



LET'S GO
over the
EDGE
for SENIORS
SATURDAY, JUNE 28
NOON
The Hub at Lacey
Woodland Square Loop SE
Lacey, WA 98503



**There's still
time!**

Register today at
southsoundseniors.org/ote



Brian's View

*A Message From
the Executive
Director*

Many of you may know that I'm a traveler at heart. I've had the great fortune of recently

traveling with my older son in [the remarkable North African country of Morocco](#). We were there in the second half of April, and it is still resonating with me today.

While there is a lot that I could say about Morocco (and if you're interested, shoot me a message and I'm happy to share more), but there is one thing I think is especially relevant to our mission here at Senior Services for South Sound. We've been leading a campaign around Isolation and Loneliness for good reasons that are now familiar to most of you. [It's a pervasive American problem, resulting in reduced quality and duration of life for far too many.](#)

Well let me say that this problem must be non-existent in Morocco. As I walked through the bustling, maze-like souks, squares and streets, [it struck me how the culture is both ancient and hyper-connected](#). You may recall I have an Anthropology degree, so cultural observations are second-nature for me.

In Morocco, partly due to climate, but also a deeply cultural expression, [people of all ages are outside, in open air markets, buying the necessities of life from individual merchants whom they know](#), and are physically close and affectionate with each other.

Little boys walk with their arms wrapped around one another, as do old men and young women and mixes of all ages. [Human touch is vital to our well-being, and they do it all day!](#)

In the markets, jam-packed because they were built for humans and donkey carts, not cars, they are small enough to cram people together. [You can't help but see people you know at the spice merchant, butcher or vegetable stand.](#) Housing is denser, also, so folks are not so spread out.

In short, [Moroccans have far, far more physical contact, social engagement and deep community ties than I see in most of our country.](#) You know, as I do, this is not just Moroccan, as our own big cities like New York can be this way in terms of human density. But what struck me is how it's not just the density, but the nature of interaction in this Arabic nation. I quickly felt comfortable, despite not speaking Arabic, and mused that my own extroverted and highly sociable father might well have thrived as a Moroccan even more so than in his suburban fairly isolated life here.

Why am I writing about this? Because we each have control over our choices. **I encourage myself, and you too, to strengthen our ties with one another. To [hug those you love](#), and get to know the name of your neighbors.** We can be more connected, even if we don't get to walk cities designed for pedestrians!



Volunteer Spotlight: Allen Mote

By Scott Schoengarth

Dr. Allen Mote is a retired psychologist who draws upon his life-long passion for playing multiple instruments as a volunteer at the Olympia Senior Center. Here he teaches ukulele, one of the easiest of all instruments (what he calls the “people’s instrument”).

A guitar player for more than 50 years, Allen is also an avid hiker and best-selling author, having written a hiking book when he lived in Tucson, Arizona, which he later condensed into a manual and used to train 1,800 hikers in three years, both in classes and in the field.

It was Allen’s granddaughter who sparked his interest in ukulele. While shopping with her for her own ukulele, she asked if he would get one too so “we can play together.” With that heartwarming invitation, playing the ukulele was an instant YES!

Allen has volunteered with us since 2014, but launched his Beginning Ukulele class about four years ago and added a Holiday Songs class in November 2024. **Those classes have evolved into a weekly, year-round group of ukulele players with a wide range of ages and skills, who not only love to play the ukulele, but also enjoy the feelings of connection and community.** They play a wide range of songs, and there’s also time for some instruction.

The class size has varied over the years and is now consistently a group of about 20 players each week, and it is growing! Allen says he can teach anyone to play in just 10 minutes – it’s really only three chords to get started and it’s so easy to play. He even has 20 ukuleles of his own to loan to folks in his ukulele classes who don’t have one of their own but still want to learn to play.

Besides teaching ukulele, Allen also plays and performs with several other local ukulele groups. He plans for the weekly group to continue throughout the year and is also planning on another Beginning Ukulele Class in September, and another Holiday Songs Class for October. In the meantime, you’ll hear the sounds of happy people and ukuleles jamming on Thursday afternoons, 2 to 4 pm at the Olympia Center. His class has performed several places, including at a big Mother’s Day Show in May, at the Senior Center’s 50th anniversary program and also during the daily lunch program. Your next chance to catch them is at a Father’s Day Luncheon on Friday, June 13.

