

Lifelong Learning

Classes, Activities, Programs and Services



Winter Quarter 2026
January 5 – March 26

Olympia Senior Center
222 Columbia Street NW
Olympia, Washington 98501
360.586.6181

Virgil Clarkson Lacey Senior Center
6757 Pacific Avenue SE
Lacey, Washington, 98503
360.407.3967



Our mission is to enhance the quality of life for people as they age.

A message from Chris Quimby, Activities Director

The Winter Quarter has arrived already and whether you are new to Senior Services or a cherished friend and regular participant in the programs within these pages, I think you will find something that piques your interest.

Some of you may be considering New Year's resolutions. If getting more exercise is one of them, we have you covered from aerobics to Zumba! We offer classes for every activity level, including two evidence-based fall-prevention programs: EnhanceFitness® and Tai Ji Quan: Moving for Better Balance™.

If exercise isn't what you're looking for, we offer so much more. Whether you enjoy social games like Mah Jongg, Scrabble, or our newer euchre group, we have something for you as well. And if you don't yet know how to play these games, don't despair—there are plenty of friendly people at our Centers who are happy to help.

Exercise, games, lectures and support groups—you'll find it all in this Lifelong Learning Catalog. All of these wonderful programs have one thing in common: they foster connection and community, which have recently been shown to be vitally important for everyone, especially older adults. My hope is that some of you reading this—who may have been wanting to get involved but have stayed away out of shyness or uncertainty—will take the next step. We are here for you and hope to see your faces at our Centers!

A handwritten signature in black ink that reads "Chris Quimby".

Chris Quimby, Activities Director

Find your passion!

4 Information

6 Membership

7 Health & Wellness

**12 Enrichment &
Education**

15 Creative Arts

19 Social

20 Recreation & Leisure

23 Services & Support

**26 Senior Services for
South Sound Programs
& Services**

28 Senior Academy



**IMPORTANT
INFORMATION**

Center Closures: Winter 2026

January 1: New Year's Day

January 19: Martin Luther King Jr. Day

February 16: President's Day

.....HOW TO REGISTER.....

STANDARD CLASSES



Online

You can now register for standard classes online! Visit our Activities page online at southsoundseniors.org/activities.



By Phone

Call 360.586.6181 (Olympia Senior Center) or 360.407.3967 (Lacey Senior Center) during normal business hours (8:30 am to 4:00 pm). MasterCard, Discover or VISA credit/debit cards accepted.



In Person

Stop by either senior center during business hours. Staff and volunteers are happy to help you get registered! MasterCard, Discover, VISA credit/debit cards, cash and check accepted.

SENIOR ACADEMY CLASSES



Online

Register and pay securely at southsoundseniors.org/courses using a MasterCard, Discover, VISA credit/debit card.



By Phone

Call 360.586.6181 (Olympia Senior Center) during business hours to register and pay with a MasterCard, Discover or VISA credit/debit card.



In Person

Visit the Olympia Senior Center during business hours to register and pay with a MasterCard, Discover, VISA credit/debit card, cash or check.

.....FEES.....

Instructor/Materials Fees



Please be aware that some classes may require a materials fee or suggested instructor donation to participate. These fees vary from per class to one-time. Classes with associated fees are separated under the Paid Activities section of each category. Fees are paid directly to instructor.

Senior Academy Fees

Senior Academy class fees are based on the total number of instructional hours. Members receive discounted rates on all Senior Academy classes.

**Refund requests must be made before the start of the second day of class.*

.....SCHOLARSHIPS.....



Limited Scholarships Available

Senior Services for South Sound welcomes ALL seniors, regardless of their ability to pay. Find out more about our scholarships by asking for a Financial Assistance Form at either center's reception desk.

.....CHANGES & CANCELLATIONS.....



Contents Subject to Change

The contents of this catalog are subject to change, please register for classes at least one week before scheduled start date. Class dates and times may change due to low enrollment or unforeseen circumstances. Call our centers to confirm schedule information.

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

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

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.



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.



Health & Wellness



Physical Fitness

Explore Olympia Walkabout

■ OLYMPIA

2nd Thursdays — 10:00 am
with Betsy

Join us as we explore our home town and surrounding areas! Wear weather-appropriate clothing, sturdy walking shoes and bring a water bottle. This group walks approximately a mile and a half to two miles per walk, and sometimes there may be trip hazards, etc. so plan accordingly.

Public Welcome

ZUMBA® After Hours

● LACEY

Tuesdays & Thursdays — 5:30 - 6:30 pm
with Diana & Carmen

Zumba® After-Hours is a fun energizing dance fitness program to international and Latin music. It's exercise in disguise with easy to follow steps. Just be ready to meet new friends and have fun while you move.

Members Only

Tai Chi

● LACEY

Mondays — 5:00 - 6:00 pm
with Steve

An internal Chinese martial art focusing on mental and spiritual aspects that are integrated into a series of movements, Tai Chi takes only 20 minutes a day. Tai Chi can relieve stress, promote deep breathing, help arthritis pain and more.

