



PALS Week

Care that keeps them home.

Meet Schatzie! With help from our PALS Fund, she received critical veterinary care so her owner, Christa, can keep her beloved service dog right where she belongs. Learn how you can help pets like Schatzie during PALS Week on page 3!

Brian's View

A Message From the Executive Director



Sherman was his name. Dixie was her name. These were the dogs of my

childhood. **They were my refuge, friends and mentors.** Sherman was a beautiful German Shepherd we had when I was a wee lad, and I would go out to him in our suburban backyard and confide all my worries and challenges. He listened so well! Dixie was our Boston Terrier when I was a teenager, and she was a dynamo of energy. I remember swinging her around in the air of our living room by her rubber pretzel she clamped so tightly in her jaws. Probably not OK, but this was 1980.

I received a degree in Zoology after completing my undergraduate studies, as nature and animals had always been centers of my curiosity and affection. As an adult, once my wife and I had some stability and children of our own, we got a dog, and cats, and have raised chickens for decades.

Our PALS program is a beautiful thing among our host of beautiful programs. To help people keep their pets alive and healthy is as essential to their well being as medical or food assistance for themselves.

We hear stories of seniors who skip their own meals or health care so they can feed and care for their pets. I understand this.

When I was still young, Sherman ran away one day when a workman left the gate open. My parents gave me days off of school to ride my bike around the neighborhood looking for him. It was a heavy blow that I never found him. I cried for days. My wife and I had to let go of our beloved Salty a couple years ago. Cancer got him too soon. I still feel sorrow about that episode, even though we have a new pup.

No one can tell me our pets aren't family. You don't have to be over the top in your care or attention to them to believe this. **Our PALS program relies 100% on donations** to assist low-income seniors with vet bills for their animal companions.

Did you know that research confirms that dog owners live longer and recover faster from illness? People with pets have lower blood pressure and identify as happier? Kids that grow up on farms and with pets are less likely to develop allergies later in life. So many benefits! Whether you like having pets or not, you know others do. **Thank you for supporting our mission that includes caring for the pets that enhance our lives at all ages.**



Brian Windrope, Executive Director



PALS Week

Senior
Services
FOR SOUTH SOUND

February 23 - 27, 2026

Because Pets Are Family.

Support our PALS Fund and help local seniors and their beloved pets stay together.



**Donate
Today!**



southsoundseniors.org/pals

Volunteer Spotlight: Jim and Helen Barr

By Scott Schoengarth



Jim and Helen Barr are a very active couple who spend many a day volunteering at the Lacey and Olympia Senior Centers, as well as at special events such as Bingo Night, the Rummage Sale and the annual Gala. Even though they volunteer on the same days, they often work separately. Why?

Well, let's first go back to the beginning. **Jim and Helen were both born and raised in Aberdeen**, and graduated from Aberdeen High School at pretty much the same time, but they didn't even know each other until after their high school days were over. They were married in 1980 and have two sons: Chris who resides in Lacey, and Mike who lives in Lakewood. There are six grandchildren: boys Jacob, Ryan and Isaac, and girls Mina, Emily and Risa. Jim and Helen spend lots of spare time with the kids.

Helen used to work in office accounting for famed Lacey developer Bob Blume, handling payroll and such. She also worked at the Black Lake Bible Camp, at WIRB on the Westside of Olympia. Among her hobbies are quilting, stained glass, painting and crafts.

Jim worked for the Tumwater School District in a variety of roles, including refrigeration, plumbing and woodwork. He also worked as a locksmith for the old Seafirst Bank, where he was the facilities coordinator for close to 10 years. He's been on the Oddfellows Cemetery Board for many years, and for 30 years he's been a part of the Royal Ridges Retreat Center in Battle Ground, WA.

Helen retired about eight years ago, and Jim retired just two years ago. They also enjoy traveling to places like Italy and Ireland. As I said, these are very busy people.

They both have volunteered at Senior Services for a number of years. Helen is a Tour Guide for the Trips & Tours program, handling one to two local trips per quarter. She is also a Hospitality volunteer in Lacey. Jim reports to the office, where they always have a series of special projects for him to fix, such as table tops, broken wheels and plumbing chores, and anything else a person with multiple talents can repair at little or no cost. So as you see, they are both in the building on the same days, but doing different things. **Both Jim and Helen say they hope to continue volunteering at the Senior Center for many more years to come.** They love it, and they love meeting and greeting so many different people.