Allen says that the music awakens a real sense of the community in folks, and it really brings people together. He’s found that people who were feeling isolated and lonely who join up with other ukulele players experience an improvement and sometimes a huge difference in their cognitive, mental, social and even physical health.

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 June

By Senior Services Staff

June Is Full of Surprises! According to Factsite.com, this wasn't always the sixth month — it used to be the fourth! It also boasts not one, but three birthstones: alexandrite, moonstone and pearl. And depending on where you are in the world, June can bring either the longest or shortest day of the year.

But for us, June holds meaning far beyond trivia. Our Senior Nutrition team has chosen two special days to celebrate this month: King Kamehameha Day, honoring the Hawaiian monarch who united the islands, and Father's Day, celebrated every 3rd Sunday of June to recognize dads and father figures.

We're also continuing our monthly Ribbon Campaign to raise awareness around important senior issues. Each month, you'll find free awareness ribbons at the Lacey and Olympia senior center reception desks.

King Kamehameha Day - June 11: Kalua Pork, Bok Choy, Rice, Fresh Fruit Salad, Dessert

Fathers' Day: Site Choice

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.

At Senior Services, we embrace those of all different backgrounds and revel in what makes us each unique. Different is beautiful and all are welcome at Senior Services.

Together, We Make a Difference.

Whether you're enjoying a meal, wearing a ribbon, or simply appreciating the diversity around you, every action helps create a stronger, more inclusive community.

Raising Awareness with Ribbons:



For June, purple ribbons will be available at the reception counters to shine a spotlight on World Elder Abuse Awareness month. Elder abuse can be financial, emotional, physical and sexual and includes elders who are neglected and those who self-neglect. According to the National Center for Elder Abuse, between one and two million American seniors were injured, exploited or mistreated by someone they depend on for care or protection.

Upcoming Ribbons:



• **July** – Senior Services Awareness (Blue/Gray Ribbon)

• **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 June 2025

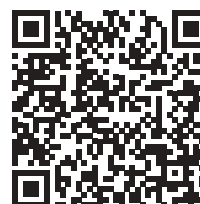


Celebrating *Diversity* June 2025

Monthly Observances:

- LGBTQIA+ Pride Month
- Immigrant Heritage Month
- Caribbean-American Heritage Month
- PTSD Awareness Month
- Alzheimer's & Brain Awareness Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Shavuot Native American Citizenship Day	3	4	5	6 Eid al-Adha Memorial Day (South Korea)	7
8 Pentecost	9 Filipino-Chinese Friendship Day	10	11 King Kamehameha Day	12 Loving Day	13	14
15 Father's Day World Elder Abuse Awareness Day	16	17	18	19 Juneteenth (CLOSED)	20 CLOSED	21 Litha (Summer Solstice) National Indigenous Peoples Day (Canada)
22	23	24	25	26	27 Hijri New Year Helen Keller Day National PTSD Awareness Day	28 Pride Day
29	30					



For more information and resources, scan or visit our blog at southsoundseniors.org/news



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 June

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

CLASS	DATE	TIME	LOCATION
Medicare - Getting Started	June 4	11:00 am to 1:00 pm	ZOOM
Medicare - Getting Started	June 11	11:00 am to 1:00 pm	Olympia Senior Center
Medicare - Getting Started	June 17	6:30 to 8:00 pm	ZOOM



ATTENTION!

