



Trips & Tours Hit a Home Run!

Our travelers recently enjoyed a day at the ballpark as the Mariners faced off against the Chicago White Sox. With special access, everyone walked away with a limited-edition Ichiro Suzuki Funko Pop!

Want in on the next adventure? Book your adventure today at southsoundseniors.org/trips-tours or visit the Trips & Tours office!

Thank you to our Local Partners:



LEWIS-MASON-THURSTON
AREA AGENCY ON AGING



SUBARU

Olympia Subaru



Brian's View

A Message From the Executive Director

I'm a fan of football, college football especially. **Don't ask**

who I cheer for, as you will only cause me pain. My team has a better chance of losing than winning. So it goes. At least I can rightly claim to not be a fair weather fan, as there is nothing fair about the recent history of my team. Friends find it incongruous that I'm such a rabid football fan, as I'm a romantic and more than likely to spout poetry and pluck flowers. But hey, we all contain multitudes right?

I mention this because September is the month when we start a new football season. Now please bear with me; even if you don't care one bit about football, I'm going somewhere.

The team I follow has a coach who is probably better at life than he is at coaching football. I like him, and respect him, despite his poor results. Recently, I watched a video of him talking to his players. He wasn't talking X's and O's, but about a philosophy of living.

The idea is simple: distinguish between things that matter and things that don't. Then distinguish between **what you can control, and what you can't. Try to live at the intersection of what matters and what you can control.**

Great advice!

My love of football is partly about the physical requirements of it all. I was a pretty good athlete as a young man, more fast than coordinated, but it gave me insight into the challenges of being a top athlete. But I think **what compels me more about football is the way it highlights teamwork.** And how it also provides a canvas for drawing life lessons. Over the years I've seen plenty of teams that had talent but lost games regularly, as they didn't play well together. And of course, we are delighted by the underdogs who show the opposite. There is a saying I like that originates from the sports world: **I'll take "want to" over "can do" any day of the week.**

It's true. In my long career as a nonprofit executive, with responsibility for many hundreds of employees, I've learned that **desire, effort and motivation are far more important** than any natural talent or skill set. People who want to succeed, want to be great team members, want to be of great service, are the people I want.

I believe the best teams are the ones filled with people who really want to be there, and for whom the mission matters a great deal. That is the team we have here. **We care deeply and together, trying our best to be the best version of ourselves in service to our mission.**

I hope this new season that my favorite football team finds a way to be as good as the team we have here at Senior Services for South Sound. I won't hold my breath.

Brian Windrope,
Executive Director



Did You Know We Travel?

You may know us for our local Trips & Tours, but did you know we also offer adventures across the country and around the globe? Through our Extended Travel Program, we partner with trusted tour agencies to bring you exciting domestic and international journeys at special prices for our travelers.

For more information visit our Trips & Tours office, call 360.586.6181 ext. 126 or visit us online at southsoundseniors.org/trips-tours!

Mackinac Island with Collette Tours

April 30 — May 8, 2026

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.

Discover British Landscapes featuring the Royal Edinburgh Military Tattoo with Collette Tours

August 23 — September 1, 2026

Double Occupancy: \$5,599 per person
Single Occupancy: \$6,699 per person

An adventure fit for a Shakespearean tale takes you from verdant hillsides to bustling British cities rich with culture. Experience Edinburgh's historic ambiance along the Royal Mile, visit Edinburgh Castle, and witness The Royal Edinburgh Military Tattoo. Enjoy medieval York Minster and the castle of Conwy in Wales. See the quintessential sights of London. Sleepy villages, grassy slopes, mountainside lakes, and cities built upon layers of history — these are the landscapes of Britain.

Albuquerque Balloon Fiesta & Santa Fe with Premier Travel

October 2 — 7, 2026

Double Occupancy: \$3,849 per person
Single Occupancy: \$4,799 per person

Experience the Land of Enchantment! Marvel at the world's largest & most famous Albuquerque Balloon Fiesta and the morning Mass Ascension. After the iconic "High Road to Taos", enjoy a guided tour through Taos Pueblo. Enjoy a 3 night stay in historic Santa Fe, America's oldest state capital city, featuring the Santa Fe Plaza, the Palace of the Governors, and a visit to the Loretto Chapel to learn of its mysterious past.

