



Our Chair ZUMBA® class in Lacey celebrated Mr. Ted's (bottom right) **85th birthday** in Lacey on February 11.

Brian's View

A Message From the Executive Director



As I write this, one of my favorite people is downstairs in the Olympia Senior

Center. I just went down on an errand and saw him there for his regularly appointed time to provide volunteer tech help to folks. I strode over, pulled up a chair and sat down for a visit. **That will be among my favorite things today, having a moment to visit with him.** I'm reminded of the Robert Frost poem that says we should take the time to visit with friends. Indeed.

In our conversation, he and I spoke about some exciting new organizational initiatives on the horizon. In particular, we talked about the goal in our new strategic plan to evaluate changing our service hours. It's goal #11, to be precise!

Our centers have been open from 8:30 am to 4:00 pm as long as most can remember. However, we recognize that many folks eligible for our offerings are still working into their sixties and beyond. What if we were open some evenings? Or on some Saturdays?

There would be added expense for us, obviously, but who would come? Would it appeal to enough people to make the added expense and administrative hurdles worthwhile? We will be exploring these questions this year, and you may be asked for your viewpoint. Here is a chance to give it some prior thought.

Another thing we discussed this morning is my belief that we have built a truly outstanding staff team. Granted, every generation here has been heroic in delivering our mission. Yet I can't help but think that our current team has a remarkable combination of skills, experience, creativity, kindness, ambition, collegiality and strength. Ok, debatable, but the conversation turned to a reflection on why we bother building the best possible staff? My argument is that athletes practice incessantly, musicians practice incessantly, artists are slavish to their art, and organizations build strong teams, all for the same reasons: **To perform at a high level.**

We are going to tackle hard things this year as an organization. Part of that is simply performing our daily mission. That's plenty, one could argue. But complacency is a four letter word to us. **Restlessly ambitious to perform at the highest level, we are going to look deep into how we can best enhance the quality of life for older adults in our community.** We build strength not for the sake of strength, but to perform at the highest possible level.

A handwritten signature in blue ink that reads "Brian Windrope". The signature is fluid and cursive.

Brian Windrope, Executive Director

Community and Connection Through Home Share

By Senior Services Staff



Ken (64) and Ron (73) met through the Elks community about three years ago. Ken, seeking to remain in his townhome, and Ron, whose former housemate had recently passed away, found a living arrangement that suited them both, until their landlord decided to sell the property. **The new owner increased the rent significantly**, prompting Ken and Ron to seek alternative options.

Ken, on disability after an accident that required neck fusion surgery, returned to Washington from Hawaii to help care for his mother, settling here after her passing. A passionate baseball umpire and certified Pyrotech, Ken has enjoyed working with local organizations and celebrating with fireworks displays in Olympia and Tumwater. Having faced homelessness after losing everything in 2009, Ken understands firsthand the importance of stable, supportive housing.

Ron is a retired carpenter and avid outdoorsman, enjoying Washington's abundant fishing, hunting, clamming and camping opportunities. Though less active now, he still finds joy in time at the beach and cheering on the Seahawks. Go Hawks!

Faced with the potential loss of their home, Ron joined the Home Share program as a Seeker, exploring options for alternative housing. Soon afterward, Ken joined as a Provider, opening the third bedroom in the townhome. Their goal was clear: to find a way to stay in their community.

Through Home Share, Ken and Ron were connected with Jared (76), an East Coast native now living in Olympia with his feline companion, Poncho. Jared moved to Washington to be closer to his children and grandchildren after his wife's passing. As a former digital marketing consultant, Jared now volunteers his expertise, helping small businesses across the U.S. He appreciates the quiet, dark nights of Olympia, a stark contrast to the noise and light pollution of New York.

Today, Ken, Ron and Jared (and Poncho!) share more than just rent; they've built a vibrant community grounded in mutual respect and shared experiences. **Their story exemplifies how Senior Service for South Sound's Home Share program fosters meaningful connections, provides stability and enriches lives.**

Are you interested in creating your own community? If you or someone you know could benefit from the Home Share program, we invite you to learn more and get involved. Contact us today to explore your housing options and discover the benefits of shared living!

southsoundseniors.org/homeshare | 360.586.6181 ext. 136 | homeshare@southsoundseniors.org

Names and likeness changed for privacy reasons.