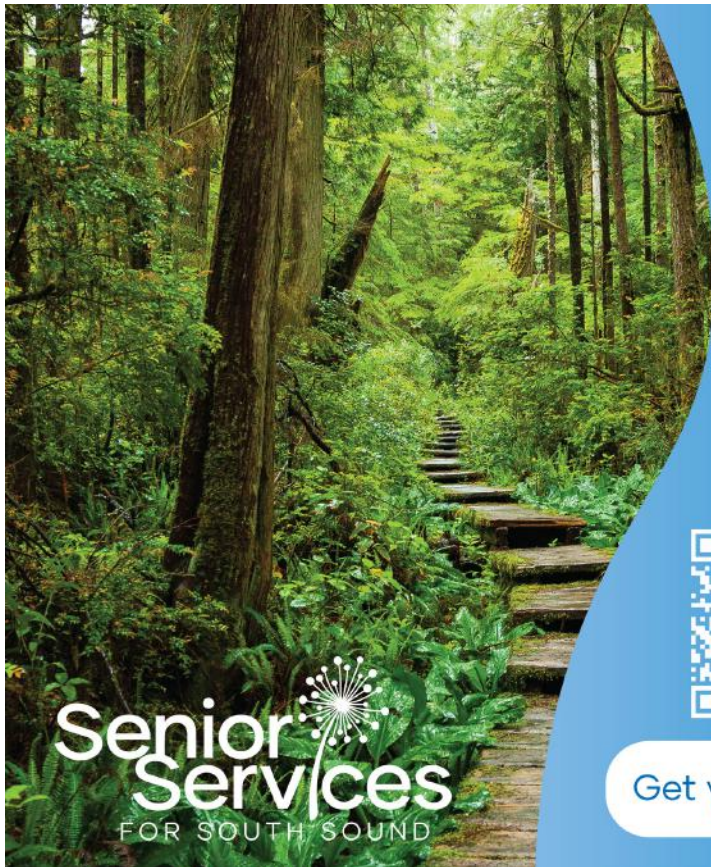
- Medicare - Getting Started presentations usually held on the third Thursday of the month (in-person Mason County and ZOOM) are canceled due to the Juneteenth holiday!

SHIBA Manager Kelly's Article of Interest: Senior Medicare Fraud Prevention Month and Understanding Your Medicare Summary Notices

By WA State Office of the Insurance Commissioner

As we observe Fraud Prevention Month, there's no better time to highlight one of the most powerful tools Medicare beneficiaries have in the fight against health care fraud: your Medicare Summary Notice (MSN). These statements, which detail all services and supplies billed to Medicare on your behalf, are more than just paperwork—they're your personal fraud detection system and your first line of defense against scams targeting seniors. Medicare loses billions of dollars annually to fraud and improper payments. By reviewing your MSNs, you're not just protecting yourself—you're helping safeguard the entire Medicare program for future generations.

[Read more at insurance.wa.gov]



Senior
Services
FOR SOUTH SOUND

Trips & Tours



**There's still
more to explore!**

Get your catalog online or at our reception desks!

Introducing Well Check!

A friendly phone call can go a long way.

What You'll Get

- ✓ A weekly call from a friendly, trained volunteer
- ✓ Genuine conversation and emotional support
- ✓ A caring check-in to see how you're doing
- ✓ Monday - Friday scheduling available

southsoundseniors.org/wellcheck | wellcheck@southsoundseniors.org

Feeling isolated or living alone?

You're not alone and we're here to help. Well Check is a free phone assurance program offering weekly calls from trained volunteers. It's all about connection, compassion and support.