Discover Australia's Outback to New Zealand's South Island with Collette Tours

November 4 — 23, 2026

Double Occupancy: \$9,999 per person
Single Occupancy: \$12,199 per person

Venture through the natural splendor of New Zealand's Southern Alps and the stillness of Australia's rugged Outback. Delve into the underwater world of the Great Barrier Reef. Take a "Dreamtime tour" in the Outback, introducing you to Aboriginal life and culture. Tour Sydney Opera House and enjoy a delightful dinner cruise of Sydney Harbour. Cruise Milford Sound. From Alice Springs and Uluru (Ayers Rock) to snow-capped peaks and fjords, explore the diverse wonders of the lands Down Under.

Celebrate Diversity and Inclusion this September

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. September invites us to reaffirm this commitment as we mark unique moments of connection and tradition.

This month, we're celebrating the simple joys that bring people together with National Cheese Pizza Day, a reminder of the comfort and camaraderie found in sharing a meal, and Johnny Appleseed Day, honoring both the real-life John Chapman and the folklore that grew out of the spirit of generosity and growth he symbolized by spreading apple trees across America. These celebrations may seem small, but they highlight the everyday ways food and tradition help us build community.

Whether you're new to our community or have been with us for years, your story matters. You're always welcome at our table, just as you are!

Date	Occasion	Menu
9/5	National Cheese Pizza Day	Cheese Pizza, Panzanella Salad, Fresh Fruit
9/26	Johnny Appleseed Day	Caprese Penne Pasta Salad, Grilled Chicken Breast, Fresh Apple

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

Raising Awareness with Ribbons:



For September, teal and purple ribbons will be available at the Lacey and Olympia center reception counters in recognition of Suicide Prevention and Awareness Month. Mental health is just as important as physical health, and suicide continues to affect people of all ages, including older adults. [This month, we encourage everyone to start conversations, offer support, and remind friends and loved ones that they are not alone.](#) Ask us how Senior Services can help connect you with resources and community.

Upcoming Ribbons:



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



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



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

September 2025 Newsletter



Celebrating *Diversity* September 2025

Monthly Observances:

- Hispanic Heritage Month (9/15 - 10/15)
- Suicide Prevention and Awareness Month

Weekly Observances:

- International Week of Deaf People (22 - 28)
- National Historically Black Colleges and Universities Week (15 - 19)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 CLOSED • Labor Day	2	3	4 • Mawlid al-Nabi (-9/5)	5 • End of Onam (8/26-)	6 • Hungry Ghost Festival
7 • Pitri Paksha (-9/21)	8	9 • Kiku no Sekku (Chrysanthemum Festival)	10 • World Suicide Prevention Day	11 • Enkutatash • Nayrouz	12	13
14	15	16 • Mexico Independence Day	17	18 • National HIV/AIDS and Aging Awareness Day	19 • Powley Day	20
21 • International Day of Peace • Pchum Ben Day	22 • Mabon • Agrasen Jayanti • Rosh Hashanah (-9/24) • Navaratri (-10/2)	23 • Celebrate Bisexuality Day • International Day of Sign Languages	24	25	26 • European Day of Languages • Native American Day	27 • Lula Fest
28 • Durga Puja (-10/2)	29	30				

SHIBA presentations in September

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

CLASS	DATE	TIME	LOCATION
Medicare - Getting Started	September 3	11:00 am to 1:00 pm	ZOOM
Medicare - Getting Started	September 10	11:00 am to 1:00 pm	Olympia Senior Center
Medicare - Getting Started	September 16	6:00 pm to 7:30 pm	ZOOM
Medicare - Getting Started	September 18	11:00 am to 3:00 pm	Mason County Senior Activities Center
Medicare - Getting Started	September 18	10:00 am to 12:00 pm	ZOOM

Medicare Open Enrollment is Coming — Are You Ready?

