



Let the Adventures Begin!

Our NEW Trips & Tours bus is here! Read all about the celebration and the donors that got us here on page 3!

Senior Services for South Sound



Brian's View

A Message From the Executive Director

While I would rather write about the spring equinox and the northern migration of birds this

time of year, it is vital that I address our current moment in history, and how it is **impacting Senior Services** now and potentially in the future. You well know that we are a 501(c)(3) nonprofit organization in the eyes of the IRS. This means we exist not to make a profit, as corporations do, but to perform a service deemed beneficial to the public. It's a misunderstanding that nonprofits may not be profitable, and indeed some national nonprofit organizations strain the bounds of this reality. But we here at Senior Services for South Sound are a typical local nonprofit that creates balanced budgets and relies in part on donations to do our work.

As you may have read in our recent email alert, we also rely on federal funding through the **Older Americans Act (OAA)**, first passed as part of President Lyndon Johnson's Great Society reforms in 1965. It's been reauthorized every few years since then, extending through 2024. That's right, the OAA is up for renewal and as of this writing has not been renewed in the new congress. **This funding goes out around the country to fund Meals on Wheels, congregate meals, and other senior-serving programs like our Transportation program and Brighter Days Adult Day Care program.** It is administered through one of the local Area Agencies on Aging, with ours being the Lewis, Mason, Thurston Area Agency on Aging (LMTAAA or often AAA for short). They are our local partner with these funds.

Over **50%** of our total operating budget comes from these federal funds. That amounts to over **\$1.5 million dollars** in 2025.

We are being told by AAA that our funding for 2025 is in place and secure for now. We remain eager to learn if that is true for the remainder of 2025 or not, and have no knowledge or confidence with what the future will hold for OAA funding going forward.

For you math sorts, the total OAA funding **nationally** in 2024 was **\$2.37 billion dollars**. Sounds like a lot? Yet, here's the kicker: the federal expenditures in 2024 were **\$6.75 trillion dollars**. That means OAA funding was only a measly .03% of federal spending. That's smaller than tiny!

We believe deeply that federal funding for senior issues is not a partisan issue. We've asked our community to contact their representatives in government to speak up about the importance of these programs, and senior well-being. **If this funding is reduced, or removed, then seniors all over Thurston and Mason counties will pay the price.**

We are resilient and joyful in the performance of our mission, and we rely on federal support to do our work. **We have great trust in our community of caring people to do their part with donations, and will keep you informed as best we can moving forward.**

A handwritten signature in blue ink, appearing to read "Brian Windrope".

Brian Windrope, Executive Director

Trips & Tours

New Season, New Bus, New Adventures!

By Senior Services Staff

Senior Services for South Sound's Trips & Tours program just got a major upgrade—our brand-new **24-passenger bus** has officially hit the road! Thanks to the special generosity of Linda and Ron Moon and many other incredible donors, this long-awaited addition ensures that seniors in our community can continue exploring, adventuring and making lifelong memories in comfort and style.

On January 31, we held a special unveiling event to introduce this exciting new addition. Executive Director Brian Windrope dedicated the bus with heartfelt words:

●● **On behalf of our organization, the generous donors who helped make this happen, and everyone who supports Senior Services and our Trips & Tours program—welcome to Senior Services, new bus!"**

The morning was filled with **celebration, laughter, refreshments and even a few inaugural rides around the block**. And while Brian's attempt to christen the bus with a bottle of champagne didn't quite go as planned (spoiler: the bottle won), he made up for it with a triumphant Formula 1-style champagne pour!

Continued on pg. 4

Bus doors were open for anyone to take a peek inside.



Trips & Tours Manager Wendy Churchman laughs as Executive Director Brian Windrope prepares to dedicate the bus.

Senior Services for South Sound



Brian get's a little advice on how to open the champagne bottle!

bus embarked on its **maiden voyage**—a day trip to Seattle, where travelers explored the Seattle Art Museum and wandered through the iconic Pike Place Market. With its plush reclining seats, adjustable reading lights, and—perhaps most importantly—fully functioning heat and air conditioning, the bus made its first journey in total comfort. **And this is just the beginning!**

Spring is packed with exciting Trips & Tours excursions, and **there are still spots available** for some truly fantastic adventures. On March 20, we're heading back to Pike Place for the **Pike Place Foodie Tour**, where travelers will sample delicious bites from local vendors. Birdwatchers won't want to miss the **Shorebird Festival** in Hoquiam on April 26, an annual event celebrating thousands of migrating shorebirds. And for those with a green thumb (or those looking to grow one!), we're off to the **Puyallup River Valley** on April 29 for a garden and nursery tour just in time for spring planting.