Senior
Services
FOR SOUTH SOUND



Olympia Senior Center Weekly Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 to 10:00 Advanced EnhanceFitness	10:00 to 1:00 Tech Help w/ Adam	9:00 to 10:00 Advanced EnhanceFitness® \$	10:00 to 11:00 Gentle Yoga \$	8:30 to 11:00 Woodcarving
10:30 - 1:00 Tech Help w/ Melinda	10:00 to 11:00 Gentle Yoga \$	10:00 to 1:00 Tech Help w/ Adam	10:00 to 11:45 Beginning Social Bridge	9:00 to 10:00 Advanced EnhanceFitness® \$
10:30 to 11:30 Gentle Yoga \$	10:00 to 11:30 Current Issues	10:00 to 12:00 Parkinson's Disease Support Group	10:30 to 11:30 Gentle Yoga	10:00 to 1:00 Tech Help w/ Adam
12:00 to 3:00 Table Games	10:00 to 11:30 Rock Painting with Inclusion	10:30 to 11:30 Gentle Yoga	12:30 Pinochle	10:30 to 11:30 Tai Ji Quan \$
12:00 to 4:00 Cribbage	10:30 to 11:30 Tai Ji Quan \$	12:00 to 3:00 Table Games	12:30 to 2:00 Music Mends Minds	10:30 to 11:15 Laughing Circle
12:00 to 1:30 World Geography: Come Explore!	12:00 to 4:00 Reader's Theater Rehearsals	12:30 to 2:00 Euchre	1:00 to 2:00 Adaptive Creative Dance \$	12:00 to 3:00 Table Games
1:00 to 3:00 Party Bridge	12:45 to 1:45 Drop-In Meditation	1:00 to 4:00 Mah Jongg	2:00 to 4:00 Yarn Magic	1:30 to 2:30 Beginning EnhanceFitness® \$
1:30 to 2:30 Beginning EnhanceFitness® \$	1:00 to 2:00 Chair Yoga \$	1:30 to 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
2 1:00 - 2:00 Reader's Theater Group Meeting	3	4 10:00 - 11:00 Low Vision Support Group 10:00 am - 3:00 Haircuts (by appointment only) 12:00 - 2:00 Read a Play, Engage and Have Fun	5	6 10:00 am - 3:00 Haircuts (by appointment only)
9 1:00 - 3:00 Reader's Theater Script Readings and Discussion	10 11:00 am - 1:00 ALS Support Group 11:45 LGBTQ+ Lunch Bunch	11 2:00 - 4:00 Death Cafe	12 10:00 - 11:00 Explore Olympia Walkabout *Olympia Capitol Way and Olyphant pg. 13 5:00 pm Dine Out @ Cascadia Grill	13 *Secure your spot for Dine Out by Monday, June 9 by calling the Olympia Senior Center at 360.586.6181
16	17	18 10:00 am - 3:00 Haircuts (by appointment only) 12:00 - 2:00 Read a Play, Engage and Have Fun	19 Closed for Juneteenth	20 Closed for Juneteenth
23 1:00 - 3:00 Reader's Theater Script Readings and Discussion	24	25	26 10:00 Senior Reads Book Club: <i>The Marriage Portrait</i> *pg 13	27 2:00 - 3:00 Bereavement Support Group: Life After Loss (via ZOOM) 10:30 - 11:30 Food Bank
30	Check out page 13 for special presentations and activity highlights!			

Virgil Clarkson Lacey Senior Center Weekly Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 to 9:30 EnhanceFitness® \$	8:30 to 11:00 Woodcarving	8:30 to 9:30 Enhancefitness® \$	9:00 to 10:00 Gentle Yoga \$	8:30 to 9:30 Enhancefitness® \$
9:45 to 10:45 EnhanceFitness® \$	9:30 am to 12:00 Mah Jongg for Beginners	9:00 am to 12:00 Double Deck Pinochle	10:00 to 11:30 Coffee and Conversation	9:00 am to 12:00 Pinochle
11:00 am to 12:00 Chair Yoga \$	9:30 to 10:15 ZUMBA® Gold \$	9:30 am to 1:15 Korean Elders	10:00 to 11:00 Tech Help	9:15 to 11:00 Daytime Bingo
12:30 to 1:15 Beginner Line Dancing \$	10:00 to 11:00 Tech Help	9:30 Wednesday Walkers	9:30 to 11:00 Rock Painting with Inclusion	9:45 to 10:45 Enhancefitness® \$
1:00 to 3:00 Watercolor Group	11:00 am to 12:00 Gentle Yoga \$	9:45 to 10:45 Enhancefitness® \$	10:30 to 11:30 Beginning Tai Ji Quan® \$	10:00 to 12:00 Memoir Writing Class
1:15 to 2:15 Beginner Advanced Line Dancing \$	12:30 to 2:15 Needlecraft/Tatting Group	11:00 to 11:45 Chair ZUMBA®	11:00 to 12:00 Tech Help (by appointment only)	12:30 to 1:30 Intermediate Line Dancing \$
2:30 to 3:30 Beginning Tai Ji Quan® \$	12:30 to 3:30 Pinochle	12:30 to 3:30 Table Games	12:30 to 3:30 pm Double Deck Pinochle	1:00 to 4:00 Mah Jongg
3:30 to 4:30 Advanced Tai Ji Quan® \$	1:30 to 3:30 Dance Socials \$	12:45 to 3:00 Fly Tying	3:00 to 4:00 Advanced Tai Ji Quan® \$	1:00 to 2:00 Sing Along with Brighter Days
 • French Classes will not meet in June and will resume July 7! • Tai Chi will not meet in the Summer Quarter and will resume September 7!	2:00 to 3:30 Art Mixed Media	1:00 to 3:00 Chess Essentials	5:30 to 6:30 ZUMBA® After Hours	
	2:00 to 3:00 Conversaciones en Español	1:30 to 3:00 Intermediate Line Dancing \$	5:30 to 7:30 Ukulele Ohana	
	2:00 to 3:30 Art Mixed Media	3:30 to 4:30 Enhancefitness® \$		
	5:30 to 6:30 ZUMBA® After Hours			

