



Mia (left) and Tina got into the holiday spirit last month during their volunteer shifts at Budd Bay Bargains Boutique in the Olympia Senior Center. Budd Bay is open weekdays 9:00 am - 3:00 pm!



Brian's View

A Message From the Executive Director

A New Year dawns! Congratulations on seeing the passing of the Winter Solstice once again and now the return of the sun and new growth. Speaking of new growth, I've previously mentioned that we have a new strategic plan that challenges us to rise to the growing population of our community. **We are eager to adapt and create new opportunities for older adults to enhance their quality of life.**

We are also excited about a change to our membership model that takes effect here at the start of the year. For many years we've had a model that served us well, but had certain drawbacks. Our old model included a couples membership, which while appropriate for some, raised all sorts of problems, as you can imagine. We had a highly complex system of payment, and perhaps most importantly to me, we required unique payments for membership separate from all other donations.

The new model is wonderfully simple. **Annual membership is \$72 per person for 2026. That's it.** No more quarterly registration fees! And you don't need to make a specially designated donation to be a member anymore. Any gift of the minimum amount starts your annual membership. **This will recognize all the generous folks who support our mission but for various reasons haven't checked the box for membership.**

I think it's important you know we are not making this change to bring in more revenue. We actually expect to see some reduction in revenue, though we hope you help prevent that problem! No, we are doing this to better acknowledge the actual full range of members who support our work, and have a simpler system for ourselves and the public to work with.

That being said, there are some other exciting things we will work on in 2026. One I will tease you with now is that we are going to study the merits of whether we should offer evening and weekend hours. **If you or someone you know would appreciate evening or weekend hours, let us know!**

Please be good to yourself, and Happy New Year!

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

Brian Windrope, Executive Director

January 2026 Newsletter

WHAT'S CHANGING?

No more quarterly registration fees

No membership tiers

\$72 = 1-Year membership

No couples memberships



This year, membership is looking a little different. Our new model is simpler, more flexible and more accessible for everyone. Have questions? Visit our reception desks, call 360.586.6181 or email info@southsoundseniors.org

HOW DO I BECOME A MEMBER?

Make a one-time donation

\$72 = Individual membership (1 year)

\$1,200 = Individual Lifetime Membership

Give over time

When your total donations within a calendar year reaches \$72 or more, your 1 year Individual membership activates. If you reach \$1,200 in a calendar year, you become a Lifetime Member!

WHAT'S NOT CHANGING?

Current memberships stay valid until they naturally expire

**Memberships are active for 1 calendar year (January 1 - December 31) from the date \$72 or more is donated. Only trackable monetary donations can be applied to membership. Donated items and donation-box gifts still support our mission, but cannot be credited toward membership. Monetary donations designated to specific programs count toward memberships.*



Farewell Chris

By Senior Services Staff

Charlie Brown used to say, "Goodbyes always make my throat hurt." It's certainly one of Charlie's most relatable quotes, and boy, do we have to agree after saying goodbye to Activities Director Chris Quimby, in December.

"It's meant everything to me to work in a place that has such a positive impact on people's lives."

His last day included an emotional sending-off party, which saw him enter the dining hall through a tunnel of high fives.

Tears were shed, laughs were shared and we saw the return of some familiar faces that furthered our mission over the years.

Chris began his tenure with us back in 2004 after leaving his job at Catholic Community Services, when a chance encounter at a Senior Services anniversary celebration led him to become the Virgil Clarkson Lacey Senior Center manager. He spent four years in that position before being promoted to Activities Director, a title he held for the remainder of his tenure.

"It was something I was really thrilled to do," Chris recalled. "When I worked at Catholic Community Services, my boss and I would talk about how cool it would be to work at Senior Services one day because we just had good feelings about the organization and the mission."

A lover of music with a jovial and caring personality, Chris became one of the cornerstones of the organization. He liaised with the Senior Action Network and even performed at Senior Services events as part of the humorously named *Lower Your Expectations Primetime Singers*, a kooky collection of coworkers that have sung medleys and created skits for volunteer events.

"I'm going to miss the camaraderie of my coworkers," he said with tears in his eyes. "They're my work family, I'm going to really miss that."

He also said that he would miss his interactions with everyone at centers, especially the volunteers.

"They are so selfless, and they spread joy," he said. "They're a huge part of what we do, and I'm going to miss hearing and seeing the difference they make every day."