*By SHIBA Manager, Kelly Hudson Adapted from the
National Council on Aging (NCOA) and Medicare.gov.*

As the leaves begin to change, it's a timely reminder that Medicare Open Enrollment is just around the corner. This is your once-a-year opportunity to make changes to your Medicare coverage that will go into effect on January 1, 2025.

Whether you're happy with your current plan or wondering if there's a better fit for your needs, now is the time to review your options—because even small changes can have a big impact on your health care costs and coverage.



Mark Your Calendar!

October 15, 2025 – Enrollment begins
December 7, 2025 – Last day to make changes
January 1, 2026 – New coverage starts

What Can You Do During Open Enrollment?

During this period, you can:

- ✓ Switch from Original Medicare (Parts A & B) to a Medicare Advantage (Part C) plan—or the other way around
- ✓ Change from one Medicare Advantage plan to another
- ✓ Join, drop, or change a Medicare Part D prescription drug plan
- ✓ Switch between Medicare Advantage plans with or without drug coverage
- ✓ Drop your Medicare prescription drug coverage altogether

Considering Medigap?

If you return to Original Medicare and want to purchase Medicare Supplement Insurance (Medigap), you may face higher premiums or even be denied based on your health history—unless you're still in your initial six-month Medigap enrollment window (which starts when you first enroll in Part B).

September 2025 Newsletter

(Continued from page 6)

Step 1: Review Your Annual Notice of Change (ANOC)

You should have received a document from your plan in September called the Annual Notice of Change (ANOC). It outlines any upcoming changes to your premiums, copays, drug coverage, provider networks, and other plan details for 2025.

Make sure to check:

- ✓ Monthly premiums
- ✓ Deductibles and copays
- ✓ Annual out-of-pocket maximums
- ✓ Changes to your doctor and pharmacy network
- ✓ Whether your medications are still covered—and at what cost

Didn't receive your ANOC? Contact your plan directly and request a copy.

Step 2: Evaluate Your Health and Coverage Needs

Before making any decisions, ask:

- ❓ Have your health needs changed over the past year?
- ❓ Are your doctors and specialists still in-network?
- ❓ Does your drug plan still cover the prescriptions you take?

Would a different plan offer better value or benefits like vision, dental, or hearing?

Reviewing your options now can help you avoid unwanted costs—or gaps in care—next year.

Step 3: Get Local Help from SHIBA

Choosing the right Medicare coverage can be confusing—but you don't have to figure it out alone.

Our local SHIBA (Statewide Health Insurance Benefits Advisors) program offers free, unbiased help with Medicare questions and plan comparisons.

Call us at 360.586.6181, ext. 134 to schedule a consultation.

We're here to help you make confident, informed choices about your Medicare coverage.

Take Action Before December 7

The sooner you begin exploring your options, the more time you'll have to make the best decision for your health and your wallet. Changes made during Open Enrollment will take effect on January 1, 2025.

Fraud prevention to investigation



Join the Senior Medicare Patrol for an essential interactive workshop to help you and Medicare, save thousands of dollars and protect your health!

This presentation brings together the latest guidance from the Senior Medicare Patrol, the Federal Trade Commission, and the HHS Office of Inspector General to provide you with the tools you need to defend yourself and your loved ones.



www.insurance.wa.gov/medicare

To attend the fraud prevention workshop webinar via Zoom, register at: <https://wa-oic.zoom.us/joining/register/0ofamxrsrbysati87yw68q>