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

Virgil Clarkson Lacey Senior Center Monthly Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Haircuts (<i>by appointment only</i>) 12:30 - 2:00 Dementia Caregivers Support Group	3 6:00 - 8:00 Brain Injury Alliance of WA	4 1:30 - 3:00 Owning the Age I Am 6:00 - 7:00 Veteran's Support Group By Appointment Reflexology	5 10:00 - 12:00 Tech Help w/ Rich 1:00 - 3:00 NW Gardening Group	6 12:30 - 2:00 Dementia Caregivers Support Group
9	10 4:30 Dine Out @ Olive Garden 4611 Tumwater Valley Dr SE, Olympia, WA 98501	11 10:00 - 2:00 Bus Buddies By Appointment Reflexology	12	13 2:00 - 3:30 Bereavement Support Group: Life After Loss
16 Haircuts (<i>by appointment only</i>)	17	18 2:00 - 3:00 Open Book Club 6:00 - 7:00 Veteran's Support Group By Appointment Reflexology	19 Closed for Juneteenth	20 Closed for Juneteenth
23	24	25 By Appointment Reflexology	26 2:00 - 4:00 Death Cafe 11:45 LGBTQ+ Lunch Bunch	27 12:30 - 2:00 TED Talks+ <i>How AI is Allowing Seniors to Stay in Their Homes</i>
30				

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.*

NEW! Concert and Sing Along by Loose Canon

Thursday, June 5
12:30 pm

Come enjoy some live folk and gospel music on stage by a band started by our own Ambassador Bob.

Public Welcome

Dine Out

Tuesday, June 10
4:30 pm

Olive Garden - 2400 Capital Mall Dr SW
Olympia, WA 98502

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

Public Welcome

TED Talks Plus

Friday, June 27
12:30 pm

Topic: *How AI is Allowing Seniors to Stay in Their Homes.* We'll watch 3 videos and discuss them as a Think Tank! Great topics to generate more brain neurons.

Public Welcome



ATTENTION!

- French Class with Curtis will not meet in June. Class will resume on July 7!
- Tai Chi will not meet June - August. Class will resume on September 7!
- Create a Death Journal will not meet during Summer Quarter. It will return October 16!



NEW! Reader's Theater Presents!

OLYMPIA
Tuesday, June 17
1:00 pm

LACEY
Thursday, June 26
1:00 pm

You know their plays are entertaining, thought-provoking, and downright funny. Check out these talented seniors for some real, live, on-stage entertainment!

Public Welcome

Olympia Senior Center Activity Spotlights

Unforgettable Art with Maureen Wells

Wednesday, June 4

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 "The Good Old Days."

Members Only

Explore Olympia Walkabout

Thursday, June 12

10:00 am

Olympia Senior Center

Come explore our hometown area on our monthly walkabout. This month we'll go up Capitol Way to visit Olyphant Art and perhaps to the old Olympia Hardware store. If available at that early hour, we'll try to pop into Mi Luna, a new and delicious Cuban Cafe! Please wear sturdy walking shoes and be aware that sometimes we walk over trip hazards and some distance.

Public Welcome

Dine Out

Thursday, June 12

5:00 pm

Cascadia Grill - 200 4th Ave W
Olympia, WA 98501

Join us for an evening of conviviality and good food at Cascadia! 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, June 9 by calling 360.586.6181.**

Public Welcome

NEW! Sharing Art Together with Maureen Wells

Fridays, June 13 & 27

12:30 pm

Olympia Senior Center

Join Maureen at a table in the Senior Center lobby for a 20-minute discussion of small art prints. Learn about the prints, share your thoughts about them and share in the fun of a deep dive into art!

