



We served over 300 meals to celebrate Thanksgiving in November! See how we're celebrating December on page 6. Photos taken at the Virgil Clarkson Lacey Senior Center during their November 20th celebration.



Brian's View

A Message From the Executive Director

This month of winter solstice and the turning of the astronomical seasons

also marks the end of our organization's fiscal year. I'd like you to know that we have strong financial systems in place, receive annual audits that are clean and pride ourselves on our transparency. We are a rare organization that shares full profit and loss statements and balance sheets with every employee, in the belief that a well-informed staff are best able to make choices that will best serve our mission.

You can trust that your donations to our 501(c)(3) nonprofit organization are managed with the highest financial, professional and ethical standards. The Finance Committee of our Board has members with decades of CPA and Director level financial experience. We are also an incredibly good investment for your dollars, as we utilize such a large number of volunteers that save us over a million dollars a year in payroll and perform our mission by providing service opportunities for folks.

Speaking of mission, **we have a new strategic plan to chart our path from 2026-2028.** Some elements of our prior plan are carried over, and some are new.

One big change is just a single word in our mission statement, but it's an important revision. Our mission statement is now: **To enhance the quality of life for people as they age.**

Notice the difference? **We replaced "improve" with "enhance."** A subtle distinction, perhaps, but we've come to believe that we do our best to meet people where they are, rather than assume they need improvement. We respect and admire your life experiences and aim to enhance your life through any number of our activities and programs.

There are other exciting new elements in our strategic plan, but I'll keep those under wraps for now. But know this: We are a dynamic, ambitious and hungry organization that believes strongly in being our best for this community.

In other news, we are delighted with new additions to our team. We have a new Activities Coordinator in Olympia named Amanda who is just fantastic. She is so smart and has such heart for our work. And our new Site Manager in our Olympia kitchen is making people very happy. Dina brings a joyful, calm presence to our kitchen leadership team and is quite a cook. We are only as good as our people and I believe we have the best people in town!

Happy Holidays to you, however you celebrate, and here's to the turning of the seasons and return of light starting December 22nd.

Brian Windrope, Executive Director

Introducing Our New Membership Model!

Beginning January 1, 2026, we're making membership simpler, more flexible and more accessible for everyone by adopting a new donation-based system.



WHAT'S CHANGING?

Instead of choosing between tiers and paying quarterly registration fees, your membership becomes active when your donations reach \$72 or more in a calendar year (January 1 - December 31).



TWO WAYS TO BECOME A MEMBER

Make a one-time donation.

\$72 = Individual membership (1 year)

\$1,200 = Individual Lifetime membership

Give smaller gifts over time.

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

Members enjoy discounts on Trips & Tours, lower Senior Academy rates and access to all Senior Services activities!



WHAT'S NOT CHANGING?

Current memberships stay valid until they expire.

IMPORTANT INFORMATION



- Couples memberships are discontinued. All memberships are now individual.
- Annual Membership is active for 1 calendar year from the date you reach \$72 or more.
- **We appreciate all forms of giving.** However, 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 membership.



Volunteer Spotlight: Lou Fisher

*By Scott
Schoengarth*

When folks head off to work each day, they might say "Goodbye"

to others in the household, and upon returning home after work share their daily stories. Well, it's a little different with volunteer Lou Fisher – she lives with her boss!

At age 81, Lou loves volunteering one and a half days a week as a receptionist at the Olympia Senior Center. Working one floor above her desk is her daughter, Theresa Ziniewicz, who works full-time as the Volunteer and Retail Manager.

Lou shares her Lacey home with her son, Toby, and Theresa. Having lost her husband four years ago to cancer, she finds comfort in having her children near her to help with caring for the home, but most of all for the companionship. Lou also has four other children: Terry, whose wife Kelly is a yoga instructor at the Olympia Center; Tanya, whose mother-in-law Linda Roseberry is a super volunteer at the center; and Matt and Brian, who became Lou's kids 40 years ago when she married their dad Gary.

Theresa's father was in the Navy, so for the 14 years Lou was married to him, she lived in various Navy towns including San Diego, San Francisco and in Virginia and New Jersey. After a divorce, Lou moved back to her home town of Aberdeen, WA, where she married Gary Fisher in her childhood church in 1985.