Olympia Senior Center Weekly Activities

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

BOLD = Senior Services for South Sound membership required to participate

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

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

Olympia Senior Center Monthly Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 CLOSED for Labor Day	2	3 10:00 - 11:00 Low Vision Support Group 10:00 - 2:00 Intercity Transit/Bus Buddies 10:00 - 3:00 Haircuts (by appointment only)	4	5 10:00 - 3:00 Haircuts (by appointment only)
8	9 11:00 - 1:00 ALS Support Group 11:45 LGBTQ+ Lunch Bunch	10 2:00 - 4:00 Death Cafe	11 10:00 Explore Olympia Walkabout 5:00 Dine Out @ Octapas	12 *Secure your spot for Dine Out by Monday, September 8 by calling the Olympia Senior Center at 360.586.6181
15	16	17 10:00 - 3:00 Haircuts (by appointment only)	18 10:00 Senior Reads Book Club 10:00 - 12:00 Tech Help w/ Rich	19 10:30 - 11:30 Food Bank 10:00 - 3:00 Haircuts (by appointment only)
22 Fall Quarter Begins! 1:30 - 3:00 Reader's Theater Script Readings and Discussion	23	24	25	26 2:00 - 4:00 Bereavement Support Group: Life After Loss (online via ZOOM, see Lifelong Learning Catalog for sign up information)
29	30			

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 CLOSED for Labor Day	2 6:00 Brain Injury Alliance of WA Meeting *Tech Help w/ Jeff Cancelled	3 1:30 Owning the Age I Am 6:00 Veteran's Support Group	4 10:00 - 12:00 Tech Help w/ Rich 1:00 NW Gardening Group	5 12:30 - 2:00 Dementia Caregivers Support Group
8	9 8:30 - 3:30 55+ Senior Driving Workshop 4:30 Dine Out @ Thai Garden	10 10:00 Intercity Transit/Bus Buddies	11	12 2:00 Bereavement Support Group: Life After Loss
15 12:30 - 3:30 Haircuts (by appointment only) 12:30 - 2:00 Dementia Caregivers Support Group	16	17 2:00 - 3:00 Open Book Club 6:00 Veteran's Support Group	18 11:30 Death Journaling 1:00 NW Gardening Group	19
22 Fall Quarter Begins!	23	24	25 12:30 Alzheimer's Ed Presentation: Money Matters 2:00 Death Cafe	26 12:30 - 2:00 TED Talks+ Topic - <i>Humor: What Makes Something Funny?</i>
29	30 11:45 LGBTQ+ Lunch Bunch			

Lacey Senior Center Activity Spotlights

DATE CHANGE! Dementia Caregivers Support Group

Friday, September 5 & Monday, September 15
12:30 - 2:00 pm

For September, Dementia Caregivers Support Group will meet the 1st Friday and 2nd Monday due to the Labor Day holiday.

Public Welcome

Dine Out

Tuesday, September 9

4:30 pm

Thai Garden

2735 Harrison Ave NW #440

Olympia, WA 98502

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

Public Welcome

NEW! Scam Jam by Consumer Protection Washington

Thursday, September 18

12:30 pm

If you've attended this presentation before, you probably avoided quite a few scams, as they armed us with incredibly up-to-date scam alerts. Fight back with the information scammers don't want you to have! You'll wish you attended if you miss it.

Public Welcome

BACK FOR FALL! Writing for Your Life

Beginning September 22

Mondays

3:30 - 4:30

A fun and easy way to remember, sort out, and record the stories of your life. This intriguing course by Joan Tucker welcomes anyone interested in writing, eager to remember and record their stories, enjoys a group atmosphere, and sometimes benefits from prompts to get started. We will have a weekly theme and lots of help to get going.

Public Welcome

NEW! Alzheimer's Ed: Money Matters

Thursday, September 25

12:30 pm

Caregivers are encouraged to attend this important talk. Join Alzheimer's Association Speaker Cynthia Flores as she shares how to manage yours or someone else's finances, how to prepare for future care costs, and the benefits of early planning.

Public Welcome

TED Talks Plus

Friday, September 26

12:30 pm

Topic - *Humor: What Makes Something Funny?*

We'll watch 3 videos and discuss them as a Think Tank! Great topics to generate more brain neurons.

Public Welcome

READY FOR A SEASON OF FUN?

FALL QUARTER REGISTRATION OPEN NOW!