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 March, we're celebrating Greek American Heritage Month! Also known as Hellenic Heritage Month, Greek American Heritage Month recognizes cultural heritage, contributions and experiences of Greek Americans. If you're interested in jumping into some Greek reading, recommendations from livingstonlibrary.org include *Alexander at the End of the World*; *The Forgotten Final Years of Alexander the Great*; *Athens: City of Wisdom*; *The Art of Running: Learning to Run Like a Greek*; *Greek Myths: A New Retelling*; and *The Greek Revolution and the Violent Birth of Nationalism*. Adding to the rich diversity of American culture, this month coincides with Greek Independence Day on March 25th, and pays homage to Greek contributions in the arts, sciences and politics.

Holiday Meal

Date: Thursday, March 26

Occasion: Greek-American Heritage

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



Celebrate with Ribbons

Each month, we offer ribbons at our reception desks to help raise awareness around issues impacting older adults in our community.

For March, purple, green and white ribbons are available in recognition of Gender Equality Month. Also celebrated as Women's History Month, March honors the advancements advocates have made in gender inclusion, equality and fairness, and appreciates those who continue to work tirelessly to bridge the equality gap.

Purple = Justice, dignity and gender equality. Green = Hope and new beginnings. White = Purity.

March 2026 Newsletter



Celebrating *Diversity* March 2026

Monthly Observances:

- National Women’s History Month
- Gender Equality Month
- National Developmental Disabilities Awareness Month
- National Multiple Sclerosis Education and Awareness Month
- National Irish American Month
- Greek American Heritage Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Intl. Peanut Butter Lovers Day Ramadan (2/17 - 3/19)	2 Purim	3	4 Holi	5	6	7
8 Intl. Women’s Day	9	10	11	12	13	14
15	16	17 St. Patrick’s Day	18	19 Eid Al-Fitr	20 Nowruz (Persian New Year)	21 Intl. Day for the Elimination of Racial Discrimination
22	23	24	25 Intl. Day of Remembrance of the Victims of Slavery and the Transatlantic Slave Trade	26 Equal Pay Day	27	28
29 National Vietnam War Veterans Day	30	31 Intl. Transgender Day of Visibility Cesar Chavez Day				

Volunteer Spotlight: Marilee Breselow

By Scott Schoengarth



Marilee Breselow is a very elegant 84-year-old who spends half a day each week **volunteering at Budd Bay Bargains** as a retail clerk. She and her retail partner run the store, helping customers who are looking for great clothing bargains. All clothes are donated to the store, and there are fabulous finds to be had at very inexpensive prices.

Marilee was born in Aberdeen, WA, and graduated from Olympia High School in 1960. She traveled the world with her first husband, a career Army man, including to Germany, where two of their three daughters were born. After a divorce she married again, but after 36 years together she has now been a widow for a number of years. She has three girls, nine grandkids, and ten great-grandkids! One daughter lives in Tumwater, another in Redmond, OR, and the third in Williamsburg, VA. Marilee has lived in this area for many years, and currently resides in Friendly Village in West Olympia, where she shares a house with an old high school friend.

Marilee has held a number of jobs over the years, including as Training Director for the Girl Scouts USA. She went on to work at State Farm Insurance in Dupont until they divided up all the work among various State Farm offices and shuttered the Dupont office.

Marilee has continued to work at least part-time ever since, including off and on for the last 20 years in Budd Bay Bargains. Her clerk's job allows her to meet and visit with so many seniors and younger folk who come through the store. The store is open Monday through Friday from 9:00 am to 3:00 pm, and **they could always use more volunteers.**

While at home, **Marilee spends time quilting, playing piano by ear and working on jigsaw puzzles** online. But she also works a half day each week as a receptionist at the Sequoia Assisted Living Facility, and is available to sub for someone who might be sick or on vacation. And she puts out a monthly newsletter for her Altrusa group.