Lou worked mostly in retail customer service jobs and spent time as a switchboard operator. She "retired" after moving to Olympia in the late 80s, and then started selling at antique and gifts stores. She has had a company called Nana Lou's Dolls and Gifts for over 30 years. She even had her own Brick and Mortar in Olympia for a few years. She still sells her products at The Lighthouse Antiques and Gifts.

Lou started volunteering years ago at the former Senior Services Estate Store until it closed during the pandemic. Then a couple years ago **she settled into the receptionist job and has no plans to ever leave.** She loves meeting, talking with, and helping the people who stop at the front desk with their questions. Lou is conquering the computer and signing up new members. Over the years she's made many senior friends, and she sees most of them every week. She really loves the staff and volunteers and enjoys time with them. Now that's a great volunteer job!

If you're a retired senior sitting at home watching TV, but are curious about getting out of the house for a day or two and volunteering at the Senior Center, then **call or email Lou's daughter, Theresa.** She'll match up your skills and experience to a variety of open positions at either the Olympia or Lacey Centers. You can reach her at 360.586.6181 ext. 120, or email her at volunteers@southsoundseniors.org. Enjoy!

Explore the world with Collette Tours and Premier Travel!



Mackinac Island with Collette Tours

April 30, 2026-May 8, 2026

Savor the luxury of the Grand Hotel on Mackinac Island during the lovely annual Tulip Time, explore the wonderful city of Chicago with a local guide and view historic homes at Greenfield Village!

Double Occupancy: \$4,599 per person | Single Occupancy: \$5,599 per person

Includes: Round Trip Air from Seattle Tacoma Intl Airport, Air Taxes and Fees/Surcharges, Hotel Transfers
Early registration has ended for this tour. Contact Wendy at the Trips and Tours office for late registration options.



Discover British Landscapes with Collette Tours

August 23, 2026-September 1, 2026

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!

Double Occupancy: \$4,599 per person | Single Occupancy: \$5,599 per person

Includes: Round Trip Air from Seattle Tacoma Intl Airport, Air Taxes and Fees/Surcharges, Hotel Transfers



Albuquerque Balloon Fiesta & Santa Fe with Premier Travel

October 2-7, 2026

Marvel at the world's largest & most famous Albuquerque Balloon Fiesta and the morning Mass Ascension, explore the "High Road to Taos" and visit enjoy Santa Fe's historic architecture.

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

Includes: Round Trip Air from Seattle Tacoma Intl Airport, Air Taxes and Fees/Surcharges, Hometown Transfer service from Lacey to SEATAC, all Hotel Transfers



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

November 4-23, 2026

Delve into the underwater world of the Great Barrier Reef, take a "Dreamtime tour" in the Outback, tour Sydney Opera House and explore the snow-capped peaks and fjords from Alice Springs and Uluru (Ayers Rock).

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

Includes: Round Trip Air from Seattle Tacoma Intl Airport, Air Taxes and Fees/Surcharges, Hotel Transfers

Celebrate Diversity and Inclusion this December

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. December invites us to embrace the warmth of community, honor meaningful traditions and reflect on the light we bring to one another during this season of connection.

Date	Occasion	Menu
12/11	Hanukkah	Borscht w/ Sour Cream Latkes, Challah Rolls, Apple Compote, Dessert
12/17	Holiday Meal	Site Surprise!
12/31	Kwanzaa	Jerk Chicken, Jollof Rice, Collard Greens, Sour Cream Pound Cake, Oranges

This month, we recognize **Hanukkah**, a celebration of resilience, hope and the enduring power of light; the **Winter Solstice**, marking the return of longer days and the cultural traditions it inspires; **Las Posadas**, honoring community and shared hospitality; **Christmas**, observed by many as a time of joy and generosity; **Kwanzaa**, uplifting African American heritage, community, and creativity; and many more observances that make December rich with meaning.

Through our Senior Nutrition Program, we'll share **special themed lunches** for Hanukkah, Holiday, and Kwanzaa, bringing us together around the table to celebrate the season through food, fellowship and tradition. Whether you join us for a meal, a conversation or a quiet moment of reflection, **remember: your presence matters**. You're always welcome here—just as you are.