Members Only

NEW! Olympia Senior Center Ukulele Group Fathers' Day Lunchtime Performance

Friday, June 13

11:45 am to 12:30 pm

Olympia Senior Center

Back by popular demand, Allen Mote's Ukulele class will be performing music to celebrate all of the dads! Come and enjoy music from Allen's Ukulele class, now in their fourth year. They have previously performed at Rhythms, Wild Child Restaurant, and were featured for Senior Services for South Sound's 50th Anniversary party in 2023. You won't want to miss this!

Public Welcome

RESCHEDULED!

Senior Reads Book Club

Thursday, June 26

10:00 am

Olympia Senior Center

Because we'll be closed for Juneteenth, Book Club has been rescheduled! For June, we'll be reading *The Marriage Portrait* by Maggie O'Farrell. Our conversations are always fun, typically far ranging, and often time brings new perspectives, join us!

Public Welcome



Home Share is Making an Even Greater Impact Than Ever!

By Emily Lopez, Home Share Assistant

The beauty of our Home Share program is that every match is different and tailored specifically for the needs of those in the arrangement!

Take the match of Laney and Marie, for instance.

Laney is an 84-year-old woman who calls a charming hobby farm her home. Surrounded by her beloved animals — five birds, five dogs, two cats, chickens, koi fish and a miniature horse! — she has built a life rooted in independence. **But she came to recognize that with the support of Home Share, she had more options to stay in her beloved home and continue her fulfilling life.**

This is where Marie comes in. A 63-year-old retiree with a zest for life and a love of the outdoors, after overcoming cancer, she found herself without a stable place to live, relying on the kindness of friends while struggling with the rising costs of rent and essentials.

Through Home Share, everything changed. Laney was able to open her heart and home, offering Marie not just a safe, stable place to land, but also a renewed sense of purpose and belonging. **In return for board, Marie helps care for the farm** spending time outdoors, surrounded by animals, and contributing in a way that's meaningful to her. It's a mutually supportive arrangement that honors both women's independence while forging a deep and lasting connection.

This is the heart of Home Share: not just housing, but connection. Not just assistance, but partnership. While every match looks different, each one reflects the same core values of support, trust and the power of community to meet individual needs in meaningful ways.

Home Share is transforming lives by creating connections that sustain and inspire. If you or someone you know could benefit from this empowering program, or if you'd like to learn more about how to get involved, please visit our website or contact us today.

Together, we can build a stronger, more caring community.



Laney and Marie live on a hobby farm with a menagerie of animals, including five dogs and a miniature horse!

LET'S GO
Over the
EDGE
for SENIORS



All proceeds benefit
Senior Services
FOR SOUTH SOUND



DO **YOU** HAVE
WHAT IT TAKES?

REGISTER!

Register to rappel as an individual or a team by scanning the QR code above or visit the website below. Registration fee is \$75. (Don't worry — the fee goes toward your goal!)

GET READY!

Set up your personal fundraising page and reach the \$1,000 fundraising minimum with ease!

RAPPEL!

Experience a once-in-a-lifetime opportunity to rappel for a reason!

[SOUTHSOUNDSENIORS.ORG/OTE](https://southsoundseniors.org/ote)

Suit up, lean back and take in the view as **you rappel down a four-story building**, all while making a real difference for local seniors.

Last summer, 30 everyday heroes did exactly that and raised nearly **\$80,000** for Senior Services for South Sound. This year, it could be your turn.

On June 28, 2025, the ropes are going up again at The Hub at Lacey. You bring the courage and the cause. We'll provide the gear, the training and a cheering crowd that won't let you forget it.

All it takes is a \$1,000 fundraising goal and the willingness to step outside your comfort zone. Are you ready to go **Over The Edge?**



**Centers and Administrative
Offices will be
CLOSED
June 19 & 20
for Juneteenth.**

Thank you to our Local Partners:



LEWIS-MASON-THURSTON
AREA AGENCY ON AGING



SUBARU

Olympia Subaru