Members Only

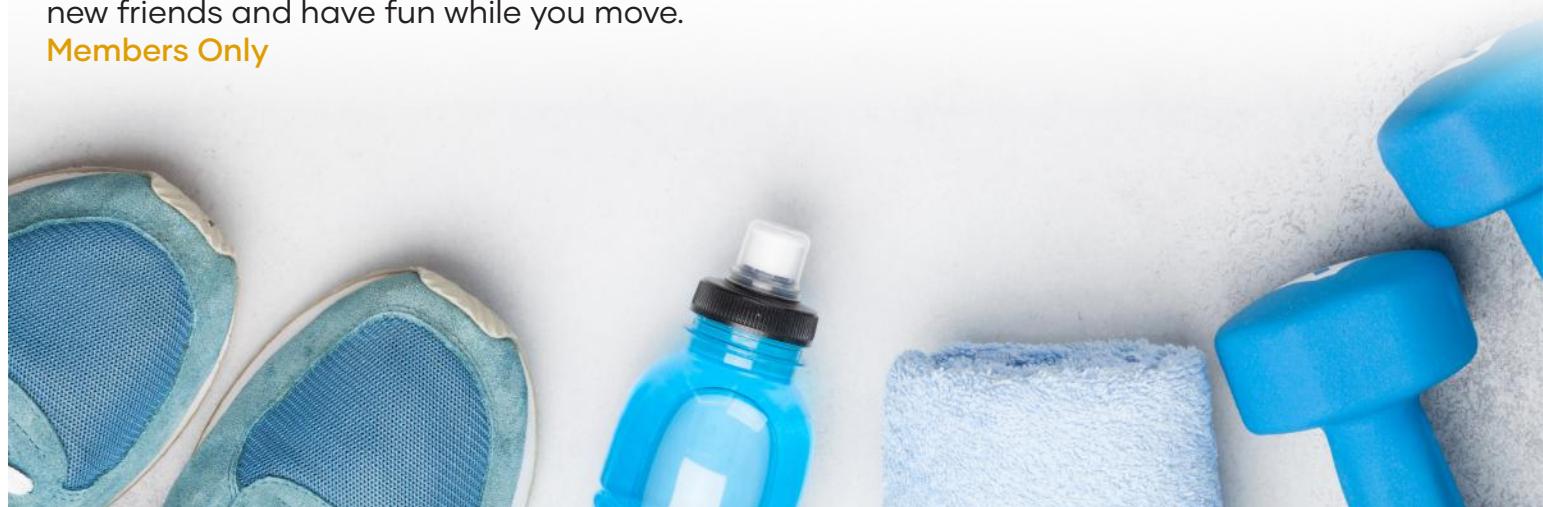
Chair ZUMBA®

● LACEY

Wednesdays — 11:00 - 11:45 am
with Diana & Sharon

Chair Zumba® is a seated version of the Latin inspired dance fitness program. It is ideal for folks with mobility or balance concerns who enjoy music and dance. Come join the fun – this very low impact class works on muscle tone, coordination, flexibility, and offers some cardio workout too.

Members Only





Paid Physical Fitness

Gentle Yoga

■ OLYMPIA

Tuesdays — 10:00 - 11:00 am
with Kelly
Thursdays — 10:00 - 11:00 am
with Maureen
Mondays & Wednesdays — 10:30 - 11:30 am
with Walt

● LACEY

Tuesdays — 11:00 am - 12:00 pm
Thursdays — 9:00 - 10:00 am
with Elizabeth

This gentle yoga class is suitable for both new and experienced yogis. It offers a safe environment where participants can work at their own pace and ability level, focusing on restorative and beginner poses, breathing, body awareness, relaxation and meditation. The class helps increase strength, flexibility, balance, and range of movement. Students should be able to get up and down off the floor unassisted, spend some time lying on their back, and do seated work on the floor. Please bring your own yoga mat and a yoga blanket or towel.

Members Only

\$5 Suggested instructor donation per class

Chair Yoga

■ OLYMPIA

Tuesdays — 1:00 - 2:00 pm
with Sharon

● LACEY

Mondays — 11:00 am - 12:00 pm
with Sharon

Yoga poses adapted for practice while seated on a chair. Working at your own pace and level of ability, we focus on breathing, mindful movement, flexibility and strength.

Members Only

\$5 Suggested instructor donation per class

Tai Ji Quan: Moving for Better Balance™

■ OLYMPIA

Tuesdays & Thursdays — 10:30 - 11:30 am
with Walt

● LACEY

Beginning:

Mondays — 2:30 - 3:30 pm
Thursdays — 10:30 - 11:30 am

Advanced:

Mondays — 3:30 - 4:30 pm
Thursdays — 3:00 - 4:00 pm
with Marie

This is a research-based balance training regimen designed for older adults and people with balance disorders. The program aims to improve strength, balance, mobility and daily functioning, and aims to help prevent falls. Enrollment in class after the first month is at the discretion of the instructor.

Members Only

\$4 Suggested instructor donation per class

EnhanceFitness®

■ OLYMPIA*

Mondays, Wednesdays & Fridays
Beginning — 1:30 - 2:30 pm
 with Beverly
Advanced — 8:30 - 9:30 am with Walt
 9:45 - 10:45 am with Sue

● LACEY

Mondays & Fridays —
 8:30 - 9:30 am & 9:45 - 10:45 am
 Wednesdays — 8:30 - 9:30 am,
 9:45 - 10:45 am & 3:30 - 4:30 pm
 with Mitzi

EnhanceFitness®, a low-cost, evidence-based group exercise and fall prevention program, helping older adults at all levels of fitness become more active, energized and empowered to sustain independent lives. This class can improve your "overall health, balance, flexibility, bone density, endurance, coordination, mental sharpness and decrease the risk of falling."

■ Olympia classes are capped at 25 participants per class. If a class is full, you may be asked to attend another session.

***EF classes may be free to you through either Silver&Fit OR OnePass. To find out if your health insurance covers EF, call 877.427.4788 for Silver&Fit and go to YourOnePass.com and register. We will then need the fitness number they give you along with your name, DOB, address and phone number.*

Members Only

\$4 Fee per class

ZUMBA® Gold

● LACEY

Tuesdays — 9:30 - 10:15 am
 with Amanda

Zumba Gold® is a fun, energizing, low impact dance fitness program to international and Latin Music. It is exercise in disguise with easy to follow steps. No experience needed. Just be ready to meet new friends and have fun while you move!

Members Only

\$5 Suggested instructor donation per class

All for Yoga

● LACEY

1st & 3rd Fridays — 11:00 am - 12:00 pm
 with Sharon

A mixed-level gentle class, All for Yoga allows you to practice seated, standing, on a mat, however your body feels most comfortable.

Members Only

\$5 Suggested instructor donation per class



Mental Wellness

Bereavement Support Group: Life After Loss

■ **OLYMPIA** NOW IN PERSON!

4th Fridays — 2:00 – 3:30 pm
with Jill and Kathleen

● **LACEY**

2nd Fridays — 2:00 – 3:30 pm
with Jill and Kathleen

A mental health professional will ensure a safe place of sharing for those who have experienced the loss of a loved one. Resources and education about ways to cope and integrate the journey through grief will also be provided. These are free, ongoing drop-in groups. To learn more, please contact: EssentialSpiritCounseling@protonmail.com

[Public Welcome](#)

Parkinson's Disease Support Group

■ **OLYMPIA**

Wednesdays — 10:00 am - 12:00 pm
with Diane

Separate meeting room available for caregiver discussion. For more information please contact Diane Hutchins genneken22@gmail.com

[Public Welcome](#)

NEW!

Left Ventricle Assist Device (LVAD) Discussion Group

● **LACEY**

4th Wednesdays — 3:00 – 4:00 pm
with John

Do you have or will you be getting an LVAD (Left Ventricle Assist Device) 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 with an LVAD is really like. Already living with an LVAD? We'd love for you to come and share your tips, tricks, 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 your situation, consult your physician.*

[Public Welcome](#)

Dementia Caregiver Support Group

● **LACEY**

1st Mondays & 1st Fridays — 12:30 – 2:00 pm
with Jennifer, MSW

This support group will lift up Caregivers of those who have all forms of dementia, providing the type of support these unsung heroes need and deserve. Jennifer is extremely well versed in leading this group, with years of experience working with those with memory loss, dementia, and Alzheimer's in California.

