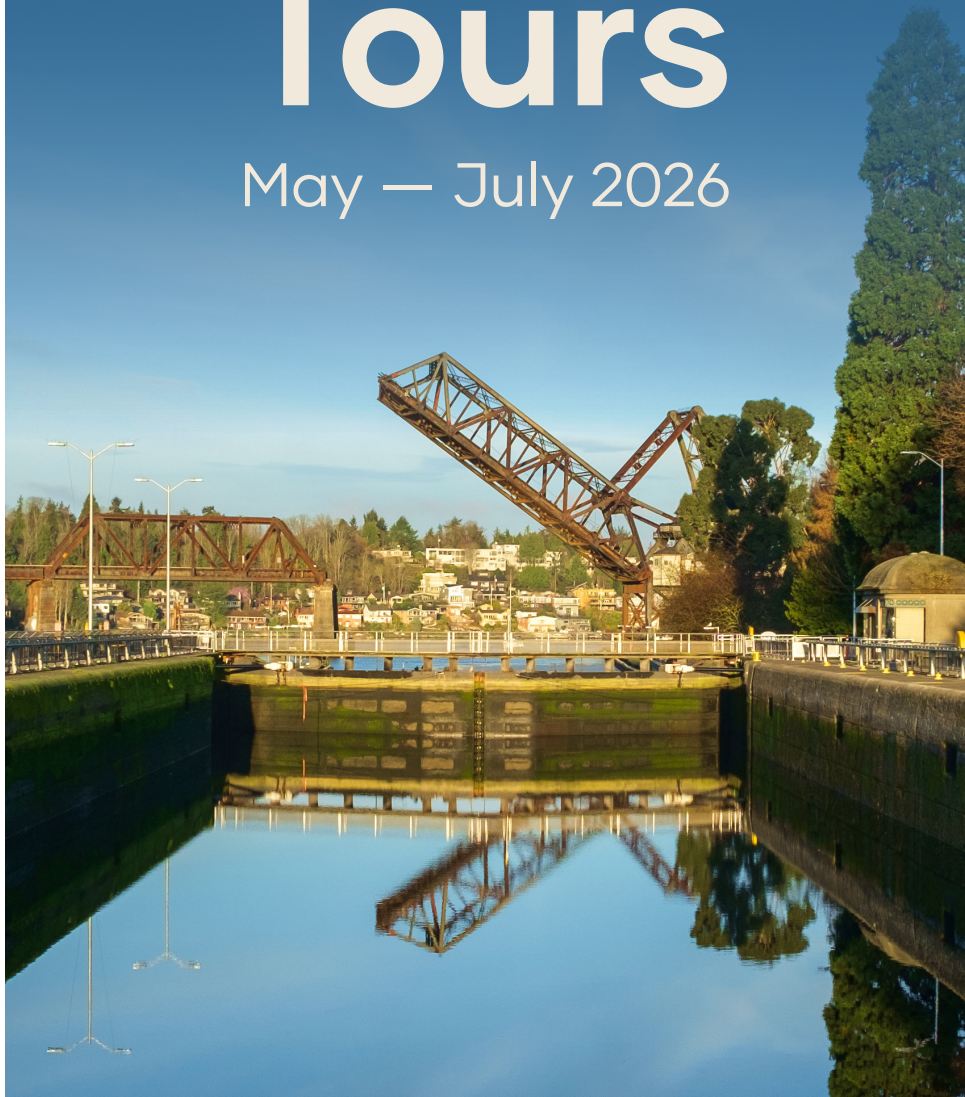




Senior
Services
FOR SOUTH SOUND

Trips & Tours

May — July 2026



ABOUT SENIOR SERVICES FOR SOUTH SOUND

Founded in 1973, Senior Services for South Sound has been dedicated to supporting seniors in our community for over 50 years! Our mission is simple: To enhance the quality of life for people as they age.