Raising Awareness with Ribbons:

Blue and gray ribbons will be available at the Lacey and Olympia Center reception counters in recognition of our December focus: **combating isolation and loneliness** among older adults. Connection is essential to health and well-being, yet many seniors experience long stretches without social contact, putting them at greater risk for depression, cognitive decline and other serious health challenges.

This month, we come together to shine a light on **the importance of belonging**. By checking in, sharing a smile, inviting someone to join an activity, or simply offering a listening ear, each of us can help create the community every senior deserves. Small moments of connection can make a big impact — reminding our neighbors that they are seen, valued, and never alone.

December 2025 Newsletter



Celebrating *Diversity* December 2025

Monthly Observances:

National Native American Heritage
National Family Caregivers

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	¹ World AIDS Day	²	³ International Day of Persons with Disabilities	⁴	⁵	⁶ St. Nicholas Day
⁷	⁸ Bodhi Day	⁹	¹⁰ Human Rights Day	¹¹	¹² International Day of Neutrality Feast of our Lady Guadalupe	¹³
¹⁴ Hanukkah (-December 22)	¹⁵	¹⁶ Las Posadas (-December 24)	¹⁷	¹⁸ International Migrants Day	¹⁹	²⁰ International Human Solidarity Day
²¹ Winter Solstice Dongzhi Festival	²²	²³ Festivus	²⁴	²⁵ Christmas	²⁶ Boxing Day Kwanzaa (-January 1)	²⁷
				CLOSED Christmas		
²⁸	²⁹	³⁰	³¹	¹ CLOSED New Years Day		

■ 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
10:00 - 11:30 ■ Loneliness is Loud: A Fun, Easy Way to Help Build New Friendships	10:00 - 11:30 ■ Current Issues	10:00 - 12:00 ■ Parkinson's Disease Support Group	10:00 - 1:00 ■ Tech Help w/ Adam	9:00 - 10:00 ■ Advanced EnhanceFitness® \$
10:30 - 11:30 ■ Gentle Yoga \$	10:00 - 11:30 ■ Craft Time w/ Inclusion	10:30 - 1:00 ■ Tech Help w/ Melinda	10:30 - 11:30 ■ Tai Ji Quan \$	10:00 - 1:00 ■ Tech Help w/ Adam
12:00 - 1:30 ■ *World Geography: Come Explore!	10:30 - 11:30 ■ Tai Ji Quan \$	10:30 - 11:30 ■ Gentle Yoga \$	12:30 - 2:00 ■ Music Mending Minds	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	12:30 - 4:00 ■ Pinochle	12:00 - 3:00 ■ Table Games
12:00 - 4:00 ■ Cribbage	1:00 - 2:00 ■ Chair Yoga \$	12:00 - 4:00 ■ Euchre	1:00 - 2:00 ■ Adaptive Creative Dance \$	1:30 - 2:30 ■ Beginning EnhanceFitness® \$
1:00 - 3:00 ■ Party Bridge		1:00 - 4:00 ■ Mah Jongg	2:00 - 4:00 ■ Ukulele Group	*World Geography will not meet on December 22 and 29.
1:30 - 2:30 ■ Beginning EnhanceFitness® \$		1:30 - 2:30 ■ Beginning EnhanceFitness® \$	2:00 - 4:00 ■ Yarn Magic	

■ = 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

■ Olympia Senior Center Monthly Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3 10:00 - 2:00 Bus Buddies 10:00 - 3:00 Haircuts (<i>by appointment only</i>) 10:00 - 11:00 Low Vision Support Group 12:30 - 3:00 Read a Play, Engage & Have Fun	4 11:00 Author Talk: Harriet Ammann, <i>My Experiences in Nazi Germany</i>	5 10:00 - 3:00 Haircuts (<i>by appointment only</i>)
8	9 9:30 - 2:00 AARP Smart Driver Two-Day Workshop 11:45 LGBTQ+ Lunch Bunch 11:00 - 12:30 ALS Support Group	10 9:30 - 2:00 AARP Smart Driver Two-Day Workshop 11:00 WA FED Financial Literacy and Scam Awareness 2:00 - 4:00 Death Café	11 10:00 Explore Olympia Walkabout 5:00 Dine Out @ *Octapas	12
15	16 10:00 - 12:00 Therapy Bunnies	17 10:00 - 3:00 Haircuts (<i>by appointment only</i>) 12:30 - 3:00 Read a Play, Engage & Have Fun	18 10:00 Senior Reads Book Club 10:00 - 12:00 Tech Help w/ Rich	19 10:00 - 3:00 Haircuts (<i>by appointment only</i>) 10:30 - 11:30 Food Bank 1:00 Consumer Protection Washington - Elder Fraud Prevention
22	23	24	25	26
			CLOSED Christmas	
29	30	31	1	
			CLOSED New Years Day	