[Public Welcome](#)

Death Café

■ OLYMPIA

2nd Wednesdays — 2:00 - 4:00 pm
with Glenn

● LACEY

4th Thursdays — 2:00 - 4:00 pm
with Glenn

Death Café is a welcoming space to drink tea, enjoy treats, and have open, agenda-free conversations about death and living well. It's a group discussion, not a grief support or counseling session, offered in a confidential, respectful environment.

[Public Welcome](#)

Weekly Drop-In Meditation

■ OLYMPIA

Tuesdays — 12:45 - 1:45 pm
with Carmen

Our hour together will start with a guided relaxation meditation leading into 20 minutes of silent sitting. We will then read from contemporary Buddhist authors on the art of meditation and conclude with voluntary group introductions and mindful sharing. All activities are offered with light instruction. Suitable for beginners and advanced mediators. Inclusive and respectful. No religious affiliation required.

[Public Welcome](#)

Low Vision Support Group

■ OLYMPIA

1st Wednesdays — 10:00 am
with Marty

Discussion topics include low-vision services, new products, local community resources and letting go of fear and embracing life with confidence.

[Public Welcome](#)

Veterans and First Responders Support Group

● LACEY

1st & 3rd Wednesdays — 6:00 pm
with Spike

This fellowship group is for Veterans, First Responders, and Active-Duty Military members who want an honest, supportive space to talk about how they're doing. You're welcome to give and receive support, make new connections and explore your thoughts related to your Military or First Responder experiences. This is not therapy or a substitute for medical or psychiatric care, just a safe place to listen, share and be heard. The facilitator will guide the discussion and offer resources when needed.

[Public Welcome](#)

Brain Injury Alliance of WA Meetings

● LACEY

1st Tuesdays — 6:00 - 8:00 pm
with Dr. Laura

For those interested in learning about brain injuries, along with others who may be coping with or caring for a person who suffers from one.

[Public Welcome](#)

ALS Support Group

■ OLYMPIA

2nd Tuesdays — 11:00 am - 1:00 pm
with Caryn

This support group will lift up those struggling with ALS and those with loved ones living with ALS.

[Public Welcome](#)



Enrichment & Education



Languages & Cultures

Current Issues

■ OLYMPIA

Tuesdays — 10:00 - 11:30 am
with Alberta

Discussion of world, national, state and local issues. Add to your knowledge, broaden your perspectives and recognize diversity of viewpoints while examining positions and comments of public figures.

Members Only

World Geography: Come Explore!

■ OLYMPIA

Mondays — 12:00 - 1:30 pm
with Jean

With the wealth of experience and interests of class members and ample maps and videos we explore the geography, culture, history and politics of our world. We began in 2017 and, to date, have covered most of the world. We will soon begin our exploration of North America with emphasis on native cultures. When we finish this, we will start anew. There is no beginning or end to this class, so feel free to join in at any time. Feel free to bring your lunch!

Members Only

Korean Elders

● LACEY

Wednesdays — 9:30 am - 1:15 pm
with Sera

Group meets to socialize, exercise, laugh and share lunch.

Members Only

French Class

● LACEY

Mondays

Basic: 10:30 - 11:30 am

Intermediate: 11:30 am - 12:30 pm

Advanced: 12:30 - 2:30 pm

with Curtis

A step by step learning program; an introduction to grammar and vocabulary, which is engaging and enjoyable for all. Class will be based on teaching what you want to learn, and therefore student input is "clé" (key)!

Members Only

Conversaciones en Español

● LACEY

Tuesdays — 2:00 - 3:00 pm
with Juan

¡Hola amigos! Ready to spice up your language skills? Whether you're a fluent speaker or just starting out, everyone's welcome—even if you don't know a single word! This isn't a language class—it's a vibrant opportunity to immerse yourself in Spanish conversation. Don't miss out!

Public Welcome



Discussion & Education

Owning the Age I Am

● LACEY

1st Wednesdays — 1:30 - 3:00
with Marty

Come listen, learn and share. An ongoing discussion for persons in late life — the older you are the better. Share what you are doing and learning, your joys and challenges. Learn more about the age you are. You can drop in and out as it fits your ability to attend.

[Public Welcome](#)

TED Talks Plus

● LACEY

4th Fridays — 12:30 - 2:00 pm
with Activities Staff

Technology, Entertainment and Design (TED Talks) typically consist of three presentations about cutting edge information going on in any part of the world. Topics range from human behavior to technology. In this discussion we take a look at three individual talks on topics that cover a theme for discussion.

[Public Welcome](#)

Coffee and Conversation

● LACEY

Thursdays — 9:30 - 11:00 am
with Joe

Join other savvy thinkers for interesting current event conversations over coffee. Stimulating and intriguing subjects will blow your mind!

[Public Welcome](#)

Navigating Retirement and Aging

■ OLYMPIA February 3 - 24

Tuesdays — 1:30 - 3:00 pm
with Edwin

As a longtime career counselor at The Evergreen State College, I've learned that planning for retirement has a lot in common with planning a career. In this class, we'll explore some of the most common questions people face as they age—where to live, who to live with and how to care for yourself and others through changes in health, finances, and social connections. Together, we'll discuss ideas, share experiences and consider resources to help you create your own personal roadmap for this next stage of life.

[Public Welcome](#)

NEW!

Caregiver Support & Vet Resources Conversation

● LACEY

Wednesday, January 29 — 12:30 pm
with Jo Ann

Join Jo Ann for an open, informative discussion to help you navigate caregiving with confidence. Many families are unsure what "aging in place" really means or how to begin, and this session offers guidance on common questions around care options, resources, costs, insurance, and support for yourself or a loved one. Bring your questions and we'll explore them together in a supportive, practical conversation. Plus, enjoy a fun "Guess How Many" game with a small prize for the winner!

[Public Welcome](#)



Paid Discussion & Education

55+ AARP Smart Driver Two-Day Workshop

■ OLYMPIA

February 24 - 25 — 9:30 am - 2:00 pm
with Dan

Join Dan for this informative, engaging, two-part class. This Safe Driving Course may help you save money on your auto insurance. This is a two-day workshop and both days are required to complete the class. Workshops are limited to 20 students per class. Register in person at the Olympia Senior Center or call the center at 360.586.6181. Arrive to class at least 15 minutes early to secure a City of Olympia parking pass from the Parks, Arts and Recreation kiosk in the Olympia Center.