When I asked why more folks should get off their couch and volunteer at the Senior Center, **the Barrs said it keeps you young!** You can teach a class, dance, take folks on walks, play games such as Pinochle, paint, woodcarving, computer, exercises, Zumba and so much more. Just call Volunteer Manager Theresa Ziniewicz at 3603586.6181 ext. 120 or email volunteers@southsoundseniors.org.

Find Your Next Adventure!

Whether you're drawn to gardens in bloom, hands-on creative experiences, fascinating museums, wildlife encounters or live theater, our spring Trips & Tours lineup is designed to inspire curiosity, connection and fun.

Pick up your copy of the Trips & Tours Spring Catalog at our reception desks, or find it online at southsoundseniors.org/trips-tours.



Want to See the World?

Join us for our upcoming presentations with Collette Tours and Premier Travel! Learn more about how we can help you see the world and explore breathtaking locations stateside.

Collette Tours

 Wednesday, February 4
 2:00 pm
 ■ Olympia Senior Center

Learn about two incredible Extended Travel opportunities, Discover British Landscapes featuring the Royal Edinburgh Military Tattoo and Discover Australia's Outback to New Zealand's South Island.

Premier Travel

 Monday, February 23
 1:00 pm
 ■ Olympia Senior Center

Get ready to take flight at the annual Albuquerque Balloon Fiesta with stops at Taos Pueblo and historic Santa Fe.

■ Olympia Senior Center Weekly Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 - 9:30 ■ Advanced EnhanceFitness®	10:00 - 11:00 ■ Gentle Yoga \$	8:30 - 9:30 ■ Advanced EnhanceFitness®	10:00 - 11:00 ■ Gentle Yoga \$	8:30 - 11:00 ■ Woodcarving
9:45 - 10:45 ■ Advanced EnhanceFitness®	10:00 - 11:30 ■ Current Issues	9:45 - 10:45 ■ Advanced EnhanceFitness®	10:00 - 1:00 ■ Tech Help w/ Adam	8:30 - 9:30 ■ Advanced EnhanceFitness®
10:00 - 11:30 ■ Loneliness is Loud ⓘ	10:00 - 11:30 ■ Craft Time w/ Inclusion	10:00 - 12:00 ■ Parkinson's Disease Support Group	10:30 - 11:30 ■ Tai Ji Quan \$	9:45 - 10:45 ■ Advanced EnhanceFitness®
10:30 - 11:30 ■ Gentle Yoga \$	10:30 - 11:30 ■ Tai Ji Quan \$	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!	12:00 - 4:00 ■ Reader's Theater Rehearsal & Skill Building	10:30 - 11:30 ■ Gentle Yoga \$	12:30 - 4:00 ■ 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 \$	12:00 - 4:00 ■ Euchre	1:00 - 4:00 ■ Ukulele Group	1:30 - 2:30 ■ Beginning EnhanceFitness®
1:00 - 3:00 ■ Party Bridge	1:30 - 3:00 ■ Navigating Retirement & Aging	1:00 - 4:00 ■ Mah Jongg	2:00 - 4:00 ■ Yarn Magic	<p>■ = Senior Services for South Sound membership required to participate.</p> <p>■ = Public welcome.</p> <p>\$ = Fees associated with activity.</p>
1:30 - 2:30 ■ Beginning EnhanceFitness®		1:30 - 2:30 ■ Beginning EnhanceFitness®		

ⓘ Loneliness is Loud will not meet Monday, February 2.

First meeting will be Monday, February 9 and continue on Mondays until March 30.