TRIPS & TOURS POLICIES

- Trips & Tours are open to everyone 18 and older.
- Individuals requiring special assistance must provide their own caregiver.
- If you require accommodations such as use of a mobility device or service animal, please notify the Trips & Tours office when you register for a trip. Some trips are not appropriate for mobility devices. See the Activity Level Guide on page 4 and 5 to learn more about our trip ratings.
- Pets are not allowed on trips, but trained service animals are welcome. Please let our staff know at time of registration if you will be bringing a trained service animal with you.
- Trips & Tours is a fragrance free organization. We appreciate your cooperation.
- Senior Services reserves the right to change the schedule and/or components of a trip without notice.
- All trip participants must have emergency contact and medical waiver forms on file prior to trip departure. Trip leaders will have forms available at points of departure.
- The Trips & Tours staff act only as agents for trips and shall not be held responsible for any accidents, loss, or injuries that may occur. All passengers are covered by common carrier insurance. Trips & Tours does not accept liability for any carrier's cancellation penalties.
- Senior Services reserves the right to refuse any person as a tour participant and expel anyone whose conduct is incompatible with the well-being of the group.

PAYMENTS, REFUNDS AND CANCELLATIONS

Your full payment and/or deposit reserves your reservation and constitutes acceptance of our program terms and policies. Deposits and travel certificates are non-refundable. Reservations may be made online at southsoundseniors.org, by phone at 360.586.6181 Ext 126, or in person at the Trips & Tours office in the Olympia Center.

Additional payment, refund and cancellation terms:

Day trips:

- \$20 non-refundable deposit to register
- Payment in full due 14 days prior to trip
- Cancellations 0-13 days prior - no refund
- Cancellations 14+ days prior - full refund, minus \$20 deposit

OTHER CANCELLATIONS

On rare occasions, trips may need to be canceled due to weather and road conditions, poor air quality, or other unforeseen circumstances. The safety of our travelers is our top priority. If a trip is cancelled by Senior Services, a full refund will be issued within four weeks.

TRIP DEPARTURES

Olympia Senior Center: 222 Columbia Street NW, Olympia

Lacey Community Center: 6729 Pacific Ave SE, Lacey – turn right at the roundabout and bear right into the parking lot. The Senior Services bus will pick you up near the bathrooms, not in front of the Virgil Clarkson Lacey Senior Center.

Please arrive 15 minutes prior to trip departure time. All trips depart on time, drivers will not wait for latecomers.

Senior Services for South Sound is a 501(c)(3) nonprofit organization

Activity Level Guide

Each trip has an Activity Level rating to help you choose one that matches your comfort and ability. This ensures a safe, enjoyable experience for everyone. Please contact us if you have questions or need help choosing a trip that is best suited for you. If you require accommodations such as the use of a mobility device or service animal, please notify the Trips & Tours office at time of registration.



Easy

Physical:

Moderate mobility required with low physical impact

Distance:

Continuous walking up to 1/4 miles or 1-2 city blocks within 20 minutes

Terrain:

Mostly paved, smooth surfaces

Stairs:

5-7 stairs

Standing:

Up to 30 minutes without seated breaks

Rest breaks:

Additional rest breaks will be available when possible

Bus boarding:

2-3 times, multi-stair entry

Assistive Mobility Devices:

May be suitable but participants should inquire in advance of making a reservation.



Moderate

Physical:

Good mobility required with moderate physical impact

Distance:

Continuous walking up to 1/2 miles or 4-6 city blocks within 20 minutes

Terrain:

Usually paved smooth surfaces, but possibly some uneven and unpaved surfaces

Stairs:

1 - 2 flights of stairs and possible additional steps

Standing:

Up to 30 minutes without seated breaks

Rest breaks:

Limited and possibly inconsistent

Bus boarding:

2-4 times, multi-stair entry

Assistive Mobility Devices:

Unlikely suitable; please inquire before making a reservation.

Activity Level Guide

Each trip has an Activity Level rating to help you choose one that matches your comfort and ability. This ensures a safe, enjoyable experience for everyone. Please contact us if you have questions or need help choosing a trip that is best suited for you. If you require accommodations such as the use of a mobility device or service animal, please notify the Trips & Tours office at time of registration.



Moderately Difficult

Physical:

Good mobility required with moderate to high physical impact

Distance:

Continuous hiking up to 1 mile or walking up to 8-10 city blocks within 25 minutes

Terrain:

Likely uneven and unpaved surfaces

Stairs:

3 flights of stairs

Standing:

Up to 60 minutes without seated breaks

Rest breaks:

Limited and inconsistent

Bus boarding:

3-5 times, multi-stair entry

Assistive Mobility Devices:

Unlikely suitable; please inquire before making a reservation.