January 2026 Newsletter

While we're sad that Chris has decided to start on a new adventure, we can't begrudge him for one of his main motivations: his mother. After all, we know the power of being there for the seniors in your life.

"I'm excited for the opportunity to spend time with my mother. She's 89 and in good health, but I had to ask myself, 'How much longer am I going to have with her at the quality of life that I have her now?'"

Though he won't be around every day, he said that **this isn't the end of his presence at Senior Services**. Chris said that he dreams of a day when he comes back to volunteer, and we hope to see him back playing Euchre and maybe even teaching a guitar class someday!

In the meantime, you can still catch him at an Olympia Peace Choir performance or maybe even taking a walk around Downtown.

So while we're sad for now, we'll leave it at this: Thank you for your diligent service to the seniors in our community, Chris. So long, thanks for all the fish, and **we'll see you soon!**



Be Part of What's Next!

As we thank Chris for his years of service, we're also looking ahead to the next chapter of our work. We're currently hiring for several roles that support seniors across our centers, kitchens and community.

Program & Engagement

- Activities Director
- Trips & Tours Driver

Senior Nutrition Program

- Shelton Kitchen Manager
- Kitchen Assistant & Dishwasher

Administration & Support

- Development Assistant

Learn more about these positions and apply at southsoundseniors.org/jobs

Small Goals, Big Moments

A new year doesn't have to come with big resolutions or pressure to change. It can be as simple as trying one new thing, reconnecting with others or taking time for yourself. Whether you're looking for adventure, connection or comfort, we're here to help you make the year ahead feel good.

 **Find your people**

Sometimes it's as simple as showing up. Spend time in our lobbies chatting, playing games, sharing a cup of coffee and connecting with others.

 **Stay curious**

Curiosity doesn't retire. Senior Academy classes invite you to learn, ask questions and explore interests—just for the fun of it!

 **Prove you're braver than you think**

Bravery looks different for everyone. Join us again for Over The Edge on June 13 and take part in something unforgettable!

 **Move a little more**

A little movement can go a long way. Our fitness classes offer simple, supportive ways to stay active, feel stronger and move at your own pace.

 **Fuel your day**

A good meal can make all the difference. Enjoy a hot, nutritious lunch and great company at one of our Community Dining sites every weekday.

 **Treat yourself**

You deserve a little adventure. From local day trips to Extended Travel, Trips & Tours helps you get out, explore and enjoy something special.

 **Make a Difference**

Small moments can mean a lot. Volunteering with us lets you support others, build connections and make a difference in our community.

Volunteer Spotlight: Linda Moon



By Scott Schoengarth

Linda Moon is the 39th Senior Services volunteer I've spoken to over the last three-plus years, and they all have something in common. They all love to help others, from folks coming into the front desk for help and information, to serving people in the Meals on Wheels Program, to people visiting the Budd Bay Bargains Thrift Store. Linda helps travelers in the Trips & Tours program as a tour guide, taking folks to all kinds of places in Western Washington.

Linda has lived in the Olympia area since she was two years old. During her first two years, her parents ran a small grocery store in Vancouver, WA, complete with a single gas pump her parents pumped for each car. They continued to own and operate grocery stores in the Lacey area, and as the oldest of four, Linda spent a lot of time, and gained retail experience, working side-by-side with her parents.

She later worked for the state of Washington for more than 30 years, mostly as a secretary or executive assistant. Linda also spent time at the state capitol as a tour guide, and then spent 13 years volunteering at the Food Bank. But having to stand all the time and deal with the cold were eventually too much to take.

So she downloaded all of the volunteer job openings at the Olympia Senior Center, discovering the **Trips & Tours** program, and now she's worked there for **seven years**, with no plans to stop working anytime soon as long as she is physically able. This allows her to go all over Western Washington, meet new friends, and just enjoy herself.

Working at the Senior Center gives her a sense of purpose in her life. Volunteers are (mostly) seniors, just like the people they serve, and Linda feels that socializing is good for the individual. Besides her work with Trips & Tours, she also spends Thursday mornings working retail in the upstairs **Budd Bay Bargains Boutique**, so all of the life skills she developed over the years are now being used to help out at the Center.

Linda and her husband, Ron, have been married 54 years, and have one stepdaughter and two grandkids. While she volunteers at the Center, Ron spends his time in a variety of activities, including restoring classic cars. They both belong to a number of Classic Car Clubs, and Linda is a secretary of two of them. Together, Linda and Ron love to travel worldwide – she said it would be easier to list where they haven't gone than to tell you all of the places they have visited. They are true world travelers and loving every minute of it!