Along with our new bus, the Trips & Tours office itself just got a big upgrade! We've expanded the space to create a more welcoming and comfortable environment where you can drop in, browse upcoming trips and talk through your options with our friendly volunteers. Whether you're a seasoned traveler or considering your first trip, we invite you to stop by, ask questions and discover all the amazing places waiting to be explored.

We are so grateful for all the folks who donated to help cover the cost of our new bus! In particular, we are so grateful for the leadership gifts of Linda and Ron Moon. A longtime volunteer tour leader with Trips & Tours, Linda says she was moved to support the purchase of a new bus because "the Trips & Tours program is so important to the Senior Center. We have people who have made friendships by taking these tours. The trips are affordable, they are safe, and it's a very important part of the senior program. And it's fun!"

Ready to hit the road with us?

Join us for an upcoming adventure by scanning here!



southsoundseniors.org/trips-tours

**FRIDAY,
MARCH 21
DOORS OPEN
4:30 PM**

OLDIES DANCE

**VIRGIL CLARKSON
LACEY SENIOR
CENTER**



Celebrate 50s, 60s, and 70s music with dancing, snacks, decor and great costumes! Whether you love the Sock Hop, Woodstock or the Disco decade, you will love this mix of the best of all of them. Door prizes and Best Dancer/Best Costume prizes will be awarded. Snacks will be available for purchase to include hot dogs and cold drinks. It's time to do the twist, shout and boogie down for the best night out in Thurston County! For those 55+ and young at heart.

Senior Services Welcomes All Seniors

By Senior Services Staff

There is no better time than now to celebrate the unique experiences that make each of us who we are! Join us for a senior-friendly, healthy meal as we come together to share stories, embrace our diverse backgrounds and **appreciate the eclectic brilliance we all contribute to our community.**

Our Senior Nutrition Program has put together a delightful menu designed to excite your taste buds while we explore the traditions and significance of **Mardi Gras, Pi Day, St. Patrick's Day and Greek-American Heritage Month.** This is more than just a meal—it's an opportunity to connect, learn, and celebrate!

In addition to celebrating culture and heritage through food, **Senior Services for South Sound is committed to raising awareness of important issues throughout the year.** Each month, we highlight a cause through our **ribbon campaign.** Stop by the reception desks at the Lacey and Olympia senior centers to pick up a free ribbon and wear it as a symbol of support and curiosity.

For March, we will be offering purple, green, and white ribbons in honor of **Gender Equality Awareness Month.** Below is the upcoming ribbon schedule for the rest of the year:

- **April** – National Minority Health Month (White Ribbon)
- **May** – High Blood Pressure Awareness (Red Ribbon)
- **June** – World Elder Abuse Awareness (Purple Ribbon)
- **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)



March Special Lunches:



March 4 - Mardi Gras:

Sausage and Creamy Cajun Orzo Skillet, Green Bean Almandine, Fruit, Dessert

March 14 - Pi(e) Day:

Meat and Veggie Pizza Pie, Salad, Fruit Pie

March 17 - St. Patrick's Day:

Site Choice

March 27 - Greek-American Heritage:

Chicken Gyros, Greek Lemon Rice, Tzatziki, Greek Salad, Fruit, Dessert

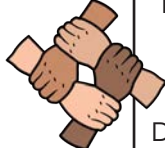




Celebrating *Diversity*

March 2025

For more information
and resources, scan
or visit our blog at
[southsoundseniors.org/
news](https://southsoundseniors.org/news)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3  Mardi Gras	4	5  Ash Wednesday	6	7	8 International Women's Day 
9	10	11	12	13  Purim (-14)	14  Holi	15 Ides of March
16	17 St. Patrick's Day 	18	19	20 	21 International Day for the Elimination of Racial Discrimination	22
23	24  International Transgender Day of Visibility	25 International Day of Remembrance of the Victims of Slavery and the Transatlantic Slave Trade 	26 Lailat al-Qadr 	27	28  Eid al-Fitr	29 National Vietnam War Veterans Day 
30  César Chávez Day	31 International Transgender Day of Visibility	Monthly Observances: - National Women's History - Gender Equality - National Developmental Disabilities Awareness - National Multiple Sclerosis Education and Awareness - National Irish American Heritage - Greek American Heritage				

Senior Academy Spring Quarter

Registration Now Open! Register online or in-person at the Olympia Senior Center today!