Members Only

\$20 for AARP Members, \$25 for Non-AARP Members

55+ Senior Driving Workshops

● LACEY

3rd Mondays — 8:30 am - 3:30 pm
with Gerry

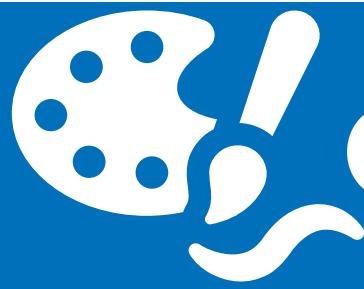
Join Gerry Apple in this interactive workshop covering topics such as texting, driving in bad weather, handling emergencies, freeways, reference points, what to do in the case of a collision and more! After attending, you will receive a certificate that can apply a 5 to 10% discount on your auto insurance over a two-year period. To take place we need between a minimum of 6 and a maximum of 15 students, so reserve your spot today!

*Register in-person at the Virgil Clarkson Lacey Senior Center or call the center. Minimum 6 & Maximum 15 students.

Public Welcome

\$20 Per student





Creative Arts



Visual Arts

Unforgettable Art

■ OLYMPIA

2nd Fridays — 1:00 - 2:00 pm
with Maureen

NEW!

Experience the joy of seeing artwork up close and personal in this inspiring 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

Yarn Magic

■ OLYMPIA

Thursdays — 2:00 - 4:00 pm

Bring your crochet or knitting and share tips and techniques with others! Please bring your own yarn and crochet hooks or knitting needles. Come and make something beautiful!

Members Only

Watercolor Group

● LACEY

Mondays — 1:00 - 2:00 pm
with Michael

Open to anyone interested in watercolor painting. Please bring your own supplies and projects. This is a synergistic group and not an instructional class.

Members Only

Art Mixed Media

● LACEY

Tuesdays — 2:00 - 3:30 pm
with Joan

Express yourself artistically through a variety of mixed art forms – pencils, pens, watercolor, acrylics, yarn, string, etc. While there is no formal instruction, there is a lot of helpful guidance, friendship and exchanging of ideas.

Public Welcome

Needlecraft/Tatting Group

● LACEY

Tuesdays — 12:30 - 2:15 pm
with Patti

Learn a new skill or share your talent and skills with others. Make new friends, learn a wonderful meditative craft, and share ideas and enthusiasm for the fastest growing crafts in America. Bring your own projects.

Members Only



Memoir Writing Class

● LACEY

Fridays — 10:00 am - 12:00 pm
with Carol

This incredibly popular class will be led by class members in rotation. Learn how to let your written words become an heirloom for generations to come. Limited class size.

Members Only

Woodcarving

■ OLYMPIA

Fridays — 8:30 - 11:00 am
with Denise

● LACEY

Tuesdays — 8:30 - 11:00 am
with Denise

Learn the skill and art of woodcarving. Find out about the type of tools involved before you buy any. All skill levels are welcome!

Members Only

Library Knitters Group

NEW!

● LACEY

Fridays — 10:00 am - 12:00 pm
with Amanda

While the Lacey Timberland Library is being remodeled, we are honored to host the Library Knitters Group.

Public Welcome



Performing Arts & Music

Ukulele Ohana

● LACEY

Thursdays — 5:30 - 7:30 pm
with Luman & Carol

Come and join our ukulele ohana (family) playing island-style Hawaiian & traditional music. This is an intermediate level group of players who already know basic chords and some strumming styles. Bring your ukulele and we will play, eat and sing together.

Members Only

NEW!

SongCraft: Making Music with AI

● LACEY

Wednesday, January 15 — 12:30 pm
with Jay

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, 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

Sing Along with Brighter Days

● LACEY

Fridays — 1:00 - 2:00 pm
with Peggy

Come sing some familiar songs and learn a few new ones! Each week we sing a variety of classics and folk songs, often on a theme, accompanied by piano and/or guitar. A guaranteed great time to be had by all who love to sing. Song sheets are provided.

Public Welcome

Line Dancing

● LACEY

Mondays

Beginner — 12:30 - 1:15 pm
Beginner Advanced — 1:15 - 2:15 pm

Wednesdays

Intermediate — 1:30 - 3:30 pm

Fridays

Intermediate — 12:30 - 1:30 pm
with Liz

A fun and exhilarating form of group exercise. Dances line-up without a partner and follow choreographed pattern of steps to various genres of music. Learn a wide variety of dances like the Electric Slide and Cupid Shuffle, Cha-Cha, Mambo, Rumba, Tango, Waltzes, the Cowboy Boogie and more!

Members Only

Music Mending Minds

■ OLYMPIA

Thursdays — 12:30 - 2:00 pm
with Eileen & Bob

This music group of instrumentalists play familiar songs and all are welcome to join the singing. This group particularly reaches out to people with cognitive impairment to help stimulate memories and help the right and left sides of the brain to work together. It is a fun group for everyone. If you like music, you'll have a great time. Come join us!

Public Welcome

Reader's Theater

■ OLYMPIA

1st Mondays — 1:00 - 3:00 pm:

Group Meetings

Tuesdays — 12:00 - 4:00 pm:

Rehearsals & Skill Building

2nd & 4th Mondays — 1:00 - 3:00 pm:

Script Readings & Discussion

with Judy O.

Come find out what Reader's Theater is all about! Act without the necessity of memorizing lines, join our backstage crew, or find a support role that fits you. We perform one-act or brief adaptations of longer productions three times a year at various senior facilities in the area. No acting experience necessary! Plenty of fun awaits you. For scheduling details call Judy at 360.754.3739

Members Only



Paid Performing Arts & Music

Read a Play, Engage and Have Fun

■ **OLYMPIA** January 7 - March 4

1st & 3rd Wednesdays — 12:30 - 3:00 pm
with Judy O.

Have you been inspired to search for a script, a book, a DVD, or YouTube video, because you intended to see a play or movie? Come read a play script with other seniors, just to have fun. Theater is created by many voices. Come enliven these dramatic stories with your own voice. Your facilitator, Judy Oliver, has selected several kinds of plays for your enjoyment. No theatrical experience is necessary. We will read aloud to one another using paper scripts. You are encouraged to discuss your thoughts about each play.

Members Only

\$10 Suggested material donation

Dance Socials

● **LACEY**

Tuesdays — 1:30 - 3:30 pm
with Gerry

This exceptionally popular weekly event has blossomed at the Lacey Senior Center! Dance and/or listen to Swing Stuff, a live band who know how to get your feet moving! No partner necessary. All skill levels welcome. Coffee and snacks provided.