Difficult

Physical:

Excellent mobility required with high physical impact

Distance:

Continuous hiking up to 2 miles or walking up to 16 city blocks within 30-60 minutes

Terrain:

Likely uneven and unpaved surfaces

Stairs:

3-4 flights of stairs

Standing:

60 or more minutes without seated breaks

Rest breaks:

Limited and inconsistent

Bus boarding:

3-5 times, multi-stair entry

Assistive Mobility Devices:

Unlikely suitable; please inquire before making a reservation.



Bridgetown Lunch Cruise on the Portland Spirit

Monday, May 11

#42623

PRICE:

\$189 Members

\$209 Public

INCLUDED:

Transportation, trip planning, cruise admission, on-cruise lunch, and snack.

DEPARTURE:

- Lacey 8:00 am
- Olympia 8:30 am

APPROXIMATE

RETURN:

6:00 pm

Enjoy a relaxing afternoon on the water aboard the Portland Spirit as we take in the sights of downtown Portland from the beautiful Willamette River.

On this scenic Bridgetown Lunch Cruise, you'll savor a delicious lunch while gliding past Portland's iconic bridges and riverfront skyline. Comfortable seating, large viewing windows, and open-air decks provide the perfect setting for sightseeing and conversation.

Sit back, relax, and enjoy the changing river views as the captain shares highlights of Portland's history and landmarks on this delightful midday cruise.



Moderate



Point Defiance Zoo

Wednesday, May 13

#42624

PRICE:

\$89 Members

\$109 Public

INCLUDED:

Transportation, trip planning, admission and fees, and snack

DEPARTURE:

■ Olympia 9:00 am

● Lacey 9:30 am

APPROXIMATE

RETURN:

4:30 pm

Spend the day exploring the wonders of wildlife at Point Defiance Zoo & Aquarium. With plenty of free time to explore at your own pace, you can stroll through thoughtfully designed habitats and discover animals from around the world—from playful sea otters to majestic big cats. Visit the aquarium exhibits, enjoy the scenic zoo grounds and take time to browse the gift shop.

Lunch is at your own pace, with the Plaza Cafe inside the zoo for casual dining or bring your own lunch and find a nice spot at the outdoor benches and tables.

**You are responsible for paying for your own meal.*



IMPORTANT INFORMATION

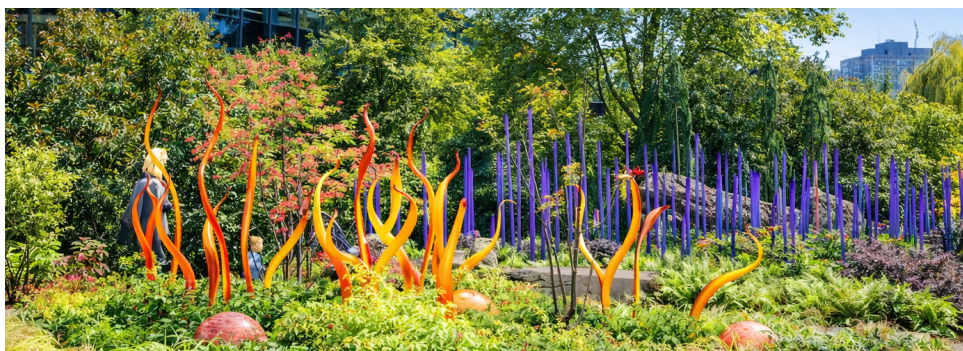
The activity level of this trip will vary depending on your choice of activities. See T&T staff for more details.



Moderate OR



Moderately Difficult



Seattle Center Adventure

Tuesday, May 19

#42630

PRICE:

\$159 Members

\$179 Public

INCLUDED:

Transportation,
trip planning, all
admission and tour
fees, and snack.

DEPARTURE:

■ Olympia 8:30 am

● Lacey 9:00 am

APPROXIMATE

RETURN:

6:30 pm

Step behind the curtain for a day of creativity, color, and discovery in Seattle.