The Care and Feeding of a Healthy Brain with Mary Ellen Psaltis

Tuesdays, April 8 — 29

10:30 am — 12:00 pm

Olympia Senior Center

Members: \$60 | Non-Members: \$90

This four-part series explores how daily choices impact brain health, covering topics like diet, exercise, neural pathways, habit formation, sugar's effects, brain-body communication, and lifestyle strategies for cognitive well-being.



Mindfulness for Integration Part 3 with Margo Benedetto

Thursdays, April 17 — May 22

10:00 — 11:30 am

Olympia Senior Center

Members: \$100 | Non-Members: \$120

Part 3 of this series explores the intersection of science, spirituality, and mindfulness, examining non-duality, impermanence, and self-transcendence through brain studies, meditation, and practical discussions on dissolving mental boundaries for greater connection.



Exploring Ancient Egypt with Tony Usibelli

Tuesdays, May 6 — June 10

10:00 am — 12:00 am

Olympia Senior Center

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

This class explores over three millennia of Ancient Egyptian history, covering pharaohs, architecture, art, mythology, and daily life while examining both historical realities and common misconceptions through lectures and lively discussions.

Senior Services for South Sound



Northwest Nations: Indigenizing Our Shared Futures Part II with Ron Johnson

Fridays, April 4 — May 9

2:00 — 4:00 pm

ZOOM

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

This class uses a Storyworks lens to explore the experiences of Northwest Native Nations, examining land rights, environmental justice, cultural preservation, and sovereignty while fostering understanding, empathy, and a commitment to justice.



Creating a Design for Living with Marty Worcester

Mondays, March 31, April 7 & 14

10:00 am — 12:00 pm

Olympia Senior Center

Members: \$60 | Non-Members: \$90

This workshop explores life beyond 65, helping you appreciate the present, enhance connections, navigate societal challenges, and design a meaningful future with balance, purpose, and personal fulfillment.



Why Do Societies Collapse with Bruce Lerro

Tuesdays, April 15 — June 10

2:00 — 4:00 pm

Olympia Senior Center

Members: \$180 | Non-Members: \$210

This class explores the rise and fall of civilizations through the works of Joseph Tainter and Jared Diamond, examining theories of collapse, historical case studies, and the implications for modern societies, including whether the U.S. may be experiencing its own decline.



Drum Infusion! Congas and World Percussion in Community with Kerri Lynn Nichols

Thursdays, April 17 — June 12

10:30 — 11:20 am

Olympia Senior Center

Members: \$80 | Non-Members: \$110

This hands-on conga drumming class fosters cognitive, social-emotional, and physical wellness through rhythm, improvisation, and community connection in an energizing and joyful group setting.

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 to 1:00 Tech Help w/ Melinda	10:00 to 11:00 Gentle Yoga \$	10:00 to 1:00 Tech Help w/ Adam	12:30 Pinochle	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	12:30 to 2:00 Music Mends Minds	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	10:00 to 12:00 Beginning Mah Jongg \$	1:00 to 2:00 Adaptive Creative Dance \$	10:30 to 11:30 Tai Ji Quan \$
12:00 to 4:00 Cribbage	10:30 to 11:30 Tai Ji Quan \$	10:30 to 11:30 Gentle Yoga	2:00 to 4:00 Yarn Magic	12:00 to 3:00 Table Games
12:00 to 1:30 World Geography: Come Explore!	12:00 to 4:00 Reader's Theater Rehearsals	12:00 to 3:00 Table Games		1:30 to 2:30 Beginning EnhanceFitness® \$
1:00 to 3:00 Party Bridge	1:00 to 2:00 Zentangle \$	12:30 to 2:00 Euchre		
1:30 to 2:30 Beginning EnhanceFitness® \$	12:45 to 1:45 Drop-In Meditation	1:00 to 4:00 Mah Jongg		
	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