Linda likes the Senior Center because it is so well-run and a pleasant place to work. You can find that out yourself by becoming a volunteer. Just contact **Volunteer Manager Theresa Ziniewicz** at 360.586.6181 ext. 120, or email her at volunteers@southsoundseniors.org. The time is now! Just call.

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 January, we're celebrating Mahayana New Year! This holiday is usually celebrated on the full moon of the first month of the calendar year and celebrated by Buddhists around the world, sharing in common the traditions of good fortune, hope, and prosperity.

Holiday Meal

Date: Tuesday, January 6

Occasion: Mahayana New Year

Menu: Lucky 8 Stir Fry, Rice, Broccoli Florets,
Vegetarian Egg Roll, Pineapple



About Our Senior Nutrition Program

Each day, hundreds of older adults in our community enjoy a hot, nutritious meal at Senior Services meal sites across Thurston and Mason counties. Community Dining is available to anyone age 60 or older, with a suggested donation of \$4–\$8—no one is turned away for lack of funds. In partnership with Meals on Wheels America and the Lewis-Mason-Thurston Area Agency on Aging, our dedicated staff, volunteers, and community supporters also help deliver meals to seniors throughout the region. To learn more or view the monthly menu, visit southsoundseniors.org/nutrition/dining.

Meals are more than nourishment, they're an invitation to connect.

January 2026 Newsletter



Celebrating *Diversity* January 2026

Monthly Observances:

Poverty in America Awareness Month
National Human Trafficking Prevention Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 New Year's Day CLOSED	2	3 Mahayana New Year
4 World Braille Day	5	6 Epiphany/Three Kings Day	7 Orthodox Christmas	8	9	10
11	12	13 Korean American Day	14 Makar Sankranti	15	16 Lailat al Miraj	17
18 World Religion Day	19 Martin Luther King Jr. Day CLOSED	20 National Day of Racial Healing	21	22	23	24
25	26 Republic Day of India	27 International Holocaust Remembrance Day	28	29 Chief Leschi Birthday	30	31

■ 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®
10:30 - 11:30 ■ Gentle Yoga \$	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®
12:00 - 1:30 ■ World Geography: Come Explore!	10:30 - 11:30 ■ Tai Ji Quan \$	10:00 - 12:00 ■ *Mah Jongg for Beginners (American Rules)	12:30 - 2:00 ■ Music Mending Minds	10:00 - 1:00 ■ Tech Help w/ Adam
12:00 - 3:00 ■ Table Games	12:00 - 4:00 ■ Reader's Theater Rehearsal & Skill Building	10:30 - 1:00 ■ Tech Help w/ Melinda	12:30 - 4:00 ■ Pinochle	10:30 - 11:15 ■ Laughing Circle
12:00 - 4:00 ■ Cribbage	12:45 - 1:45 ■ Drop-In Meditation	10:30 - 11:30 ■ Gentle Yoga \$	1:00 - 2:00 ■ Adaptive Creative Dance \$	12:00 - 3:00 ■ Table Games
1:00 - 3:00 ■ Party Bridge	1:00 - 2:00 ■ Chair Yoga \$	12:00 - 3:00 ■ Table Games	1:00 - 4:00 ■ Ukulele Group	1:30 - 2:30 ■ Beginning EnhanceFitness®
1:30 - 2:30 ■ Beginning EnhanceFitness®		12:00 - 4:00 ■ Euchre	2:00 - 4:00 ■ Yarn Magic	■ = Senior Services for South Sound membership required to participate.
		1:00 - 4:00 ■ Mah Jongg		■ = Public welcome.
		1:30 - 2:30 ■ Beginning EnhanceFitness®		■ = Fees associated with activity.

*Class limited to 12 participants. Sign up at the Olympia Senior Center or online.