● 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 ● Blood Pressure Checks	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
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 \$
12:30 - 1:15 ● Beginner Line Dancing \$	10:00 - 12:00 ● Late Life Planning	9:45 - 10:45 ● Enhancefitness \$	10:30 - 11:30 ● Blood Pressure Checks	10:00 - 12:00 ● Memoir Writing Class
1:00 - 3:00 ● Watercolor Group	11:00 - 12:00 ● Gentle Yoga \$	11:00 - 11:45 ● Chair ZUMBA® \$	12:30 - 3:30 ● Double Deck Pinochle	12:30 - 1:30 ● Intermediate Line Dancing \$
1:15 - 2:15 ● Beginner Advanced Line Dancing \$	12:30 - 2:15 ● Needlecraft/ Tatting Group	12:30 - 3:30 ● Table Games	3:00 - 4:00 ● Advanced Tai Ji Quan \$	1:00 to 2:00 ● Sing Along with Brighter Days
2:30 - 3:30 ● Beginning Tai Ji Quan \$	12:30 - 3:30 ● Pinochle	12:45 - 3:00 ● Fly Tying	5:30 - 6:30 ● ZUMBA® After Hours	1:00 to 4:00 ● Mah Jongg
3:30 - 4:30 ● Advanced Tai Ji Quan \$	1:30 - 3:30 ● Dance Socials \$	1:00 - 3:00 ● Chess Essentials	5:30 - 7:30 ● Ukulele Ohana	
5:00 - 6:00 ● Tai Chi	2:00 - 3:00 ● Conversaciones en Español	1:30 - 3:00 ● Intermediate Line Dancing \$	<div>  = Senior Services for South Sound membership required to participate. </div> <div>  = Public welcome. </div> <div>  = Fees associated with activity. </div>	
	2:00 - 3:30 ● Art Mixed Media	3:30 - 4:30 ● Enhancefitness \$		
*French classes paused for December. We'll see you in Janvier!	5:30 - 6:30 ● ZUMBA® After Hours	● Reflexology Wednesday Afternoons by appointment only. (\$30 for 30 minutes)		

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
<div>1</div> <div>10:00 - 4:00 Haircuts <i>(by appointment. Walk-ins as available)</i></div> <div>12:30 - 2:00 Dementia Caregivers Support Group</div>	<div>2</div> <div>6:00 Brain Injury Alliance of WA Meeting</div>	<div>3</div> <div>1:30 Owning the Age I Am</div> <div>6:00 Veteran's/First Responders Support Group</div>	<div>4</div> <div>10:00 - 12:00 Tech Help w/ Rich</div> <div>12:30 - 2:00 Jay's Holiday & Creature Creations</div> <div>1:00 NW Gardening Group</div>	<div>5</div> <div>12:30 - 2:00 Dementia Caregivers Support Group</div> <div>11:00 - 12:00 All Yoga*</div>
<div>8</div> <div>8:30 - 3:30 55+ Senior Driving Workshop <i>*Register at reception</i></div>	<div>9</div>	<div>10</div> <div>10:00 Intercity Transit/Bus Buddies</div>	<div>11</div> <div>12:00 - 2:30 Responding to Dementia Related Behaviors</div> <div>By appointment Dementia Legal Planning Clinic</div>	<div>12</div> <div>2:00 Bereavement Support Group: Life After Loss</div>
<div>15</div> <div>10:00 - 3:00 Haircuts <i>(by appointment. Walk-ins as available)</i></div>	<div>16</div>	<div>17</div> <div>2:00 - 3:00 Open Book Club</div> <div>6:00 Veteran's/First Responders Support Group</div>	<div>18</div> <div>1:00 NW Gardening Group</div>	<div>19</div> <div>11:00 - 12:00 All Yoga*</div> <div>12:30 - 2:00 TED Talks+ Topic: <i>Kindred Stories</i></div>
<div>22</div>	<div>23</div>	<div>24</div>	<div>25</div> <div>26</div> <div>CLOSED Christmas</div>	
<div>29</div> <div>12:30 - 4:30 AARP Assembly Party</div>	<div>30</div> <div>11:45 LGBTQ+ Lunch Bunch</div>	<div>31</div>	<div>1</div> <div>CLOSED New Years Day</div>	