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

■ Olympia Senior Center Monthly Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 1:00 - 3:00 ■ Reader's Theater Group Meeting	3	4 10:00 - 2:00 ■ Bus Buddies 10:00 - 3:00 ■ Haircuts (by appointment only) 10:00 - 11:00 ■ Low Vision Support Group 12:30 - 3:00 ■ Read a Play, Engage & Have Fun	5	6 10:00 - 3:00 ■ Haircuts (by appointment only)
9 1:00 - 3:00 ■ Reader's Theater Script Reading & Discussion	10 11:00 - 1:00 ■ ALS Support Group 11:00 - 12:00 ■ Author Talk: Harriet Ammann <i>pg. 11</i> 11:45 - 12:15 ■ LGBTQ+ Lunch Bunch	11 2:00 - 4:00 ■ Death Café	12 10:00 ■ Explore Olympia Walkabout <i>pg. 11</i> 5:00 ■ \$ Dine Out @ Nineveh Assyrian <i>pg. 11</i> 113 Capitol Way N Olympia, WA 98501	13 1:00 - 2:00 ■ Unforgettable Art 2:00 - 3:00 ■ Valentine's Party <i>pg. 15</i>
16 CLOSED Presidents' Day	17	18 10:00 - 3:00 ■ Haircuts (by appointment only) 12:30 - 3:00 ■ Read a Play, Engage & Have Fun	19 10:00 ■ Senior Reads Book Club <i>pg. 11</i> 10:00 - 12:00 ■ Tech Help w/ Rich Early Closure 2:30 pm	20 9:00 - 3:00 ■ Nail Care for Feet (by appointment only) 10:30 - 11:30 ■ Food Bank 10:00 - 3:00 ■ Haircuts (by appointment only)
23 1:00 - 3:00 ■ Reader's Theater Script Reading & Discussion	24 9:30 - 2:30 ■ \$ AARP Smart Driver Workshop 11:30 ■ \$ Dine Out For Lunch @ Dirty Daves Pizza <i>pg. 11</i> 3939 Martin Way E Olympia, WA 98506	25 9:30 - 2:30 ■ \$ AARP Smart Driver Workshop	26 1:00 - 2:00 ■ Billiards for Fun <i>pg. 11</i>	27 2:00 - 3:30 ■ Bereavement Support Group <i>Now in person!</i>

● 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	9:30 - 11:15 ● Rock Painting w/ Inclusion	9:00 - 12:00 ● Pinochle
10:30 - 11:30 ● French Basics	9:30 - 10:15 ● ZUMBA® Gold \$	9:30 - 1:15 ● Korean Elders	9:30 - 11:00 ● Coffee and Conversation	9:15 - 11:00 ● Daytime Bingo
11:00 - 12:00 ● Chair Yoga \$	10:00 - 11:00 ● Tech Help w/ Jeff	9:30 ● Wednesday Walkers	10:00 - 11:00 ● Tech Help w/ Jim	9:45 - 10:45 ● Enhancefitness \$
11:30 - 12:30 ● Intermediate French	10:00 - 12:00 ● Late Life Planning	9:45 - 10:45 ● Enhancefitness \$	10:30 - 11:30 ● Beginning Tai Ji Quan	10:00 - 12:00 ● Memoir Writing
12:30 - 1:15 ● Beginner Line Dancing	11:00 - 12:00 ● Gentle Yoga \$	11:00 - 11:45 ● Chair ZUMBA® \$	12:30 - 3:30 ● Double Deck Pinochle	12:30 - 1:30 ● Intermediate Line Dancing
12:30 - 2:30 ● Advanced French	12:30 - 2:15 ● Needlecraft/ Tatting Group	12:30 - 3:30 ● Table Games	3:00 - 4:00 ● Advanced Tai Ji Quan	1:00 to 2:00 ● Sing Along with Brighter Days
1:00 - 3:00 ● Watercolor Group/ Cardmaking	12:30 - 3:30 ● Pinochle	12:45 - 3:00 ● Fly Tying	5:30 - 6:30 ● ZUMBA® After Hours	1:00 to 4:00 ● Mah Jongg
1:15 - 2:15 ● Beginner Advanced Line Dancing	1:30 - 3:30 ● Dance Socials \$	1:00 - 3:00 ● Chess Essentials	5:30 - 7:30 ● Ukulele Ohana	 = Senior Services for South Sound membership required to participate.  = Public welcome.  = Fees associated with activity.
2:30 - 3:30 ● Beginning Tai Ji Quan	2:00 - 3:00 ● Conversaciones en Español	1:30 - 3:00 ● Intermediate Line Dancing		
3:30 - 4:30 ● Advanced Tai Ji Quan	2:00 - 3:30 ● Art Mixed Media	3:30 - 4:30 ● Enhancefitness \$		
5:00 - 6:00 ● Tai Chi	5:30 - 6:30 ● ZUMBA® After Hours	● Reflexology Wednesday Afternoons by appointment only. (\$30 for 30 minutes)		