❶ Loneliness is Loud will not meet in January

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
			1 CLOSED New Years Day	2
1:00 - 3:00 Reader's Theater Group Meeting	5	6 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	7 10:00 Explore Olympia Walkabout pg. 15 11:00 Tenants & Landlord Rights 5:00 Dine Out @ *Asahi Sushi 106 Legion Way SE Olympia, WA 98501	8 10:00 - 3:00 Haircuts (by appointment only) 1:00 Unforgettable Art pg. 15
1:00 - 3:00 Reader's Theater Script Reading & Discussion	12 11:00 What's New @ the Library pg. 15 11:00 - 1:00 ALS Support Group 11:45 - 12:15 LGBTQ+ Lunch Bunch	13 2:00 - 4:00 Death Café	14 10:00 - 12:00 Tech Help w/ Rich 10:00 Senior Reads Book Club	15 10:30 - 11:30 Food Bank 9:00 - 3:00 Nail Care for Feet (by appointment only)
19 CLOSED MLK Jr. Day	20	21 10:00 - 3:00 Haircuts (by appointment only) 12:30 - 3:00 Read a Play, Engage & Have Fun	22	23 10:00 - 3:00 Haircuts (by appointment only) 2:00 - 3:30 Bereavement Support Group Now in person!
1:00 - 3:00 Reader's Theater Script Reading & Discussion	26	27	28	29 30

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

* Reserve your spot no later than Monday, January 5 by calling 360.586.6181.

● 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 - 11:00 ● Coffee and Conversation	9:00 - 12:00 ● Pinochle
10:30 - 11:30 ● French Basics	9:30 - 10:15 ● ZUMBA® Gold \$	9:30 - 1:15 ● Korean Elders	10:00 - 11:00 ● Tech Help w/ Jim	9:15 - 11:00 ● Daytime Bingo
11:00 - 12:00 ● Chair Yoga \$	10:00 - 11:00 ● Tech Help w/ Jeff	9:30 ● Wednesday Walkers	10:30 - 11:30 ● Beginning Tai Ji Quan	9:45 - 10:45 ● Enhancefitness \$
11:30 - 12:30 ● Intermediate French	10:00 - 12:00 ● Late Life Planning	9:45 - 10:45 ● Enhancefitness \$	12:30 - 3:30 ● Double Deck Pinochle	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® \$	3:00 - 4:00 ● Advanced Tai Ji Quan	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	5:30 - 6:30 ● ZUMBA® After Hours	1:00 to 2:00 ● Sing Along with Brighter Days
1:00 - 3:00 ● Watercolor Group	12:30 - 3:30 ● Pinochle	12:45 - 3:00 ● Fly Tying	5:30 - 7:30 ● Ukulele Ohana	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		
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)		

■ = Senior Services for South Sound membership required to participate.

■ = Public welcome.

■ = Fees associated with activity.

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

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
			CLOSED New Years Day	1 2 12:30 - 2:00 Dementia Caregivers Support Group 11:00 - 12:00 All Yoga
12:30 - 3:30 Haircuts (by appointment. Walk-ins as available) 12:30 - 2:00 Dementia Caregivers Support Group	5 6:00 Brain Injury Alliance of WA Meeting	6 1:30 Owning the Age I Am 6:00 Veteran's/First Responders Support Group	7	8 2:00 Bereavement Support Group: Life After Loss
8:30 - 3:30 55+ Senior Driving Workshop *Register at reception	12 4:00 Dine Out @ Fortune Casino 8318 Quinault Dr NE Lacey, WA 98516	13 10:00 - 2:00 Bus Buddies	14	15 1:00 - 3:00 SongCraft: Making Music w/ Al pg. 14 1:00 - 3:00 NW Gardening Group
CLOSED MLK Jr. Day	19 12:30 - 3:30 Haircuts (by appointment. Walk-ins as available)	20 2:00 - 3:00 Open Book Club 6:00 Veteran's/First Responders Support Group	21 12:30 Senior Rights and Obligations for Tenants & Landlords pg. 14 2:00 - 3:30 Death Café	22 12:30 - 2:00 TED Talks+ Topic: Cold Case Successes with Investigative Genetic Genealogy 2:00 - 3:30 Trips & Tours Showcase
		26 11:45 LGBTQ+ Lunch Bunch 3:00 LVAD Discussion Group pg. 14	27 28 12:30 Care Support Resources Conversation pg. 14	29 30

● Lacey Senior Center Activity Spotlights

SongCraft: Making Music with AI

Thursday, January 15

12:30 | ●LACEY

In this collaborative interactive song creation, each participant will answer a fun, thought-provoking question shaping the lyrics of the song. Then, like magic, AI will weave everyone's ideas into a wild, whimsical and wonderfully unpredictable song, vocals and all! The group will vote on the genre (Rock & Roll, country, jazz, classical, etc.). Bring your curiosity for creativity. By the end, you'll have a song that's part you, part AI and one-of-a-kind. The AI lyrics and album photo will be printed for the participants to take home, as well as a downloadable version Jay will can send you!