During her spare time, Marilee enjoys traveling. She cruises often with her youngest daughter to places like Alaska (four trips), Italy, Ireland, Scotland, the Greek Islands and numerous times to the Caribbean. She has also been on bus tours with her housemate to places like the Grand Canyon, Yosemite and South Dakota.

When I asked her why more folks should get off their couch and volunteer, she was quick to tell me: "Because it keeps you young and gives you a purpose in life." I hear something similar from so many volunteers. So why not join Marilee? Just call Volunteer Manager Theresa Ziniewicz at 360.586.6181 ext. 120 or email volunteers@southsoundseniors.org.



Urgent Need: SHIBA Volunteers

Navigating Medicare can be confusing—and for many people, the choices they make have a lasting impact on their health and financial security. That's where SHIBA (Statewide Health Insurance Benefits Advisors) comes in.

SHIBA provides free, unbiased Medicare information to help community members understand their options and make informed decisions. Our trained volunteers offer guidance, clarity, and reassurance at a time when it's truly needed.

We are currently seeking volunteers in Thurston and Mason counties who want to give back and support their neighbors.

What Do SHIBA Volunteers Do?

Depending on interest and availability, volunteers may:

- Enter information into computer systems
- Answer phones and assist clients
- Learn the intricacies of Medicare to help others understand their choices
- Present Medicare classes to the community

You don't need prior Medicare experience. We provide comprehensive training and ongoing support, along with a welcoming team environment and the satisfaction of making a real difference.

If you enjoy learning, sharing information, and helping others navigate important decisions, volunteering with SHIBA may be a great fit.

Apply today: <https://www.southsoundseniors.org/volunteer>

SHIBA Help in March

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

CLASS	DATE	TIME	LOCATION
Medicare - Getting Started	March 4	11:00 am - 1:00 pm	ZOOM
Medicare - Getting Started	March 11	11:00 am - 1:00 pm	Olympia Senior Center 222 Columbia St NW Olympia, WA 98501
Medicare One-on-One	March 12	10:00 am - 12:30 pm	Prosperity Grange, Steamboat Island 3701 Steamboat Loop NW Olympia, WA 98502
Medicare - Getting Started	March 17	6:00 pm - 7:30 pm	ZOOM
Medicare - Getting Started	March 19	10:00 am - 12:00 pm	ZOOM
Medicare - Getting Started	March 19	11:00 am - 3:00 pm	Mason County Senior Activities Association 190 W Sentry Dr Shelton, WA 98584

■ 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®
10:00 - 11:30 ■ Loneliness is Loud ⓘ	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®
10:30 - 11:30 ■ Gentle Yoga \$	10:30 - 11:30 ■ Tai Ji Quan \$	10:00 - 12:00 ■ Scrabble	12:30 - 2:00 ■ Music Mending Minds	10:00 - 1:00 ■ Tech Help w/ Adam
12:00 - 1:30 ■ World Geography: Come Explore!	12:30 - 2:00 ■ Chess Club	10:30 - 1:00 ■ Tech Help w/ Melinda	12:30 - 4:00 ■ Pinochle	10:30 - 11:15 ■ Laughing Circle
12:00 - 3:00 ■ Table Games	12:00 - 4:00 ■ Reader's Theater Rehearsal & Skill Building	10:30 - 11:30 ■ Spanish Conversations	1:00 - 2:00 ■ Adaptive Creative Dance \$	11:30 - 4:00 ■ Hand and Foot
12:00 - 4:00 ■ Cribbage	12:45 - 1:45 ■ Drop-In Meditation	10:30 - 11:30 ■ Gentle Yoga \$	1:00 - 4:00 ■ Ukulele Group	12:00 - 3:00 ■ Table Games
1:00 - 3:00 ■ Party Bridge	1:00 - 2:00 ■ Chair Yoga \$	12:00 - 3:00 ■ Table Games	2:00 - 4:00 ■ Yarn Magic	1:30 - 2:30 ■ Beginning EnhanceFitness®
1:30 - 2:30 ■ Beginning EnhanceFitness®		12:00 - 4:00 ■ Euchre	<p>Dates and times are subject to change, call the appropriate center if you have questions about your activity.</p> <p>■ Olympia: 360.586.6181 ● Lacey: 360.407.3967</p> <p>ⓘ Loneliness Is Loud will not meet March 30th</p>	
<p>■ = Senior Services for South Sound membership required to participate.</p> <p>■ = Public welcome.</p> <p>⌘ = Fees associated with activity.</p>		1:00 - 4:00 ■ Mah Jongg		
		1:30 - 2:30 ■ Beginning EnhanceFitness®		

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

■ = Public welcome.