Public Welcome

Members \$7, Non-Members \$10

Adaptive Creative Dance

■ **OLYMPIA**

Thursdays — 1:00 - 2:00 pm
with Winnifred

Adaptive Creative Dance for Seniors is a fun way to stay physically and mentally active while building connections with others. We use Brain Compatible Dance Education pedagogy, based on developmental and neuroscience, to create a dance class that is good for the body and mind! In this class, we will learn some basic Modern Dance, Ballet, and Jazz techniques, adapted for a range of mobility with standing and seated options. We will also take time for playful improvisational movement and creation opportunities working together to learn and make dances!

Members Only

\$5 Suggested instructor donation per class

Ukulele Group

■ **OLYMPIA**

Thursdays — 1:00 - 4:00 pm

This is an ongoing, relaxed-paced, interactive group of advanced-beginner (7+ chords), intermediate and advanced ukulele players. We play songs from many genres and share tips while playing at our own skill levels and progressing at our own pace. Our group is about creating a safe, warm, comfortable and fun place to play, feel a sense of connection and a feeling of "participation," not "perfection." We play songs from our own Music Book and members also bring in songs for the group to play. Bring a ukulele, tuner, pencil and paper, and a music stand if you have one.

Public Welcome

Members free, Non-Members 1 free drop-in



Social

Dine Out

■ OLYMPIA

2nd Thursdays — 5:00 pm

January 8: Asahi Sushi
106 Legion Way SE
Olympia, WA 98501

February 12: Ninevah Assyrian
113 Capitol Way N
Olympia, WA 98501

March 12: Well 80
514 4th Ave E
Olympia, WA 98501

● LACEY

2nd Tuesdays — 4:30 pm

January 13: Fortune Casino
3818 Quinault Dr NE
Lacey, WA 98516

February 10: Black Bear Diner
3425 Pacific Ave SE
Olympia, WA 98501

March 10: Log Cabin Bar & Grill
7035 Pacific Ave SE
Olympia, WA 98503

Everyone is invited to join us for great food and even better company! Meet at the restaurant, everyone pays for their own meal. For Olympia Center Dine Out, you must register NO LATER than 2:00 pm the Monday of the week of Dine Out by visiting the center or by calling 360.586.6181.

Public Welcome

LGBTQ+ Lunch Bunch

■ OLYMPIA

2nd Tuesdays — 11:30 am - 12:15 pm
with Sound Alliance for Older LGBTQ+

● LACEY

Last Tuesdays — 11:30 am - 12:15 pm
with Sound Alliance of Older LGBTQ+

Sponsored by Sound Alliance for Older LGBTQ+, this monthly lunch gathering celebrates everyone from every walk of life. Look for the rainbow table cloth.

Public Welcome

Loneliness is Loud: Connection Heals

■ OLYMPIA

Mondays — 10:00 - 11:30 am
with Terry

Loneliness can feel like a droning background noise that's hard to turn down. Loneliness is Loud is a supportive series that helps you break through isolation and take an easy, friendly step toward connection through light-hearted "relating games," guided conversations, and shared reflections. There's no pressure, no awkward small talk — just natural, comfortable ways to share, listen, and laugh together. The facilitated portion of the class meets Mondays for eight weeks (February 2–March 23) and features structured activities led by Terry. All other Mondays in the quarter will be informal conversations and readings on connection and belonging. No preparation is needed — just bring yourself.

Members Only



Recreation & Leisure



Hobbies

Senior Reads Book Club

■ OLYMPIA

3rd Thursdays — 10:00 am

Come join us at the Olympia Senior Center for our monthly book club! Each month we'll meet to discuss our chosen book.

[Public Welcome](#)

Fly Tying

● LACEY

Wednesdays — 12:45 - 3:00 pm
with Michael

All levels are welcome. Bring your own fly tie project to work on while you socialize with others interested in this sport.

[Members Only](#)

NW Gardening Group

● LACEY

1st & 3rd Thursdays — 1:00 - 3:00 pm
with Perry

Perry McCoy is our Chess Master, but is also an INCREDIBLE gardener! He is facilitating this interest group.

[Public Welcome](#)

Open Book Club

● LACEY

3rd Wednesdays — 2:00 - 3:00 pm
with the Lacey Timberland Library Staff

Attention readers and audio book listeners! Come join a member of the Timberland Library staff every month for a group discussion on what you've been reading and/or listening to. Bring at least one title to talk about and leave with a list of new recommendations!

[Public Welcome](#)



Games

Chess Essentials

● LACEY

Wednesdays — 1:00 - 3:00 pm
with Perry

Learning chess is fun, but Perry makes it revolutionary! Already know how to play? Come enjoy some great competition!

[Public Welcome](#)

Euchre Group

■ OLYMPIA

Wednesdays — 12:30 - 4:00 pm

Come and play the fun card game of Euchre at the Olympia Senior Center!

[Members Only](#)



Pinochle (Single Deck)

■ OLYMPIA

Thursdays — 12:30 - 4:00 pm

● LACEY

Tuesdays — 12:30 - 3:30 pm
 Fridays — 9:00 am - 12:00 pm
 with Bev & James

Join us for pinochle and fun. These groups continue to grow and players have a wonderful enthusiasm for the game. All levels of play are welcome.

Members Only

Double Deck Pinochle

● LACEY

Wednesdays — 9:00 am - 12:00 pm

Thursdays — 12:30 - 3:30 pm
 with Sam & Dennis

Join a lively game of Double Deck Pinochle where the stakes are high and the fun is even higher. Whether you're a seasoned player or new to the game, all levels are welcome to enjoy this dynamic version of a classic card game!

Members Only

Cribbage

■ OLYMPIA

Mondays — 12:00 - 4:00 pm

Do you find yourself counting by fifteens? 15-2, 15-4, 15-6, etc.? Do you have visions of pegs being stuck in little holes? Is your image of perfection a 31 hand? Then join our Cribbage Group. All skill levels are welcome.

Members Only

Party Bridge

■ OLYMPIA

Mondays — 1:00 - 3:00 pm
 with Sandy

Come play with us! This is not an instructional class, but a group for experienced players only.

Members Only

Table Games

■ OLYMPIA

Mondays, Wednesdays & Fridays — 12:00 - 3:00 pm

● LACEY

Wednesdays — 12:30 - 3:30 pm
 with Mike

Play various table games. Bring a game to share if you like! Meet in the lobby.

Members Only



NEW!