● Lacey Senior Center Activity Spotlights

Jay's Holiday & Creature Creations

Thursday, December 4

12:30 pm | ● LACEY

Jay Wallerstedt will share the animatronic and digital creations he has crafted over 40 years, to include Santa's elves making candy cane & eggnog treats in their workshop. In Jay's presentation he will also play some short videos to introduce us to the life-size monsters he sculpted in his Monster Shop. Then he will introduce us to animated videos of Gus the Ogre, Gobbler the Goblin, singing pumpkins videos and more. Jay will discuss his muse when working on these entities and show you his creations and other projects he has built in his workshop. His digital creatures not only have full animation, they have personalities as well.

Public Welcome

Dementia Legal Planning Clinic

Thursday, December 11

By appointment only | ● LACEY

A free appointment with an attorney to complete Durable Powers of Attorneys and Advanced Health Care Directives for anyone 55+ and/or anyone living with dementia. Call 425.780.5589 to reserve your appointment today.

Public Welcome

Responding to Dementia Related Behavior with Cynthia Flores

Thursday, December 11

12:30 | ● LACEY

Review caregiver tips to respond to some common behaviors exhibited by individuals living with dementia, such as agitation, confusion and more.

Public Welcome

TED Talks Plus

Thursday, December 19

12:30 | ● LACEY

Topic: *Kindred Stories: A Journey to Fulfillment*. We'll watch 3 videos and discuss them like a think tank!

Public Welcome

COMING IN JANUARY!

SongCraft: Making Music with AI

Wednesday, 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 send you!

Public Welcome

 **2:00 - 3:30 pm**



Trips & Tours
SHOWCASE
Friday, January 23
Virgil Clarkson
● **Lacey Senior Center**

■ Olympia Senior Center Activity Spotlights

Author Talk: Harriet Ammann, *My Experiences in Nazi Germany*

Thursday, December 4

11:00 am | ■ **OLYMPIA**

Please join Harriet Ammann as she discusses her memoir, "Shaped by Lives of Conscience, Lives of Courage". She will share her experience of being born into Nazi Germany and how her family survived that time, eventually arriving in America. Based on her memories, family letters, and her research into 20th-century German history, her story begins with her grandmother, Ellen Ammann, a member of the Bavarian Parliament and part of the political resistance to Hitler in the 1920s. Grounded in their Catholic faith and supported by close friends, her parents persevered during the war, imparting their strengths, values and moral code to their six children.

Public Welcome

WA FED presentation on Financial Literacy and Scam Awareness with Oliver Moore

Wednesday, December 10

11:00 am | ■ **OLYMPIA**

Learn how to protect your finances with this informative presentation from WA FED on financial literacy and scam awareness. Participants will gain practical tools for recognizing common fraud schemes targeting older adults. Join us to build confidence, strengthen your financial well-being, and stay one step ahead of scammers.

Public Welcome

Explore Olympia Walkabout

Thursday, December 11

10:00 am | ■ **OLYMPIA**

Meet at the Olympia Senior Center and take a walk with us to Bayview Grocery and the observation overlook. We walk rain or shine so bring, weather-appropriate clothing, sturdy shoes and walking poles if desired!

Public Welcome

Dine Out

Thursday, December 11

5:00 pm

Octapas

610 Water St SW

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, December 8 by calling 360.586.6181.**

Therapy Bunnies

Tuesday, December 16

10:00 am | ■ **OLYMPIA**

Come see real live bunnies in the lobby!