Register in-person
at our reception
desks or check us
out online!



Olympia Senior Center Activity Spotlights

Lewis-Mason-Thurston Area Agency on Aging

Monday, September 8
11:45 am - 12:15 pm
Olympia Senior Center

Learn about the wide range of resources for seniors in our community by stopping by and visiting LMTAAA during lunch!

Public Welcome

Explore Olympia Walkabout

Thursday, September 11
10:00 am
Olympia Senior Center

Come explore our hometown area on our monthly walkabout. This month, we'll visit local art galleries downtown. Please wear sturdy walking shoes and be aware that sometimes we walk over trip hazards and some distance. Meet in the Olympia Senior Center lobby.

Public Welcome

Dine Out

Thursday, September 11
5:00 pm
Octapas
610 Water St
Olympia, WA 98501

Join us for an evening of conviviality and good food at Octapas! 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, September 8 by calling 360.586.6181.**

Public Welcome

Dementia Friends with Katie Zeitler

Wednesday, September 17
10:00 am
Olympia Senior Center

Katie Zeitler will be sharing the wonderful resource that Dementia Friends can offer to those with Dementia and their families and caregivers.

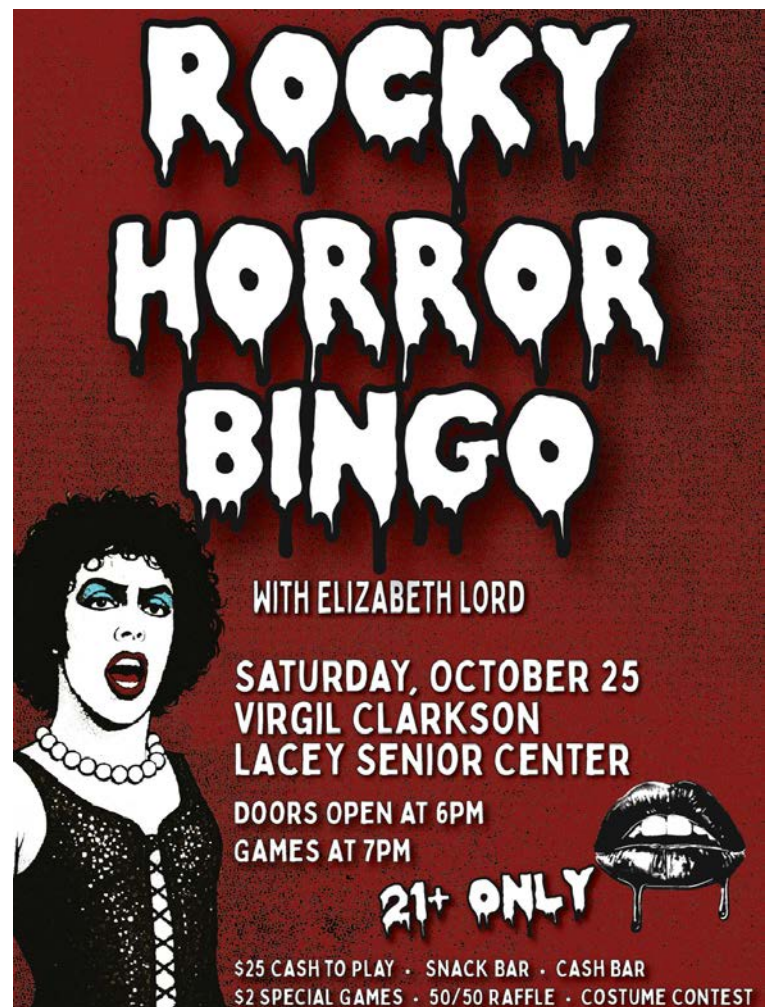
Public Welcome

Senior Reads Book Club

Thursday, September 18
10:00 am
Olympia Senior Center

For September, we'll be reading *A Gentleman in Moscow* by Amor Towles. Our conversations are always fun, typically far ranging, and often time brings new perspectives, join us!