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

● Virgil Clarkson Lacey Senior Center Monthly Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 10:30 - 11:30 ● Blood Pressure Checks 12:30 - 2:00 ● Dementia Caregivers Support Group 12:30 - 3:30 ● \$ Haircuts (by appointment. Walk-ins as available)	3 6:00 ● Brain Injury Alliance of WA Meeting	4 1:30 ● Owing the Age I Am 6:00 ● Veteran's/ First Responders Support Group	5 10:00 - 12:00 ● Tech Help w/ Rich 11:00 - 12:00 ● Author Talk: Harriet Ammann pg. 10 1:00 - 3:00 ● NW Gardening Group	6 11:00 - 12:00 ● All Yoga 12:30 - 2:00 ● Dementia Caregivers Support Group
9 8:30 - 3:30 ● \$ 55+ Senior Driving Workshop <i>*Register at reception</i>	10 4:30 ● \$ Dine Out @ Black Bear Diner 3425 Pacific Ave SE Olympia, WA 98501	11 10:00 - 2:00 ● Bus Buddies	12 11:45 - 12:15 ● Lunchtime Valentine's Day Treats w/ Lacey Sunrise Lions 12:30 - 1:30 ● Financial Scams Happening Now pg. 10	13 2:00 ● Bereavement Support Group: Life After Loss
16 CLOSED Presidents' Day	17	18 2:00 - 3:00 ● Open Book Club 6:00 ● Veteran's/ First Responders Support Group	19 1:00 - 3:00 ● NW Gardening Group Early Closure 2:30 pm	20 11:00 - 12:00 ● \$ All Yoga
23	24 11:45 ● LGBTQ+ Lunch Bunch	25 3:00 ● LVAD Discussion Group pg. 10	26 2:00 - 3:30 ● Death Café	27 12:30 - 2:00 ● TED Talks+ Topic: <i>Good TED Talks Full of Bad Ideas</i>

Read full activity descriptions on our website at southsoundseniors.org/activities or in the Lifelong Learning catalog available at our reception desks and online.

● Lacey Senior Center Activity Spotlights

Author Talk: Dr. Harriet Ammann, My Experiences in Nazi Germany

Thursday, February 5

12:30 | ● **LACEY**

Join us for a special talk with Dr. Harriet Ammann as she shares new stories from her memoir, *Shaped by Lives of Conscience, Lives of Courage*.

Public Welcome

Dine Out

Tuesday, February 10

4:30 pm

Black Bear Diner

3425 Pacific Ave SE

Olympia, WA 98501

Join a lovely group of folks for a delicious meal at our monthly Dine Out at Black Bear Diner. Meet at the restaurant and everyone pays for their own meal.

Public Welcome

Financial Scams Happening Now!

Thursday, February 12

12:30 | ● **LACEY**

Learn some of the tricks scammers are increasingly using like phone number spoofing and AI to alter voices and even faces! Presented by Lyn Peters, Financial Education & Outreach, WA Dept of Financial Institutions

Public Welcome

NEW! Left Ventricle Assist Device (LVAD) Discussion Group

Wednesday, February 25

3:00 | ● **LACEY**

Do you have or will you be getting a LVAD for your heart? Join us for a supportive and informative gathering facilitated by John who has lived with an LVAD for over 8 years. Find out firsthand what day-to-day life on LVAD is really like. For those who are already living with one, come and share your tips, ticks and practical insights to help others navigate their journey more smoothly. Please Note: This is NOT a medical discussion. For any medical concerns or questions specific to you situation, contact your physician.

Public Welcome

TED Talks Plus

Friday, February 27

12:30 | ● **LACEY**

Topic: *Good TED Talks Full of Bad Ideas*. We'll watch 3 videos and discuss them like a think tank!