⌘ = Fees associated with activity.

1:00 - 4:00
■ Mah Jongg

1:30 - 2:30
■ Beginning EnhanceFitness®

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

ⓘ Loneliness Is Loud will not meet March 30th

■ Olympia Senior Center Monthly Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 1:00 - 3:00 ■ Reader's Theater Group Meeting	3	4 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	5	6 10:00 - 3:00 ■ Haircuts (<i>by appointment only</i>) 9:00 - 3:00 ■ Nail Care for Feet
9 1:00 - 3:00 ■ Reader's Theater Script Reading & Discussion 1:00 - 2:00 ■ Free Notary Services	10 11:00 - 12:00 ■ Paper Airplane Fun 11:00 - 1:00 ■ ALS Support Group 11:45 - 12:15 ■ LGBTQ+ Lunch Bunch	11 10:00 - 12:00 ■ Bunny Therapy <i>pg. 13</i> 1:00 - 2:00 ■ Fall Prevention Class <i>pg. 13</i> 2:00 - 4:00 ■ Death Café	12 10:00 ■ Explore Olympia Walkabout 5:00 ■ \$ Dine Out @ Well 80 Brewhouse 514 4th Ave E Olympia, WA 98501	13 10:00 - 11:00 ■ Scam Education <i>pg. 13</i> 1:00 - 2:00 ■ Unforgettable Art
16	17 1:00 ■ Reader's Theater Presents Performance <i>pg. 13</i> 1:00 - 3:00 ■ \$ Cooking w/ Chef Mary <i>pg. 13</i>	18 10:00 - 3:00 ■ Haircuts (<i>by appointment only</i>) 12:30 - 3:00 ■ Read a Play, Engage & Have Fun	19 10:00 ■ Senior Reads Book Club <i>pg. 13</i> 10:00 - 12:00 ■ Tech Help w/ Rich 2:00 - 3:00 ■ Signers of the Declaration <i>pg. 13</i>	20 10:30 - 11:30 ■ Food Bank 10:00 - 3:00 ■ Haircuts (<i>by appointment only</i>) By Appointment ■ Nail Care for Feet
23 1:00 - 2:00 ■ Free Notary Services 1:00 - 3:00 ■ Reader's Theater Script Reading & Discussion	24 11:30 ■ \$ Dine Out For Lunch @ Fatso's Bar & Grill 3205 Martin Way E Olympia, WA 98506	25	26	27 10:00 - 12:00 ■ Intergenerational Trivia <i>pg. 13</i> 2:00 - 3:30 ■ Bereavement Support Group <i>Now in person!</i>
30	31			

● 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 - 11:15 ● Crafting w/ Inclusion	9:00 - 12:00 ● Pinochle
10:30 - 11:30 ● French Basics	9:30 - 10:15 ● ZUMBA® Gold \$	9:30 - 1:15 ● Korean Elders	9:30 - 11:00 ● 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	10:00 - 11:00 ● Tech Help w/ Jim	9:45 - 10:45 ● Enhancefitness \$
11:30 - 12:30 ● Intermediate French	10:00 - 12:00 ● Late Life Planning	9:45 - 10:45 ● Enhancefitness \$	10:30 - 11:30 ● Beginning Tai Ji Quan	10:00 - 12:00 ● Memoir Writing
12:30 - 1:15 ● Beginner Line Dancing	11:00 - 12:00 ● Gentle Yoga \$	11:00 - 11:45 ● Seated ZUMBA®	12:30 - 3:30 ● Double Deck Pinochle	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	3:00 - 4:00 ● Advanced Tai Ji Quan	1:00 to 2:00 ● Sing Along with Brighter Days
1:00 - 3:00 ● Watercolor Group/ Cardmaking	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
1:15 - 2:15 ● Beginner Advanced Line Dancing	1:30 - 3:30 ● Dance Socials \$	1:00 - 3:00 ● Chess Essentials	5:30 - 7:30 ● Ukulele Ohana	<p>■ = Senior Services for South Sound membership required to participate.</p> <p>■ = Public welcome.</p> <p>\$ = Fees associated with activity.</p>
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			