We'll begin with a special behind-the-scenes tour of the costume workshop for Seattle Opera, where talented designers and craftspeople create the elaborate costumes that bring performances to life on stage. Next, immerse yourself in the dazzling world of Dale Chihuly at Chihuly Garden and Glass, featuring vibrant galleries and dramatic glass installations.

We'll also have some free time for lunch at The Armory, Seattle Center's iconic food hall. **You are responsible for paying for your own meal.*



Moderate



Broadway at the Paramount: Blue Man Group

Saturday, May 30

#42613

PRICE:

\$189 Members

\$209 Public

INCLUDED:

Transportation, trip planning, theater admission and fees, and snack.

DEPARTURE:

■ Olympia 10:00 am

● Lacey 10:30 am

APPROXIMATE

RETURN:

6:30 pm

Experience an unforgettable afternoon of music, comedy and high-energy spectacle with the iconic Blue Man Group at the historic Paramount Theatre in Seattle. Known for their signature blue-painted performers, inventive percussion and playful audience interaction, this wildly entertaining show is a one-of-a-kind theatrical experience. We will have lunch together on our way up to this matinee performance.

We have tables reserved at a local restaurant. **You are responsible for paying for your own meal.*



Moderate



Loaves and Legends

Friday, June 5

#42626

PRICE:

\$139 Members

\$159 Public

INCLUDED:

Transportation,
trip planning,
sourdough
workshop fees, tour
fees, and snack

DEPARTURE:

● Lacey 8:00 am

■ Olympia 8:30 am

APPROXIMATE

RETURN:

4:30 pm

Discover the craft of traditional sourdough and the stories of Southwest Washington. At Kalama Sourdough Bakery, enjoy a one-hour educational tour and class where you'll learn about the art of sourdough baking, sample fresh bread with butter and create your own loaf to take home.

Along the way, we'll visit two local historical museums to explore the rich heritage of Lewis and Cowlitz counties. We'll have lunch together at a local eatery.

We have tables reserved at a local restaurant. **You are responsible for paying for your own meal.*



Moderate



Awesome Astoria

Thursday, June 11

#42631

PRICE:

\$139 Members

\$159 Public

INCLUDED:

Transportation, trip planning, admission fees, and snack.

DEPARTURE:

- Lacey 8:00 am
- Olympia 8:30 am

APPROXIMATE

RETURN:

7:00 pm

Travel to the historic riverfront town of Astoria, where the mighty Columbia River meets the Pacific Ocean.

We'll begin with a visit to the Columbia River Maritime Museum featuring fascinating exhibits on shipwrecks, navigation and the region's rich seafaring history, along with impressive full-scale vessels and interactive displays. Afterward, enjoy lunch together at a local pub before free time to explore Astoria's charming downtown shops, galleries, and scenic riverwalk.

We have tables reserved at a local restaurant. **You are responsible for paying for your own meal.*



IMPORTANT INFORMATION

The activity level of this trip will vary depending on your choice of activities. See T&T staff for more details.



Moderate OR



Moderately Difficult



Mariners vs Orioles

Thursday, June 18

#42621

PRICE:

\$139 Members

\$159 Public

INCLUDED:

Transportation, trip planning, 100 level ticket and fees, and snack.

DEPARTURE:

■ Olympia 9:30 am

● Lacey 10:00 am

APPROXIMATE

RETURN:

6:30 pm

Do you love baseball, but hate battling I-5 traffic and Seattle parking? Let us take the hassle out of enjoying a summertime baseball game at T-Mobile Park.

Join us as the Seattle Mariners take on the Baltimore Orioles for a fun day at the ballpark. Enjoy the energy of the crowd, the fresh air and all the excitement that comes with a live game.

Go Mariners!

**A meal is not included in this trip. There are lots of yummy food options at the ballpark.*



Moderately Difficult



Heronswood and Historic Port Gamble

Wednesday, June 24

#42620

PRICE:

\$139 Members

\$159 Public

INCLUDED:

Transportation, trip planning, admission and fees, and snack.