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

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

Olympia Senior Center Monthly Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 10:00 - 11:30 Mothers with Adult Estranged Children Support Group 1:00 - 2:00 Reader's Theater Group Meeting	4	5 10:00 - 11:00 Low Vision Support Group 10:00 - 2:00 Bus Buddies 10:00 am - 3:00 Haircuts <i>(by appointment only)</i> 12:00 - 2:00 Read a Play, Engage and Have Fun	6	7 10:00 am - 3:00 Haircuts <i>(by appointment only)</i>
10 1:00 - 3:00 Reader's Theater Script Readings and Discussion	11 11:00 am - 1:00 ALS Support Group 11:45 LGBTQ+ Lunch Bunch	12 2:00 - 4:00 Death Cafe	13 10:00 - 11:00 Explore Olympia Walkabout 5:00 pm Dine Out @ Olympia Oyster House	14
17	18	19 10:00 - 3:00 Haircuts <i>(by appointment only)</i> 12:00 - 2:00 Read a Play, Engage and Have Fun	20 10:00 - 12:00 Tech Help with Rich 10:00 Senior Reads Book Club: <i>Hester</i> by Laurie Rico Albanese	21 10:00 - 3:00 Haircuts <i>(by appointment only)</i> 10:30 - 11:30 Food Bank
24 1:00 - 3:00 Reader's Theater Script Readings and Discussion	25	26	27	28 2:00 - 3:00 Bereavement Support Group: Life After Loss <i>(via ZOOM)</i>
31	*Secure your spot for Dine Out by Monday, March 10 by calling the Olympia Senior Center at 360.586.6181			

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	9:30 to 11:00 Coffee and Conversation	9:00 am to 12:00 Pinochle
10:30 to 11:30 Beginning French	9:30 to 10:15 ZUMBA® Gold \$	9:30 am to 1:15 Korean Elders	10:00 am to 12:00 Tech Help	9:15 to 11:00 Daytime Bingo
11:00 am to 12:00 Chair Yoga \$	10:00 to 11:00 Tech Help	9:30 Wednesday Walkers	9:30 to 11:15 Rock Painting with Inclusion	9:45 to 10:45 Enhancefitness® \$
11:30 am to 12:30 Intermediate French	11:00 am to 12:00 Gentle Yoga \$	9:45 to 10:45 Enhancefitness® \$	10:00 to 12:00 Tech Help	10:00 to 12:00 Memoir Writing Class
12:30 to 2:30 Advanced French	12:30 to 2:15 Needlecraft/ Tatting Group	11:00 to 11:45 Chair ZUMBA® \$	10:30 to 11:30 Beginning Tai Ji Quan® \$	12:30 to 1:30 Intermediate Line Dancing \$
12:30 to 1:15 Beginner Line Dancing \$	12:30 to 3:30 Pinochle	12:30 to 3:30 Table Games	3:00 to 4:00 Advanced Tai Ji Quan® \$	1:00 to 4:00 Mah Jongg
1:00 to 3:00 Watercolor Group	1:30 to 3:30 Dance Socials \$	12:45 to 3:00 Fly Tying	5:30 to 6:30 ZUMBA® After Hours \$	1:00 to 2:00 Sing Along with Brighter Days
1:15 to 2:15 Beginner Advanced Line Dancing \$	2:00 to 3:30 Art Mixed Media	1:00 to 3:00 Chess Essentials	5:30 to 7:30 Ukulele Ohana	2:30 to 4:00 Writing for Your Life
2:30 to 3:30 Beginning Tai Ji Quan® \$	2:00 to 3:00 Conversaciones en Espanol	1:30 to 3:00 Intermediate Line Dancing \$		
3:30 to 4:30 Advanced Tai Ji Quan® \$	5:30 to 6:30 ZUMBA® After Hours \$			
5:00 to 6:00 Tai Chi				

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

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
3 Haircuts (<i>by appointment only</i>) 12:30 - 2:00 Dementia Caregivers Support Group	4 10:00 - 12:00 Mothers with Adult Estranged Children Support Group 6:00 - 8:00 Brain Injury Alliance of WA	5 1:30 - 3:00 Owning the Age I Am 6:00 - 7:00 Veteran's Support Group	6 1:00 - 3:00 NW Gardening Group	7 12:30 - 2:00 Dementia Caregivers Support Group
10 8:30 - 3:30 55+ Senior Driving Workshop	11 4:30 Dine Out @ Budd Bay Cafe	12 10:00 - 2:00 Bus Buddies	13	14 2:00 - 3:30 Bereavement Support Group: Life After Loss
17 Haircuts (<i>by appointment only</i>) 11:00 - 1:00 Free Notary Services	18 10:00 - 12:00 Mothers with Adult Estranged Children Support Group	19 2:00 - 3:00 Open Book Club 6:00 - 7:00 Veteran's Support Group	20 11:30 - 12:50 Death Journaling 1:00 - 3:00 NW Gardening Group	21
24	25 11:45 LGBTQ+ Lunch Bunch	26	27 2:00 - 4:00 Death Cafe	28 12:30 - 2:00 TED Talks+ Helping Human Trafficking Victims in Our Communities
31				

Virgil Clarkson Lacey Senior Center Activity Spotlights

Be A Mentor!