Public Welcome

Senior Reads Book Club

Thursday, December 18

10:00 am | ■ **OLYMPIA**

This month we'll be sharing short essays selected by the group. Submissions can include short fiction or nonfiction pieces, favorite quotes or meaningful paragraphs from a book. Submissions must be limited to something that takes about five minutes to read and discuss. Please bring a dish to share and your own beverage for a potluck brunch!

Public Welcome

Consumer Protection Washington - Elder Fraud Prevention

Friday, December 19

1:00 pm | ■ **OLYMPIA**

It's a fact: fraudsters are constantly looking for ways to separate you from your hard-earned money. Learn about the latest tools and tricks scammers are using — including phone number spoofing and the use of AI to alter voices and even faces. Join us to discover practical steps you can take to protect yourself and avoid losing your savings to criminals!

Public Welcome

Senior Services for South Sound



Medicare Open Enrollment is Here!

By Senior Services Staff

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. Whether you're reviewing your current plan or exploring new coverage, our team can guide you through the process with clarity and care. 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.

Be sure to catch SHIBA at one of the in-person or online events listed below!

SHIBA Help in December

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

CLASS	DATE	TIME	LOCATION
Medicare - Open Enrollment	December 3	11:00 am - 1:00 pm	ZOOM
Medicare - Open Enrollment	December 10	11:00 am - 1:00 pm	Olympia Senior Center 222 Columbia St NW Olympia, WA 98501
Medicare In-Person assistance	December 11	10:00 am - 12:30 pm	Prosperity Grange, Steamboat Island 3701 Steamboat Loop NW Olympia, WA 98502
Medicare - Open Enrollment	December 16	6:00 pm - 7:30 pm	ZOOM
Medicare - Open Enrollment	December 18	10:00 am - 12:00 pm	ZOOM
Medicare - Open Enrollment	December 18	11:00 am - 3:00 pm	Mason County Senior Activities Association 190 W Sentry Dr Shelton, WA 98584



This holiday season, we hope you will share the love by supporting our aging neighbors nationwide.

**Millions of seniors are left behind,
alone and hungry, and the problem is only growing.**



1 in 2 seniors living alone
lack the income to pay
for basic needs¹

The senior population
is set to reach **91M**
in the next decade, with
112M expected by 2061



About 13 million seniors
are threatened by or
experience hunger²

**Meals on Wheels delivers nutritious meals and
companionship; we help seniors age in their homes.**



“The community is special because Meals on
Wheels is in it...Meals on Wheels has come in and
lifted their nutrition and their outlook on life. You
can’t do any better than that for people.”

– Michael, Meals on Wheels Client

Over the last 17 years, Subaru and its retailers have helped the Meals on Wheels
network provide **more than 5 million meals** to seniors in need across the country.

Get a great vehicle and support a great cause!

With every new Subaru purchased or leased, Subaru and its retailers
are donating a minimum of \$300 to charity, like Meals on Wheels.

November 20, 2025 through January 2, 2026

Learn more at mealsonwheelsamerica.org/sharethelove

Information data sources available at mealsonwheelsamerica.org/facts:

¹ The Escalating Issue of Senior Hunger, pg. 1; ² The Escalating Issue of Senior Hunger, pg. 2

Senior Services for South Sound

Senior
Services
FOR SOUTH SOUND

WINTER Sweater BINGO

feat. Elizabeth Lord

SATURDAY, DECEMBER 13

*Virgil Clarkson
Lacey Senior Center*

21+ ONLY // \$25 CASH TO PLAY
DOORS OPEN 6 PM // GAMES AT 7 PM

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

ROCK STAR BINGO

FEBRUARY 21 — Olympia Senior Center

PARANORMAL BINGO

APRIL 25 • VIRGIL CLARKSON LACEY SENIOR CENTER



IMPORTANT INFORMATION

Senior Services for South Sound centers and administrative offices will be CLOSED December 25-26 and January 1 for Christmas and New Year's. Have a safe and happy holiday!

Thank you to our Local Partners:



LEWIS-MASON-THURSTON
AREA AGENCY ON AGING



SUBARU

Olympia Subaru