DEPARTURE:

■ Olympia 8:00 am

● Lacey 8:30 am

APPROXIMATE

RETURN:

6:30 pm

We'll begin with a visit to Heronswood Garden in Kingston, WA, a stunning botanical garden known for its diverse plant collections and beautifully designed landscapes. We'll continue to the historic town of Port Gamble. Stroll the quaint streets, browse unique local shops and soak in the rich history. Today's itinerary does not include a scheduled meal time, but there will be plenty of time to stop for lunch at the lovely Port Gamble Cafe or bring your own lunch and have a picnic in one of the scenic outdoor spots around town.

**You are responsible for paying for your own meal.*



**IMPORTANT
INFORMATION**

The activity level of this trip will vary depending on your choice of activities. See T&T staff for more details.



Moderate OR



Moderately Difficult



Foothills Trail Hike

Wednesday, July 15

#42627

PRICE:

\$79 Members

\$99 Public

INCLUDED:

Transportation,
trip planning, and
snack.

DEPARTURE:

■ Olympia 9:00 am

● Lacey 9:30 am

APPROXIMATE RETURN:

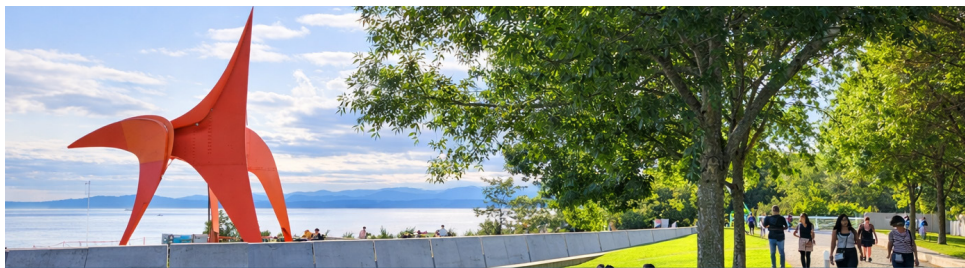
4:30 pm

Get out and stretch your legs in the foothills of Mt Rainier. On this hike, we will be walking one of the most scenic sections of the Foothills trail. We'll start at the Boise Creek trailhead, crossing over the White River by way of the refurbished 100-year-old Boise Creek Arch Bridge. We'll walk 1.5 miles into the small community of Buckley. After lunch together at the locally beloved Wally's Drive-In, there will be free time to visit the Foothills Historic Museum to learn more about the history and culture of the local area.

Wally's Drive-In is a walk up diner. Seating will be outside on picnic tables. **You are responsible for paying for your own meal.*



Difficult



Sculptures and Skylines in Seattle

Thursday, July 23

#42628

PRICE:

\$129 Members

\$149 Public

INCLUDED:

Transportation, trip planning, admission and tour fees, and snack.

DEPARTURE:

■ Olympia 8:30 am

● Lacey 9:00 am

APPROXIMATE

RETURN:

6:00 pm

Discover art, scenery and the vibrant Seattle waterfront.

We'll begin with a guided tour of the beautiful Olympic Sculpture Park, where monumental outdoor artworks are set against sweeping views of Puget Sound and the Olympic Mountains. Afterward, enjoy free time to stroll the newly redesigned Seattle Overlook Walk and explore the lively Seattle waterfront. Browse local shops, watch ferries glide across the bay or simply relax and take in the views. Enjoy lunch at your own pace at one of the many waterfront cafés or restaurants before we head home.

**Lunch is on your own. You are responsible for paying for your own meal.*



Moderately Difficult



Scottish Highland Games

Sunday, July 26

#42629

PRICE:

\$99 Members

\$119 Public

INCLUDED:

Transportation, trip planning, admission and fees, and snack.

DEPARTURE:

■ Olympia 9:30 am

● Lacey 10:00 am

APPROXIMATE

RETURN:

3:30 pm

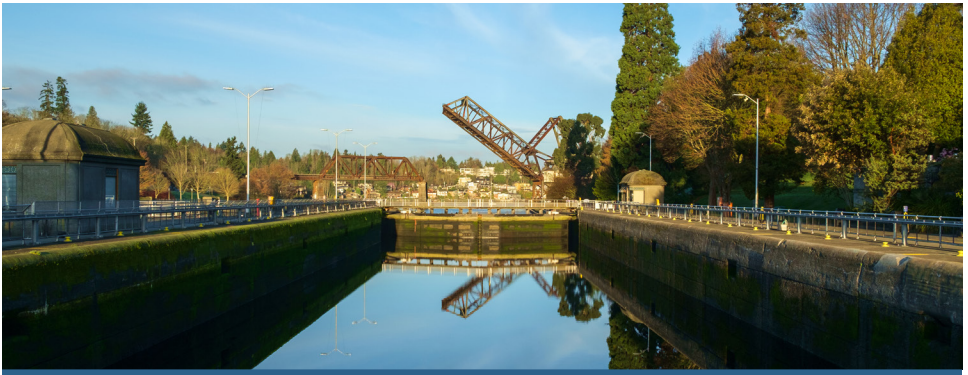
Grab your tartan and get ready for an epic Highland adventure!

This annual event at the Enumclaw Expo Center and Fairgrounds immerses you in a celebration of Celtic culture. Wander through a lively festival filled with the sounds of bagpipes and traditional folk music. Explore authentic Scottish cuisine, sip on fine whisky and browse artisan vendors offering kilts, tartans and handcrafted goods.

**Lunch is on your own at the variety of food vendors on site. You are responsible for paying for your own meal.*



Easy



Discover the Ballard Locks

Wednesday, July 29

#42632

PRICE:

\$129 Members

\$149 Public

INCLUDED:

Transportation, trip planning, admission and tour fees, and snack.

DEPARTURE:

■ Olympia 8:30 am

● Lacey 9:00 am

APPROXIMATE

RETURN:

6:00 pm

Spend a relaxing day exploring one of Seattle's most fascinating places.

We'll begin with a guided tour of the Ballard Locks Visitor Center & Museum, where exhibits reveal the history and engineering of the nearby Hiram M. Chittenden Locks. Afterward, enjoy a leisurely stroll through the beautiful Carl S. English Jr. Botanical Garden, filled with seasonal blooms, winding paths, and peaceful water views. We'll finish with lunch together at a local café.

We have tables reserved at a local cafe. **You are responsible for paying for your own meal.*



Moderately Difficult



Mariners vs Tigers Senior Day

Thursday, August 6

#42622

PRICE:

\$159 Members

\$179 Public

INCLUDED:

Transportation, trip planning, Club level seat, special Senior Day lunch ball park lunch, and snack.

DEPARTURE:

■ Olympia 9:00 am

● Lacey 9:30 am

APPROXIMATE RETURN:

6:30 pm

More baseball at T-Mobile Park!

Join us for a fun summer day as the Seattle Mariners take on the Detroit Tigers. These two teams gave fans plenty to talk about last postseason, including a marathon 15-inning game, and this matchup is sure to bring more excitement to the field.

Enjoy the lively ballpark atmosphere along with the added perks of Senior Day, including a special ball park lunch and comfortable Club level seating.

Go Mariners!



Moderately Difficult



Extended Travel

All Extended Travel prices include roundtrip airfare from SeaTac, hometown transfers to and from the airport, all air taxes and fees. For more information about the Extended Travel itineraries and registrations, visit, call or email the Trips & Tours office.



**REGISTRATION
ENDS SOON!**

May 1, 2026

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

November 4 — 23, 2026

PRICE: 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. Tour Sydney Opera House and enjoy a delightful dinner cruise of Sydney Harbour. Cruise Milford Sound. From the Great Barrier and Uluru (Ayers Rock) to snow-capped peaks and fjords, explore the diverse wonders of the lands Down Under.

Trips & Tours

More Than a Trip, It's a Community

For more than 50 years, Senior Services for South Sound has supported people as they age—helping them stay curious, connected and engaged in their community.

Trips & Tours brings that mission to life through thoughtfully planned travel experiences designed with care. From local day trips to extended journeys, our staff and volunteers handle the details so you can focus on enjoying the adventure.

Whether you're traveling solo or with friends, every trip is an opportunity to explore new places, meet new people and share the journey together.

Book your trip today!

Visit southsoundseniors.org/trips-tours
or call 360.586.6181 ext. 126

Next Showcase:



Friday, July 24



2:00 - 3:30 pm



Virgil Clarkson

● Lacey Senior Center