Public Welcome

AARP Tax Preparation

■ **OLYMPIA**

Tuesdays & Thursdays —

By appointment 10:30 am - 3:30 pm

● **LACEY**

Tuesdays & Thursdays —

By appointment 12:00 - 4:00 pm

AARP Tax-Aide offers free tax preparation and filing assistance to people of all ages, with a special focus on individuals over 50 and those with low to moderate income. You do not need to be an AARP or a Senior Services for South Sound member to participate in this program.

Learn more on page 25 of the Lifelong Learning Catalog!

■ Olympia Senior Center Activity Spotlights

Author Talk: Dr. Harriet Ammann, My Experiences in Nazi Germany Part II

Tuesday, February 10

11:00 am | ■ OLYMPIA

Join us for a special talk with Dr. Harriet Ammann as she shares new stories from her memoir, *Shaped by Lives of Conscience, Lives of Courage*. Following her well-received December presentation, Dr. Ammann has graciously agreed to return and share additional reflections from her youth in Nazi Germany.

Public Welcome

Dine Out

Thursday, February 12

5:00 pm

Nineveh Assyrian

113 Capitol Way N

Olympia, WA 98501

Everyone is invited to join us for great food and even better company! Meet at the restaurant, everyone pays for their own meal. **Reserve your spot by signing up at the Olympia reception desk or calling 360.586.6181.**

Public Welcome

Valentine's Party

Friday, February 13

2:00 pm | ■ OLYMPIA

Join us for a fun get-together to create Valentine's cards, enjoy good company, and share some snacks.

Public Welcome

Senior Reads Book Club

Thursday, February 19

10:00 am | ■ OLYMPIA

This month, we'll be discussing *The Book of Joy: Lasting Happiness in a Changing World* by Nobel Peace Prize laureates Tenzin Gyatso, the 14th Dalai Lama and Archbishop Desmond Tutu.

Public Welcome



NEW! Dine Out for Lunch

Tuesday, February 24

11:30 am

Dirty Dave's Pizza

3939 Martin Way E

Olympia, WA 98506

Lunch Dine Out is back! Everyone is invited to join us for a fun lunch out filled with great food, conversation, and even better company! We'll meet at the restaurant and each participant will pay for their own meal. **Reserve your spot by signing up at the Olympia reception desk or calling 360.586.6181.**

Public Welcome

NEW! Billiards for Fun

Thursday, February 26

1:00 pm | ■ OLYMPIA

Looking for friends to play pool with? Join us for casual play, friendly competition and a welcoming social atmosphere.

Members Only

NOW IN PERSON!

Bereavement Support Group: Life After Loss

Friday, February 27

2:00 pm | ■ OLYMPIA

A mental health professional will ensure a safe place of sharing for those who have experienced the loss of a loved one. This is a free, ongoing drop-in group.

Public Welcome

Cultural and Holiday Meals at Senior Services

Through our Senior Nutrition Program, we offer monthly themed meals that reflect cultural traditions, seasonal observances and holidays recognized by our diverse community.

At Senior Services for South Sound, we believe that food is one of the most meaningful ways to build connection. Our cultural and holiday meals provide an opportunity to learn, share traditions and enjoy community together.

This February, we're celebrating Mardi Gras! Traditionally celebrated on Fat Tuesday, Mardi Gras is a holiday and popular cultural celebration dating back thousands of years. Today, it's often associated with New Orleans' colorful celebration, drawing thousands of visitors every year. Our Senior Nutrition Program has crafted a delightful menu to excite your taste buds as we learn a little bit about Mardi Gras.

Holiday Meal

Date: Tuesday, February 17

Occasion: Mardi Gras

Menu: Jambalaya, Collard Greens, Fruit, Dessert



Our Ribbon Campaign is Back!

Each month, we offer ribbons at our reception desks to help raise awareness around issues impacting older adults in our community.

For February, blue and yellow ribbons are available in recognition of Low Vision Awareness Month. Vision loss affects millions of Americans—especially older adults—and can be caused by conditions like macular degeneration, diabetic retinopathy, cataracts and glaucoma. Wearing a ribbon is a simple way to show support and help spark awareness.

Learn more about low vision and eye health at the National Eye Institute.