[Public Welcome](#)

TED Talks Plus

Friday, January 23

12:30 | ●LACEY

Topic: *Cold Case Successes with Investigative Genetic Genealogy*. We'll watch 3 videos and discuss them like a think tank!

[Public Welcome](#)

Senior Rights and Obligations for Tenants and Landlords with Faith Foote of Sound Legal Aid

Thursday, January 22

12:30 | ●LACEY

This training will provide a basic overview of common landlord-tenant issues, such as rent increases, lease compliance, reasonable accommodations for disabilities and eviction. Attendees will also have an opportunity through the organization's intake process for potential personalized services.

[Public Welcome](#)

NEW! Left Ventricle Assist Device (LVAD) Discussion Group

Wednesday, January 28

3:00 | ●LACEY

LVAD is short for Left Ventricle Assist Device. 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, we'd love for you to 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](#)

Care Support Resources Conversation

Thursday, January 29

12:30 | ●LACEY

Join Jo Ann for an open and informative discussion designed to help you navigate caregiving with confidence and peace of mind. Many families in the community are unsure what "Aging in Place" really looks like or how to get started, and we'd love to help guide them. We'll cover common questions such as: Where do I go for resources?, How do I pay for care? What are my options for myself, my spouse, or others who may need support? What is a POLST form? Do I need a Power of Attorney? Bring all your questions! Plus, enjoy a fun "Guess How Many" game — the winner will receive a special prize!

[Public Welcome](#)

■ Olympia Senior Center Activity Spotlights

Explore Olympia Walkabout

Thursday, January 8

10:00 am | ■ OLYMPIA

Meet at the Olympia Senior Center and take a walk with us to Bayview Grocery and the observation overlook.

Public Welcome

Tenants and Landlord Rights Discussion with Faith Foote of Sound Legal Aid

Thursday, January 8

11:00 am | ■ OLYMPIA

Sound Legal Aid will present an in-person training on the rights and obligations for tenants and landlords. This training will provide a basic overview of common landlord-tenant issues, such as rent increases, lease compliance, reasonable accommodations for disabilities and eviction. Attendees will also have an opportunity through the organization's intake process for potential personalized services.

Public Welcome

Dine Out

Thursday, January 8

5:00 pm

Asahi Sushi

106 Legion Way SE

Olympia, WA 98501

Join a lovely group of folks for a delicious meal at our monthly Dine Out. Meet at the restaurant and everyone pays for their own meal. **Reserve your spot no later than Monday, January 5 by calling 360.586.6181.**

Unforgettable Art

Friday, January 9

1:00 pm | ■ OLYMPIA

Experience the joy of seeing artwork up close and personal in this one-hour art-viewing program designed to spark conversation and connection. Enriched with music and poetry, the experience creates a multi-sensory atmosphere that deepens art appreciation.

Members Only

What's Happening at the Timberland Regional Library

Tuesday, January 13

11:00 am | ■ OLYMPIA

Staff from the Olympia Timberland Library will share some of the many free resources available to you, including computer help options, fun new items available to checkout, events, and more! Staff can answer any questions you may have, make or renew library accounts, and offer some limited tech assistance.

Public Welcome

Senior Reads Book Club

Thursday, January 15

10:00 am | ■ OLYMPIA

This month we will be discussing *The Last Chairlift* by John Irving, part ghost story, part love story, spanning eight decades of sexual politics. The Last Chairlift covers 80 years in the life of Adam Brewster, a New England writer who grows up with a lesbian mother, a trans stepfather, and is surrounded by a cast of colorful characters.

Public Welcome

Nail Care for Feet

Friday, January 16

By appointment | ■ OLYMPIA

This is a medically-based Foot Care service provided by a Podiatry-Trained Registered Nurse specializing in Routine Foot Care. Routine Foot Care offers professional, compassionate attention to help keep your feet healthy and well-cared for. Please bring a towel and a seat cushion. Appointments can be made at 360-586-6181. \$25-\$50 suggested donation for each 60-minute appointment.

Members Only

Senior Services for South Sound

Learn something new this year! There's still time to enroll in classes for the Winter Quarter! See something you're interested in? Register in-person at the Olympia Senior Center, or online at southsoundseniors.org/courses.



Evolutionary Psychology with Bruce Lerro

Tuesdays, January 13 - March 17

■ **OLYMPIA** Members: \$180 | Non-Members: \$210

2:00 - 4:00 pm

Why are we drawn to sugar and fat, and why do certain human behaviors show up across cultures and generations? This class explores how our hunter-gatherer past still shapes modern life—and how that evolutionary “mismatch” helps explain everything from our habits to human conflict.