Tuesdays, March 11 and 25
10:30 am to 11:30 pm - Virgil Clarkson Lacey Senior Center

Meet with Courtney and make a difference in a student's life. Kids are K - 8th in the NTP Schools. Just one hour a week. Find out more!
Public Welcome

Communicating with Memory Impaired Individuals

Thursday, March 14
1:00 to 2:30 pm - Virgil Clarkson Lacey Senior Center

Presented by Sacred Heart. Come learn the most loving and effective options for communicating with those afflicted with all forms of dementia or Alzheimer's. Presenter: Karen Hyde.
Public Welcome

SAFE & SAVVY: Preventing Scams Together

Thursday, March 20
12:30 pm - Virgil Clarkson Lacey Senior Center

This is the second event of what we hope to hold monthly. It is a way to stay ahead of the scammers by increasing awareness of the many insidious ways, both new and old, they use to bilk your bank accounts, steal your ID, and mess with your credit cards. Facilitator Teresa Glidden is a new member of Senior Services who recently retired from Consumer Protection Washington.
Public Welcome

Oldies Dance!

Friday, March 21
4:30 pm - Virgil Clarkson Lacey Senior Center

Doors open at 4:30. Admission: \$5 cash at the door. This is the best of the 50s, 60s, and 70s music and dance. If this Dance doesn't transport you to at least one of these decades, we'll need to check your pulse! There are amazing door prizes, a ticket for free refreshments, and gift cards for the best costume and best dancer. The combined decades décor will help you on your journey down memory lane. The admission fee has remained the same because we have some amazingly generous boosters who are excited to bring this memory-provoking good time to our Seniors. **Seniors 55+ Welcome**



NEW!
**LIFELONG LEARNING
CATALOG OUT NOW**

Olympia Senior Center

Activity Spotlights

Unforgettable Art Gallery Presentation with Maureen Wells

Wednesday, March 11
10:30 am
Olympia Senior Center

Join Maureen Wells as she shares and discusses art prints about March events. Maureen is extremely knowledgeable, and generous with her time and her understanding. This month she will share prints about various holidays and happenings in the month. Always interesting and informative, Maureen's presentations are open to the public and are always engaging!

Paint a Picture with Tina Price!

Tuesday, March 25
12:30 pm
Olympia Senior Center

Join local artist Tina Price and paint a "Magical Mushroom Garden with Gnomes" Tina will provide guidance and instruction as you paint. Think Paint and Sip, without the wine! March 25th, 12:30-2:00 at the Olympia Senior Center. Public Welcome. Fee: \$45.00, and all materials are supplied. Call 360-586-6181 to register and pre-pay by Thursday, March 20th!

Speaker Series



Travis Matheson with Puget Sound Honor Flight
Wednesday, March 5
10:00 am
Olympia Senior Center

Travis Matheson from Puget Sound Honor Flight will be at the center to share information about this program, which provides Western Washington veterans with trips to Washington, D.C., to visit military memorials. Learn how the program works, who is eligible and how veterans can apply. This is a great opportunity to find out more about this meaningful initiative and ask any questions you may have! See Travis' bio and more about the organization on our website!



Artist Debra VanTuinen
Wednesday, March 19
10:00 am
Olympia Senior Center

Join internationally known artist Debra VanTuinen as she discusses her life as an artist, the processes she uses in creating her art, and the inspirations she draws from to live her life as an artist. Sure to be an interesting talk with plenty of time for questions and answers! See Debra's bio on our website!



Volunteer Spotlight: Kay Lawn

By Scott Schoengarth

Kay Lawn has volunteered at the Olympia Senior Center for more than 10 years now, and has no plans to “retire.” Her husband Joe was actually employed at Senior Services first, working hand-in-hand with former executive director Eileen McKenzieSullivan. This June, Kay and Joe will celebrate their 50th wedding anniversary! Their two children, who live in Oregon and Arizona, will be here for the big event.

Volunteer Coordinator Theresa Ziniewicz popped in while I was interviewing Kay to let me know that she is **invaluable**, a **great volunteer**, and has a **fabulous personality**. In just a half hour talking with her, I have to agree!