February 2026 Newsletter



Celebrating *Diversity* February 2026

Monthly Observances:

Black History Month
American Heart Month
Ethnic Equality Month
National Cancer Prevention Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 National Freedom Day World Hijab Day	2 Groundhog Day	3	4 World Cancer Day	5	6	7
8	9	10	11	12	13	14 Valentine's Day Random Acts of Kindness Week
15 Parinirvana Day (Nirvana Day Buddhist)	16 Presidents' Day CLOSED	17 Fat Tuesday (Mardi Gras) Lunar New Year	18	19 Early Closure 2:30 pm	20 World Day of Social Justice	21 International Mother Language Day
22	23	24	25	26	27	28

📌 Did you know that 2026 is the year of the Horse? In the Chinese zodiac, the Horse symbolizes energy, independence and forward momentum and is often associated with optimism, resilience and positive change.

Senior Services for South Sound



Medicare Advantage Open Enrollment: What You Need to Know

The Medicare Advantage Open Enrollment Period (MA OEP) is open now through March 31! This is a special window for people who are already enrolled in a Medicare Advantage (MA) plan. Unlike the Fall Open Enrollment

Period, this one is more limited—but it can still be an important opportunity to make a change if your current plan isn't meeting your needs.

During MA OEP, you're allowed to make **one change only**. You can either switch from your current Medicare Advantage plan to a different MA plan, or you can return to Original Medicare, with the option to add a separate Part D prescription drug plan.

If you're enrolled in a Medicare Advantage plan and wondering whether it's still the right fit, MA OEP is a good time to review your coverage, provider networks, costs, and prescription needs to decide if a change makes sense.

Need Help Reviewing Your Options?

Our SHIBA team is here to help you navigate your Medicare options. SHIBA (Statewide Health Insurance Benefits Advisors) is staffed by a dedicated group of highly trained volunteers who provide free, unbiased Medicare assistance. We offer in-person appointments at our office in the Olympia Senior Center, as well as assistance by phone. You can reach us at 360.586.6181 ext. 134 to schedule a time that works for you.

SHIBA Help in February

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

CLASS	DATE	TIME	LOCATION
Medicare - Getting Started	February 4	11:00 am - 1:00 pm	ZOOM
Medicare - Getting Started	February 11	11:00 am - 1:00 pm	Olympia Senior Center 222 Columbia St NW Olympia, WA 98501
Medicare One-on-One	February 12	10:00 am - 12:30 pm	Prosperity Grange, Steamboat Island 3701 Steamboat Loop NW Olympia, WA 98502
Medicare - Getting Started	February 17	6:00 pm - 7:30 pm	ZOOM
Medicare - Getting Started	February 19	10:00 am - 12:00 pm	ZOOM
Medicare - Getting Started	February 19	11:00 am - 3:00 pm	Mason County Senior Activities Association 190 W Sentry Dr Shelton, WA 98584



Mason County Meals on Wheels Drivers Urgently Needed!

URGENT NEED: 2 Drivers

Just two volunteers can help ensure Mason County seniors continue receiving meals

Did You Know?

For many older adults, a Meals on Wheels driver may be the *only friendly face* they see that day, or even that *week*!

Help us deliver more than just meals, deliver care, connection and independence.

Volunteer Today!

Call 360.586.6181 ext. 120
or email volunteers@southsoundseniors.org

Time Commitment

- Tuesday mornings
- Twice per month
- 2-3 Hours per delivery day

Location

Based out of Shelton United Methodist Church

What You'll Do

- Deliver nutritious meals
- Provide a friendly check-in
- Support local seniors

Mileage is reimbursed!

ROCK STAR BINGO

feat.
ELIZABETH LORD



OLYMPIA SENIOR CENTER



**February 21
6:00pm**

SNACK BAR // CASH BAR // \$2 SPECIAL GAMES // COSTUME CONTEST // 50/50 RAFFLE // AND MORE!



PARANORMAL BINGO
 APRIL 25 @ VIRGIL CLARKSON LACEY SENIOR CENTER



RAINBOW BINGO **JUNE 6**
OLYMPIA SENIOR CENTER



! IMPORTANT INFORMATION

Senior Services for South Sound centers and administrative offices will be CLOSED Monday, February 16 for Presidents' Day and close early at 2:30 pm on Thursday, February 19.

Thank you to our Local Partners:



LEWIS-MASON-THURSTON
AREA AGENCY ON AGING



SUBARU

Olympia Subaru