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 Center Presentation Highlight:

Falls Prevention: How Older Adults Can Prevent a Life-Changing Fall with Valerie Aubertin and Stephanie Mace of the Lewis-Mason-Thurston Area Agency on Aging

Wednesday, September 24
10:00 am

Falling is not a normal part of aging, and falls are preventable! Learn how to make your home safer and address health issues that could put you at higher risk of a dangerous fall.

Valerie has been the Community Supports Director at the Area Agency on Aging for a year and a half. She oversees the Aging and Disability Resources Connections (ADRC) program, the Family Caregiver Support Program and the Health Homes program. Prior to this role, she worked as a case manager and as a contract manager for 13 years at LMTAAA.

Stephanie is an ADRC Specialist at the Area Agency on Aging. She provides information and assistance resources to our community. Stephanie has worked for LMTAAA for 2 years. Prior to that she worked as the Social Services Director at a Skilled Nursing facility with 25 years of experience in this field.

LMTAAA is committed to increasing community knowledge about Falls Prevention and plan to start a Falls Prevention Coalition in the coming months.

Public Welcome

LET'S GET BACK TO
SCHOOL!

SENIOR ACADEMY
REGISTRATION NOW OPEN.

 **Senior Academy**
Never stop learning.


southsoundseniors.org/courses



Volunteer Spotlight: Jenny Watson

By Scott Schoengarth

Jenny Watson is a great example of a person who had many years of [experience in the working world, and then turned it into a similar experience in the volunteer world](#). It's the same thing you can do.

For the past four years, Jenny has volunteered as a program assistant and social worker with the

Brighter Days Adult Day Program. This program, the only one of its kind in Thurston County, lets people living with dementia, or other needs for supervised care, enjoy social interaction while providing respite for their in-home caregivers. [Jenny spends two five-hour days working with clients, and then two afternoons a week facilitating meetings with just the caregivers.](#)

In her working life in Santa Rosa, CA, [Jenny was a geriatric social worker](#). When she retired to Lacey, WA, she saw an ad in the Senior News looking for volunteers to help with Brighter Days, and, well, a match was made!

Brighter Days affords up to five hours per day of fun games, arts and crafts, demonstrations, group discussions, music therapy, pet therapy, physical games and exercise. Participants can attend as many as five days a week or a little as a half a day. [Jenny gets to interact, play and talk with clients, drawing on her work experience, and she loves it!](#)

Jenny loves to travel, and can actually say she has been all around the world traveling with her friends, siblings and other relatives. She's also been on [Dementia Cruises, where she handles logistics for family members and provides care for dementia patients who take the cruises](#). It is a lot of work, but she finds it very fulfilling. So far the cruises have gone to the Mexican Riviera and to Alaska. She also loves to read books, and hopes to keep volunteering as long as possible.

She also belongs to a women's social group, the [Olympia Boomer Babes](#), who rotate among their homes at least once a month for their meetings. She keeps herself quite busy, but [always finds time to help out the people who come to Brighter Days](#).

As a volunteer social worker and problem-solver, Jenny works one-on-one with people every day. You can find similar opportunities that match your work experience with different volunteer opportunities. Just contact Volunteer Manager Theresa Ziniewicz and she will help you figure out which of your life experiences would translate best at one of the two Senior Centers. You can reach her at 360.586.6181 ext. 120, or email volunteers@southsoundseniors.org. What are you waiting for?

Fall Gala

Paint the Town

OCTOBER 11, 2025 5 PM

OLYMPIA SENIOR CENTER

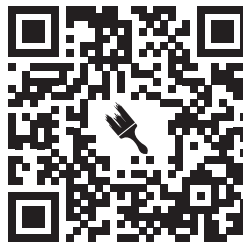


Our Annual Fall Gala is almost here!

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.

Tickets on sale September 2!

southsoundseniors.org/gala



ROCKY HORROR BINGO

SATURDAY, OCTOBER 25



VIRGIL CLARKSON LACEY SENIOR CENTER