Mah Jongg

■ OLYMPIA

Wednesdays — 1:00 - 4:00 pm
with Peggy

● LACEY

Fridays — 1:00 - 4:00 pm

Play American Mah Jongg following the National Mah Jongg League of New York rules. Studies have shown that mah jongg is a great game for keeping the mind sharp and it is recommended as a means of keeping brains in good health. This is a group for experienced players only.

Members Only

Mah Jongg for Beginners (Chinese Rules)

● LACEY

Tuesdays — 9:00 am - 12:00 pm
with Marie & Ruth

Discover the joy of Chinese Mah Jongg in this fun and supportive group for beginners. Learn the basics, build your skills, and enjoy connecting with others over this timeless game!

Public Welcome

Mah Jongg for Beginners (American Rules)

■ OLYMPIA

January 7 - 28

Wednesdays — 10:00 am - 12:00 pm
with Peggy

Discover the joy of American Mah Jongg in this fun and supportive group for beginners. Learn the basics, build your skills, and enjoy connecting with others. Class is limited to 12 people. Sign up at the Olympia Center front desk.

Members Only





Services & Support



Health Services

NEW!

Blood Pressure Checks

● **LACEY** **New Times!**

Mondays & Thursdays — 10:30 – 11:30 am
with Frederick & Cindy

Please call to confirm the nurse is on-site on
days indicated.

Public Welcome



Paid Health Services

Reflexology

● **LACEY**

Wednesdays — By appointment only
with Marcia

Reflexology is the application of pressure
to areas on the feet or hands. Many find
reflexology a great way to alleviate stress
and relax.

Public Welcome

\$30 For 30 minutes

Nail Care for Feet

■ **OLYMPIA**

3rd Fridays — *9:00 am – 3:00 pm
with Julie, RN

This is a medically-based Foot Care service
provided by a Podiatry-Trained Registered
Nurse specializing in Routine Foot Care.
The service provided focuses on health and
comfort rather than cosmetic treatment.
Sessions address conditions such as
misshapen nails (thick, long, deformed,
splitting nails, in-grown nails, excessive
moisture between toes, cracks or fissures
in the skin, fungus, corns, and calluses) as
well as other nail or skin concerns arising
from bunions, hammer toes, and improper
footwear. It's ideal for individuals who
have difficulty reaching or seeing their
feet or who are unable to manage Foot
Care without specialized tools, equipment,
or supplies. 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.

Members Only

*By appointment only

\$25 – \$50 Suggested donation



Practical Services



Food Bank and Commodities Distribution

■ OLYMPIA

3rd Fridays — 10:30 - 11:30 am

Food Bank for low-income seniors. Must sign-up with the Thurston County Food Bank for commodities.

Public Welcome



Intercity Transit/Bus Buddies

■ OLYMPIA

1st Wednesdays — 10:00 am - 12:00 pm
with Intercity Transit

● LACEY

2nd Wednesdays — 10:00 am - 12:00 pm
with Intercity Transit

Find out what fun programs are available with free bus transportation in our tri-city area. Ask any questions about our award winning bus system at the table they staff at our Centers once a month.

Public Welcome



Paid Practical Services

Haircuts

■ OLYMPIA

1st & 3rd Wednesdays & Fridays —
*10:00 am - 3:00 pm
with Lisa

● LACEY

1st & 3rd Mondays — *12:30 - 3:30 pm
with Lisa

Members Only

*By appointment only
\$10 Per appointment





Technology & Accessibility

Tech Help

■ OLYMPIA

Thursdays & Fridays — 10:00 am - 1:00 pm
with Adam

Wednesdays — 10:30 am - 1:00 am
with Melinda

3rd Thursdays — 10:00 am - 12:00 pm
with Rich

● LACEY

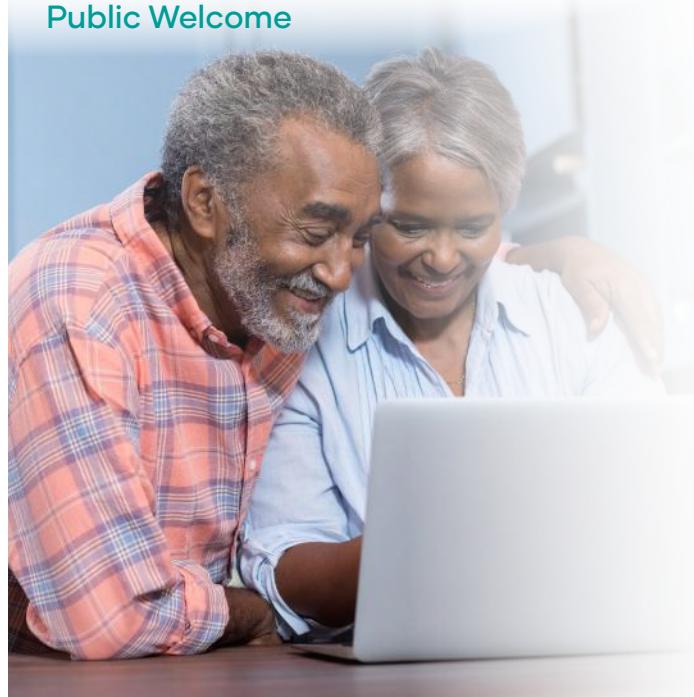
Tuesdays — 10:00 - 11:00 am
with Jeff

Thursdays — 10:00 - 11:00 am
with Jim

1st Thursdays — 10:00 am - 12:00 pm

Need tech support? Don't let those digital dilemmas hold you back—swing by and let our experienced volunteers untangle the tech for you!

Public Welcome



AARP Tax Preparation

NEW!

■ OLYMPIA

Tuesdays & Thursdays — By appointment
10:30 am - 3:30 pm

● LACEY

Tuesdays & Thursdays — By appointment
12:00 - 4:00 pm

AARP Tax-Aide offers free tax preparation and filing assistance to people of all ages, with a special focus on individuals over 50 and those with low to moderate income. You do not need to be an AARP or a Senior Services for South Sound member to participate in this program.

AARP Tax-Aide Volunteers will start taking appointments on January 15 for afternoons between February 3 - April 14 (on Tuesdays and Thursdays).

There are three ways to make an appointment:

1) Call the appointment line: 360.347.6276 and leave a clear message. You will get a call back from a number ending in 4444.

2) Make an appointment using this website: taxaidewa20.org/online/ (fastest option)

3) Walk in on Tuesdays and Thursdays starting February 3.

AARP Tax-Aide will accept walk-ins if space is available and at least one hour before closing, or they will schedule an appointment for a later date.

Tax-Aide packets will be available at our reception desks in late January.