Kay grew up in Orange County, CA, where her parents had an antique store, which gave her a love for working with antiques. After living here for eight years, she started volunteering with Theresa at the Estate Store in downtown Olympia, where there was plenty to keep her busy – even former First Lady Trudi Inslee dropped into the store once to donate some items. Kay loved working there, but when the pandemic hit, the Estate Store had to close.

After the pandemic, Theresa asked Kay to come back and volunteer at the Budd Bay Bargains thrift store, where she now works each Wednesday and Friday afternoon. She **loves meeting all the people who stop by**. Some folks just stop in to talk and ask advice. It’s a perfect volunteer environment for this happy-go-lucky person!

Kay has also volunteered for some of our big events, including the Fall Gala and our 50th anniversary party. But for the most part, **you’ll find her upstairs at Budd Bay Bargains**, talking to people and selling gently used clothing and items to benefit Senior Services.

We got to talking about her early years in Orange County, just a hop, skip and a jump from where I grew up in Burbank. Disneyland and Knott’s Berry Farm and Ghost Town were right there. She said at night her family would sit on the roof of their house and watch the fireworks being shot off at Disneyland! Her dad was a cartoonist and was interviewed by Walt Disney, but decided not to take the job. Ouch!

Kay encourages anyone who is retired and sitting at home wondering what to do, to contact Theresa Z. at 360.586.6181 ext. 120 or email her at TheresaZ@southsoundseniors.org. She’ll get to know you, then match you up with one of a **number of volunteer opportunities** that best match your skills and abilities and experience. It really is that simple, and soon you can be working 1-2 days a week, meeting all the seniors who come by, giving back to the community, and helping the agency. You can stay active, really enjoy what you are doing, and in Kay’s case, keep volunteering for many more years to come. It’s a win, win, so what are you waiting for?

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.

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 March

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

CLASS	DATE	TIME	LOCATION
Medicare - Getting Started	March 5	11:00 am to 1:00 pm	ZOOM
Medicare - Getting Started	March 12	11:00 am to 1:00 pm	Olympia Senior Center
Medicare - Getting Started	March 18	1:00 to 3:00 pm	Olympia Library
Medicare - Getting Started	March 20	11:00 am to 3:00 pm	Mason County Senior Activities Center
Medicare - Getting Started	March 20	10:00 am to 2:00 pm	ZOOM
Medicare - Getting Started	March 26	6:30 to 8:00 pm	ZOOM

READER'S THEATER PRESENTS

Never Trust a Man & The Police Rookie

Olympia Senior Center: Tuesday, March 18 @ 1:00 pm
Virgil Clarkson Lacey Senior Center: Thursday, March 27 @ 2:00 pm



Sustainers Club

Give Monthly and Join the Club!

By Senior Services Staff

When you're a member of the Sustainers Club, your monthly tax-deductible gift supports our work year-round and helps us continue to fulfill our mission to improve the quality of life for people as they age. Sign up with a credit card or electronic check, set your monthly amount, and become a sustainer! We get reliable, regular support, and you get to spread your giving throughout the year, which can make it easier on your budget.

Other perks of being in the Sustainers Club:

- ♥ Exclusive invitation to a semi-annual talk with Executive Director Brian Windrope.
- ♥ Receive the inside scoop each quarter about all we've accomplished.
- ♥ Choose to receive no direct mail appeals, saving paper and keeping your mailbox clear.
- ♥ No more need for a stamp or a check!



Join the Sustainers Club Today!

Scan the code or visit southsoundseniors.org/sustainers

Have questions? Contact the Development Office at 360.586.6181 ext. 106 or email development@southsoundseniors.org





LET'S GO over the EDGE to SENIORS



**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!

**SATURDAY, JUNE 28
NOON**

The Hub at Lacey
Woodland Square Loop SE
Lacey, WA 98503

All proceeds benefit

Senior
Services
FOR SOUTH SOUND



SOUTHSOUNDSENIORS.ORG/OTE

JEDI BINGO



**SATURDAY,
APRIL 26**

**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

RAINBOW BINGO

SATURDAY, JUNE 14 • OLYMPIA SENIOR CENTER



Bigfoot Bingo

SATURDAY, AUGUST 23 • VIRGIL CLARKSON LACEY SENIOR CENTER

Thank you to our Local Partners:



**LEWIS-MASON-THURSTON
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