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
<p>2</p> <p>12:30 - 2:00</p> <ul style="list-style-type: none"> ● Dementia Caregivers Support Group <p>12:30 - 3:30</p> <ul style="list-style-type: none"> ● \$ Haircuts (<i>by appointment</i>) <p>1:00 - 2:00</p> <ul style="list-style-type: none"> ● Free Notary 	<p>3</p> <p>6:00</p> <ul style="list-style-type: none"> ● Brain Injury Alliance of WA Meeting 	<p>4</p> <p>1:30 - 3:00</p> <ul style="list-style-type: none"> ● Owing the Age I Am <p>6:00 - 7:30</p> <ul style="list-style-type: none"> ● Veteran's/First Responders Support Group 	<p>5</p> <p>10:00 - 12:00</p> <ul style="list-style-type: none"> ● Tech Help w/ Rich <p>1:00 - 3:00</p> <ul style="list-style-type: none"> ● NW Gardening Group <p>7:00 - 9:00</p> <ul style="list-style-type: none"> ● Olympia Coin Club <i>pg. 12</i> 	<p>6</p> <p>11:00 - 12:00</p> <ul style="list-style-type: none"> ● All Yoga <p>12:30 - 2:00</p> <ul style="list-style-type: none"> ● Dementia Caregivers Support Group
<p>9</p> <p>8:30 - 3:30</p> <ul style="list-style-type: none"> ● \$ 55+ Senior Driving Workshop <p><i>*Register at reception</i></p>	<p>10</p> <p>4:30</p> <ul style="list-style-type: none"> ● \$ Dine Out @ The Ram <p>8100 Freedom Ln Lacey, WA 98516</p>	<p>11</p> <p>10:00 - 2:00</p> <ul style="list-style-type: none"> ● Bus Buddies 	<p>12</p> <p>1:00</p> <ul style="list-style-type: none"> ● Reader's Theater Presents Performance <p><i>pg. 13</i></p>	<p>13</p> <p>By Appointment</p> <ul style="list-style-type: none"> ● Nail Care for Feet <p>2:00 - 3:30</p> <ul style="list-style-type: none"> ● Bereavement Support Group
<p>16</p>	<p>17</p>	<p>18</p> <p>2:00 - 3:00</p> <ul style="list-style-type: none"> ● Open Book Club <p>6:00 - 7:30</p> <ul style="list-style-type: none"> ● Veteran's/First Responders Support Group 	<p>19</p> <p>12:30</p> <ul style="list-style-type: none"> ● Estate Planning w/ Susan Kirkpatrick <i>pg. 13</i> <p>1:00 - 3:00</p> <ul style="list-style-type: none"> ● NW Gardening Group 	<p>20</p> <p>11:00 - 12:00</p> <ul style="list-style-type: none"> ● \$ All Yoga
<p>23</p>	<p>24</p>	<p>25</p> <p>3:00 - 4:00</p> <ul style="list-style-type: none"> ● LVAD Discussion Group 	<p>26</p> <p>12:30</p> <ul style="list-style-type: none"> ● Turning the Tables on Fraud w/Consumer Protection Washington <p>2:00 - 3:30</p> <ul style="list-style-type: none"> ● Death Café 	<p>27</p> <p>12:30 - 2:00</p> <ul style="list-style-type: none"> ● TED Talks+ Topic: <i>Secrets - To Share or Not to Share; Is That the Question?</i>
<p>30</p>	<p>31</p> <p>11:45</p> <ul style="list-style-type: none"> ● LGBTQ+ Lunch Bunch 			

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

● Lacey Senior Center Activity Spotlights

Olympia Coin Club with Terri

Thursday, March 5

7:00 pm | ● LACEY

Do you think you may have the numismatist gene? Check out the Olympia Coin Club, if you haven't already!