Public Welcome



SENIOR SERVICES



Community Dining

All Centers

This program offers those 60 or older a lunch for a suggested donation of \$4 - \$8 per meal, depending on ability to give. Guests under 60 are welcome to enjoy a lunch at the cost of \$11 per meal. Visit our website for our monthly menu!

OLYMPIA: Weekdays, 11:45 am to 12:15 pm
Olympia Senior Center
222 Columbia St NW
Olympia, WA 98501

LACEY: Weekdays, 11:45 am to 12:15 pm
Virgil Clarkson Lacey Senior Center
6757 Pacific Ave SE
Lacey, WA 98503

SHELTON: Weekdays, 11:45 am to 12:15 pm
Shelton United Methodist Church
1900 King St
Shelton, WA 98584

TUMWATER: Weekdays, 11:45 am to 12:15 pm
Tumwater Old Town Center
215 North 2nd Ave SW
Tumwater, WA 98512

ROCHESTER: Wednesdays & Fridays,
11:00 to 11:30 am
Rochester United Methodist Church
18206 Corvallis St SW
Rochester, WA 98579

TENINO: Mondays & Tuesdays,
11:30 am to 12:00 pm
Quarry House
319 Park Ave
Tenino, WA 98589



Meals on Wheels

Delivers meals to the homes of eligible seniors aged 60 and over who live in Thurston and Mason counties. Contact Senior Nutrition Program Director at 360.586.6181 ext. 124 or email snpdirector@southsoundseniors.org



Brighter Days Adult Day Program

Affording adults with cognitive and physical challenges the opportunity to spend time in a safe, fun and nurturing environment. Trained staff provide personal care and engaging activities while caregivers enjoy respite time. Contact Brighter Days Program Manager at 360.407.3967 ext. 207 or email brighterdays@southsoundseniors.org



Home Share

Matching people in need of housing with individuals who can provide it! Providers and seekers benefit from home sharing through reduced housing expenses, companionship and the ability to age in place. Contact Home Share at 360.586.6181 ext. 136 or email homeshare@southsoundseniors.org



Inclusion

Available for seniors with developmental disabilities. This program offers a variety of engaging activities throughout the week. Contact Inclusion Coordinator at 360.586.6181 ext. 102 or email inclusion@southsoundseniors.org



Pet Assistance for Low-Income Seniors (PALS)

The Pet Assistance for Low-Income Seniors program helps seniors cover vet bills, saving them from the heartbreaking choice between their own health and their beloved pet's. Contact PALS at 360.586.6181 ext. 131 or email pals@southsoundseniors.org



SHIBA (Statewide Health Insurance Benefits Advisors)

State Health Insurance Benefits Advisors advise on Medicare questions and explain the many options available. This is a free program of the Office of the Insurance Commissioner staffed by volunteers that provides unbiased and confidential information about Medicare and other health insurance. See our monthly Newsletter for schedules of in-person and online SHIBA presentations or visit our website for more information. Contact SHIBA at 360.586.6181 ext. 134, or email shiba@southsoundseniors.org.



Transportation

The Transportation Program offers seniors aged 60 and above with rides to medical appointments and essential errands, such as grocery shopping, visits to the pharmacy or other professional appointments. Rides are available Monday through Friday from 8:00 am to 5:00 pm, excluding holidays. To inquire about eligibility or to arrange an appointment, please email or call. Please call us at least two weeks prior to your appointment or errand to better facilitate a ride. Schedule a ride or request more information at 360.586.6181 ext. 128 or email transportation@southsoundseniors.org



Trips & Tours

Our travel programs offer something for everyone, including nature excursions, baseball games, theatrical productions, international adventures and more. Pick up a Trips & Tours catalog at either center today or explore and book a trip right on our website! Contact Trips & Tours at 360.586.6181 ext. 126



Well Check

This free phone assurance program pairs older adults with trained volunteers for weekly check-in calls. Whether you're feeling isolated or just enjoy a good conversation, Well Check offers emotional support, genuine connection and someone who cares. Contact Well Check at 360.586.6181 ext. 120 or email wellcheck@southsoundseniors.org



Budd Bay Bargains

Our thrift shop accepts gently used clothing, jewelry, home décor and more for resale. All proceeds help fund programs and services that support seniors in our community.



Volunteer With Us!

Volunteers are a vital part of everything that Senior Services does, and we could not pursue our mission without a great many people generously giving their time, skills, and energy to improve the quality of life for people as they age in Thurston and Mason Counties. We offer a variety of volunteer opportunities. There's something for everyone! Fill out an application online at southsoundseniors.org/volunteer or email volunteers@southsoundseniors.org



Mindfulness For Quitting The Feel-Good Club

with Margo Benedetto

This course will be a fun and interactive exploration of our personal habits so we can root out the feel-good behaviors that block us from thriving. Each week, we'll study meditation and mindful, in-the-moment techniques to help us feel whatever is "bad" without surrendering our values, personal agency or joy. Through practice, we'll learn to train our minds to identify and unlearn the habits that direct us towards feeling pleasure (or distraction or numbness) rather than thriving through acceptance of ourselves and others, even in the worst of times. As a result, we can experience tremendous growth in the ways we handle bodily pain, navigate relationships, adapt to change or refresh our lifestyle.

Your Instructor: Margo Benedetto is a certified mindfulness instructor and veteran classroom teacher in Washington State. She was a leader in bringing mindfulness education to the Centralia School District from 2015-2020 and continues to provide personal and professional development on mindfulness for individuals and groups. She enjoys the variety of classroom settings she finds for her work, including Thurston County Dog 4-H, Olympia Senior Services and North Thurston Public Schools.



Thursdays,
January 15 -
March 5



10:00 am -
12:00 pm



■ Olympia Senior
Center



Members:
\$160

Non-Members:
\$190



Registration:
Online or in-
person at the
Olympia Senior
Center



Tuesdays,
January 13 -
March 17



2:00 - 4:00 pm



■ Olympia Senior
Center



Members:
\$180

Non-Members:
\$210



Registration:
Online or in-
person at the
Olympia Senior
Center

Evolutionary Psychology: What Darwin Can Teach Us About Human Life Today

with Bruce Lerro

Why are we attracted to fat and sugar when it is not good for us. If it was unhealthy, why wouldn't natural selection have factored it out? Cross-cultural research shows that, on average, regardless of culture, men are more violent than women. Why is this? Why are men so interested in sports? As it turns out, human beings do have a nature. Ninety to ninety five percent of our history was formed in our life as hunter gatherers. Whatever habits we formed there carries over into the last 10,000 years of human history. Evolutionary mismatches help to explain that much of human conflict can be explained by what I call the Darwinian Unconscious. So many of our problems arise because industrial capitalist societies force us to adapt to situations that are far from our long existence as hunter gatherers.