Enjoy Planning Together with Marty Worcester

Wednesdays, January 14 - 28

● **LACEY** Members: \$60 | Non-Members: \$90

1:30 - 3:30 pm

What do you want your life to look like in 2026, and how do you want to spend the time you have? This class offers a thoughtful, supportive space to reflect, set intentions and explore meaningful ways to restore energy, build relationships and create balance in the year ahead.



Mindfulness For Quitting the Feel-Good Club with Margo Benedetto

Thursdays, January 25 - March 5

■ **OLYMPIA** Members: \$160 | Non-Members: \$190

10:00 am - 12:00 pm

This fun, interactive course explores the everyday habits that feel good in the moment but can hold us back from truly thriving. Through mindfulness and meditation practices, you'll learn practical tools for meeting challenges with acceptance, resilience and clarity which supports growth in how you handle stress, relationships, change and even physical discomfort.



Northwest Nations: Global Currents & Local Tides with Ron Johnson

Fridays, January 16 - February 20

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

2:00 - 4:00 pm

This six-week course explores Indigenous knowledge, education, and cultural renewal through both Pacific Northwest perspectives and global movements inspired by the World Indigenous Peoples' Conference on Education. Through stories, dialogue, and reflection, participants are invited to learn from Indigenous communities worldwide and consider their own place in relationships with land, culture, and community.

● Virgil Clarkson Lacey Senior Center



Trips & Tours

SHOWCASE

Friday, January 23 **2:00 - 3:30 pm**

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.



Get Help with Medicare

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 Manager Kelly's Article of Interest:

Washington Selected for New Medicare Model Beginning in 2026

By Senior Services Staff

Starting this month, Washington State will be one of six states participating in a new Medicare model developed by the Centers for Medicare & Medicaid Services (CMS). The model, known as WISER (Wasteful and Inappropriate Service Reduction), is designed to reduce unnecessary medical services, limit fraud and abuse and help protect both Medicare beneficiaries and taxpayer dollars.

For Washingtonians on Original Medicare, the biggest change involves **prior authorization for a limited number of services and medical items**. In certain situations, providers may need approval before delivering specific services, or claims may be reviewed before payment is made. Importantly, Medicare coverage rules themselves are not changing, and beneficiaries will continue to have the same appeal rights they have today.

This model was not initiated by Washington State government. According to the Washington State Office of the Insurance Commissioner's SHIBA program manager, Tim Smolen, the decision was made by the Medicare Administrative Contractor that processes claims in our region.

Participation is permissive, meaning providers can choose whether to submit services for prior authorization under the model.

CMS says the goal of WISER is to reduce low-value care—services that offer little or no clinical benefit and may even increase health risks. Nationally, CMS estimates that waste accounts for a significant portion of health care spending. However, some experts have raised concerns that prior authorization could also lead to delays or denials of care that patients genuinely need.

The WISER model will run through 2031 and applies to a relatively small number of procedures and products. Because of its limited scope, it is still difficult to predict how individual Medicare beneficiaries in Washington will be affected. If a service is denied as not medically necessary, providers must notify the beneficiary in advance and explain their options.

SHIBA will continue to monitor this program closely and help our community understand how these changes may affect them. If you have questions about Medicare, prior authorization or your rights as a beneficiary, SHIBA advisors are available to provide free, unbiased assistance.

This summary is based on reporting by Jasmine Laws for Newsweek. Read the full article at Newsweek.com.

Fundraising Takes a Team— Join Ours

Come to our kickoff meeting!

Friday, January 16

1:00 - 2:00 pm | ■ Olympia Senior Center



Events



Tabling



Creativity



Being There

There's no one way to be a Development Volunteer:



Love decorating and organizing details?

→ Join an event decorating or logistics committee



Enjoy talking with people and building relationships?

→ Help with procurement, sponsorships or tabling events



Like being out in the community?

→ Represent Senior Services at fairs and local events



Want to help on a big, bold event?

→ Volunteer with Over The Edge (planning support + event-day roles)

Help plan events, spread the word in the community and support the fundraising that makes our programs possible.



Senior Services for South Sound centers and administrative offices will be CLOSED January 1 for New Year's Day and January 19 for Martin Luther King Jr. Day.

Thank you to our Local Partners:



Olympia Subaru