Public Welcome

Dine Out

Tuesday, March 10

4:30 pm

Ram Restaurant & Brewery

8100 Freedom Ln NE

Lacey, WA 98516

Join a lovely group of folks for a delicious meal at our monthly Dine Out at The Ram! Meet at the restaurant and everyone pays for their own meal.

Public Welcome

NEW! Nail Care for Feet

Friday, March 13

12:30 | ● LACEY

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.

Members Only

Appointments can be made at 360.586.6181.

\$25 - \$50 suggested donation for each 60-minute appointment.

Estate Planning with Susan Kirkpatrick, Attorney

Thursday, March 19

12:30 | ● LACEY

Estate planning doesn't have to be overwhelming. Join attorney Susan Kirkpatrick for this insightful presentation, followed by Q&A with an expert. You'll learn about: wills, trusts, taxes, planning for incapacity, power of attorney, health care directives, and leaving your legacy. Parking may be scarce, so carpooling recommended, or catch bus 67.

Public Welcome

Turning the Tables on Scams with Consumer Protection Washington

Thursday, March 26

12:30 pm | ● LACEY

Consumer Protection Washington will save you and yours money, explain how to identify and protect against ID theft, what AI looks like in social media and YouTube, and so much more.

Public Welcome

TED Talks Plus with Guest Presenter, Dyana Todd

Friday, March 27

12:30 | ● LACEY

Topic: *Secrets—To Share or Not to Share?*
Special Presenter Dyana Todd is diving into TED Talks concerning all aspects of Secrets. If we told you anymore, we'd be giving away confidences, so don't miss this special presentation!

Public Welcome

Reader's Theater Presents Performances

● LACEY

Thursday, March 12

1:00 pm

■ OLYMPIA

Tuesday, March 17

1:00 pm

Join our talented Readers Theater troupe for an entertaining performance of two lively plays, *A Couple of Right Smart Fellas* and *Kidnapped!* Filled with wit, humor and spirited storytelling, don't miss what this talented group of seniors has in store!

Public Welcome

■ Olympia Senior Center Activity Spotlights

Bunny Therapy

Wednesday, March 11

10:00 am - 12:00 pm | ■ **OLYMPIA**

Enjoy a visit with our therapy bunnies at the Olympia Senior Center! These gentle, snuggly companions offer a calming and comforting presence, bringing smiles, relaxation and a little extra warmth to your day.

Public Welcome

Fall Prevention Course with Chrystal

Wednesday, March 11

1:00 - 2:00 pm | ■ **OLYMPIA**

Learn and practice steps of getting up after a fall—all while enjoying delicious doughnuts! Let's take steps towards safety and wellness together!

Public Welcome

Scam Education: How to Identify, Prevent Loss, and Protect Yourself From Common Scams Targeting Elders with WAFd Bank

Friday, March 13

10:00 - 11:00 am | ■ **OLYMPIA**

Please join WaFd in learning about the most common scams targeting Elders. You will learn ways to identify red flags as well as what next steps to take in order to protect yourself from losing YOUR hard-earned money.

Public Welcome

Cooking with Chef Mary

Tuesday, March 17

1:00 - 3:00 pm | ■ **OLYMPIA**

Cook, taste and learn in this relaxed and welcoming cooking class. This session includes a short, easy-to-follow nutrition talk, a live cooking demonstration using simple, healthy ingredients, time to sample the dish and share tips and questions. Recipes focus on everyday meals that are flavorful, nourishing and easy to make at home. No cooking experience needed, just curiosity and an appetite for learning.

Members Only

\$5 Suggested Donation. Preregistration required at Olympia Senior Center reception desk.

Senior Reads Book Club

Thursday, March 19

10:00 am | ■ **OLYMPIA**

This month, we'll be discussing *Real Americans* by Rachel Khong.

Public Welcome

Signers of the Declaration of Independence

Thursday, March 19

2:00 - 3:00 pm | ■ **OLYMPIA**

Marilyn will speak about the signers of the Declaration of Independence, some of the history and will wear costuming appropriate to the time period.