Recommended Reading: Buss, David, *Evolutionary Psychology*, Any Edition, Alan and Bacon

Your instructor: Bruce Lerro has been a night-school college teacher for 27 years. He has taught in alternative college settings, in prisons, in the Air Force and in the Navy. Bruce has taught in community colleges in the San Francisco Bay Area. Bruce has written eight books, including three on the application of Russian Lev Vygotsky's work on world history. Bruce is also a pen-and-ink artist.



Complete a Design For Your Life in 2026: Enjoy Planning Together

a Late Life Design Workshop
with Marty Worcester

How do you want your life to be in 2026?

- What are ways to use your personal time to restore your energy?
- How do you want to build relationships with those you know or would like to find?
- What do you want to learn about or contribute to in face-to-face and online groups?

This class provides a framework for deciding on ways to increase your appreciation of life, contribute to life in meaningful ways, and create a sense of balance in the year ahead. Engaging in planning with others expands your vision of how you might use your time in the coming year as you share with others and hear their plans. The older we become, the more we treasure the time we have left.

Your Instructor: Marty (Martha) Worcester is a Consultant for Aging with a rich background in Growth and Development in the decades of life after age 65. She works with individuals and groups to acquire information needed to meet the challenges and find enjoyment unique to each decade of late life. She fosters appreciation of the age you are and valuing all those on the journey with you as you create your own Late Life Design. All are welcome. Questions? Email keysaging@gmail.com or visit website keystoaging-latelifedesign.com



Wednesdays,
January 14 - 28



1:30 - 3:30 pm



• Virgil Clarkson
Lacey Senior
Center



Members:
\$60

Non-Members:
\$90



Registration:
Online or in-
person at the
Olympia Senior
Center



Northwest Nations: Global Currents & Local Tides with Ron Johnson



Fridays,
January 16 -
February 20



2:00 - 4:00 pm



ZOOM



Members:
\$120

Non-Members:
\$150



Registration:
Online or in-
person at the
Olympia Senior
Center

This six-week course continues our journey into Indigenous lifeways, expanding our lens to include global Indigenous educational movements and cultural exchanges. Inspired by the 2025 World Indigenous Peoples' Conference on Education (WIPCE) in Aotearoa (New Zealand), we will explore how Indigenous communities across the world are reclaiming knowledge systems, revitalizing languages, and renewing relationships with land and spirit.

Through stories, scholarship, and community dialogue, we'll connect the Pacific Northwest's rich Indigenous heritage with global movements of sovereignty and healing. Each session invites participants to reflect on their own place in the story—honoring the wisdom of elders, the resilience of youth, and the responsibilities we carry forward.

Themes include Relational Sovereignty: How Indigenous peoples define and live sovereignty through kinship, land, and education; Language as Breath: Revitalization efforts from the Northwest to Aotearoa; Healing Across Waters: Indigenous approaches to wellness, cultural continuity, and environmental stewardship; Educational Pathways: What Indigenous-led education looks like today—and how it shapes tomorrow; Global Solidarity: Lessons from WIPCE on intercultural exchange, Indigenous futurism, and shared resistance; and Living the Teachings: A closing reflection on how we walk forward together in relationship with land, story, and community.

This course is designed for honored life long learners seeking meaningful engagement with Indigenous knowledge, history, and contemporary movements. No prior experience is required—only a willingness to listen, learn, and participate in respectful dialogue.

Course Features: Guest speakers and recorded presentations from WIPCE 2025; Land-based learning and place-based reflection; Optional readings and multimedia resources; and Group discussion and community storytelling.

Your instructor: Professor Ron Johnson is an enrolled member of the Makah Nation in Neah Bay. His mother, Julie, is an enrolled member of the Lummi Nation. Ron has worked in a variety of natural resource fields, has three beautiful children and is currently pursuing his Doctorate degree. Ron has taught courses at The Evergreen State College and currently teaches at Northwest Indian College.

THE MOST FUN YOU'LL EVER HAVE PLAYING BINGO!

21+ Bingo nights alternate between the Virgil Clarkson Lacey and Olympia senior centers. Hosted by local storyteller Elizabeth Lord, **doors open at 6:00 pm** and **games start at 7:00 pm. CASH ONLY** entry, bar and snacks. Enjoy \$60 game payouts, \$2 special games, 50/50 raffles and costume contests!

ROCK STAR

February 21
OLYMPIA SENIOR CENTER

PARANORMAL

APRIL 25

VIRGIL CLARKSON LACEY SENIOR CENTER

RAINBOW

June 6
Olympia Senior Center

Steampunk
August 22

Virgil Clarkson Lacey Senior Center

ROCKY HORROR

OCTOBER 24

OLYMPIA SENIOR CENTER





Trips & Tours **SHOWCASE**

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

● **Virgil Clarkson Lacey Senior Center**

AARP Tax Preparation.....	25	Northwest Nations.....	31
Adaptive Creative Dance.....	18	NW Gardening Group.....	20
All for Yoga.....	9	Owning the Age I Am.....	13
ALS Support Group.....	11	Parkinson's Disease Support Group.....	10
Art Mixed Media.....	15	Party Bridge.....	21
Bereavement Support Group.....	10	Pinochle.....	21
Bingo Nights.....	32	Read a Play, Engage and Have Fun.....	18
Blood Pressure Checks.....	23	Reader's Theater.....	17
Book Club, Open.....	20	Reflexology.....	23
Book Club, Senior Reads.....	20	Sing Along with Brighter Days.....	17
Brain Injury Alliance.....	11	SoncCraft: Making Music with AI.....	16
Bus Buddies.....	24	Table Games.....	21
Caregiver Support & Vet Resources.....	13	Tai Chi.....	7
Chess Essentials.....	20	Tai Ji Quan: Moving for Better Balance™.....	8
Coffee and Conversation.....	13	Tech Help.....	25
Complete a Design for Your Life.....	30	TED Talks Plus.....	13
Conversaciones en Español.....	12	Ukulele Group.....	18
Cribbage.....	21	Ukulele Ohana.....	16
Current Issues.....	12	Unforgettable Art.....	15
Dance Socials.....	18	Veterans and First Responders Support Group.....	11
Death Café.....	11	Watercolor Group.....	15
Dementia Caregiver Support Group.....	10	Woodcarving.....	16
Dine Out.....	19	World Geography.....	12
Double Deck Pinochle.....	21	Yarn Magic.....	15
Driving Workshops, 55+.....	14	Yoga, Chair.....	8
EnhanceFitness®.....	9	Yoga, