership originated with a group of high school students](#) who have started a wonderful service campaign called Mail That Matters.

Rory Chan, a sophomore at Olympia High School, is the driving force behind the campaign. She told us, **"The campaign strives to spread love, inspiration and empathy while breaking generational distances through handwritten letters."** The campaign launched in March at Olympia High School. Rory and her cohort organized a letterwriting campaign that yielded more than 50 letters from teenagers to seniors.

"We want to expand and send letters to as many people as possible to truly connect and follow our mission," said Rory. "It's clear that the student participants of our campaign desire to have two-way communication with the elderly."

The students participating will write general letters (i.e. not meant for a specific person) sharing their thoughts about being teenagers and asking questions about what senior life is like. [Seniors who participate are encouraged to write letters in return.](#) In this way, each generation can bridge the gap and share their experiences.

If you would like to participate, or wish more information, please contact Activities Director Chris Quimby at activitiesdir@southsoundseniors.org or 360.586.6181 ext. 114.

Fall Gala

Paint the Town

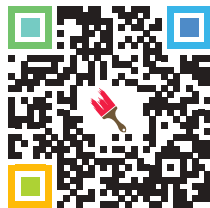
OCTOBER 11, 2025  5 PM
OLYMPIA SENIOR CENTER

 \$125
per person



Join us for a celebration of art, community and the vibrant creativity that brings us together as we Paint the Town to raise vital funds to support our mission. Enjoy an elegant meal, fine wine, musical entertainment, compelling speakers, and exciting silent and live auctions.

Can't attend? Check out our online auction, purchase a Panowicz Jewelers raffle ticket available at reception at the Olympia and Lacey centers, or consider donating.



TICKETS ON SALE NOW!

SCAN TO PURCHASE OR VISIT
[SOUTHSOUNDSENIORS.ORG/GALA](https://southsoundseniors.org/gala)

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Mason Clinic

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SHOWCASE
today's magazine for artful living