Public Welcome

Intergenerational Trivia with Olympia High School

Friday, March 27

10:00 am - 12:00 pm | ■ **OLYMPIA**

Join us for a fun, interactive trivia game with students from Olympia High School! Together, we'll test our knowledge with questions spanning the decades and enjoy a lively, cross-generational challenge.

Public Welcome

Bereavement Support Group: Life After Loss

Friday, March 27

2:00 pm | ■ **OLYMPIA**

A mental health professional will ensure a safe place of sharing for those who have experienced the loss of a loved one. This is a free, ongoing drop-in group.

Public Welcome

Your Opinion Matters

Help shape our activities — take our quick survey today!

southsoundseniors.org/activities



Senior Services for South Sound



It's All Greek to Me with Tony Usibelli

Mondays, March 30 - May 4

■ **OLYMPIA** Members: \$120 | Non-Members: \$150
10:00 am - 12:00 pm



Northwest Nations with Ron Johnson

Fridays, April 3 - May 8

ZOOM Members: \$120 | Non-Members: \$150
2:00 - 4:00 pm



Ages in Turmoil with Bruce Lerro

Tuesdays, April 7 - June 9

■ **OLYMPIA** Members: \$180 | Non-Members: \$225
2:00 - 4:00 pm



Bottoms Up! with Margo Benedetto

Thursdays, April 9 - May 28

■ **OLYMPIA** Members: \$105 | Non-Members: \$130
10:00 - 11:30 am



These Are the Times That Try Our Souls with John Rapano

Mondays, April 13 - May 18

■ **OLYMPIA** Members: \$120 | Non-Members: \$150
1:00 - 3:00 pm



Going Deeper in Fiction with Diane Chiddister

Tuesdays, April 14 - May 19

■ **OLYMPIA** Members: \$120 | Non-Members: \$150
1:00 - 3:00 pm



Your Life, Your Story with Pam Toal

Thursdays, April 16 - June 4

■ **OLYMPIA** Members: \$160 | Non-Members: \$200
10:00 am - 12:00 pm



Care-Giving and Care-Receiving in Late Life with Martha Worcester

Friday, April 17

■ **OLYMPIA** Members: \$40 | Non-Members: \$60
9:30 am - 2:30 pm



Never stop learning.

Registration Open Now!

This upcoming spring quarter, our Senior Academy offerings are diverse, wide-ranging. Whether you're looking to explore a new subject, revisit a longtime interest or simply enjoy meaningful conversation and connection with others!

Register now at our reception desks or online at southsoundseniors.org/courses



Senior Services
FOR SOUTH SOUND
Trips & Tours

Collette Tours

Special Presentation

Monday, March 9

2:00 pm

Olympia Senior Center

Want to See the World?

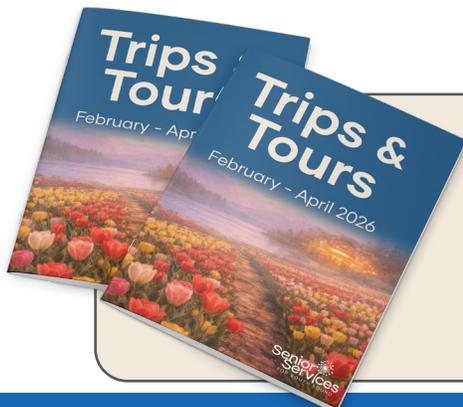
Join us for a special free presentation by Collette Tours about an upcoming Extended Travel opportunity to Australia and New Zealand!

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 the Daintree Forest, 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.



Find Your Next Adventure!

Pick up your copy of the Trips & Tours Spring Catalog at our reception desks, or find it online at southsoundseniors.org/trips-tours.

LET'S GO over the EDGE with SENIORS

SATURDAY, JUNE 13

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

[SOUTHSOUNDSENIORS.ORG/OTE](https://southsoundseniors.org/ote)

Registration opens
March 9!



The Hub
AT LACEY

PARANORMAL BINGO

APRIL 25 @ VIRGIL CLARKSON LACEY SENIOR CENTER

RAINBOW BINGO JUNE 6

OLYMPIA SENIOR CENTER

Steampunk Bingo August 22

Virgil Clarkson Lacey Senior Center

Thank you to our Local Partners:



Olympia Subaru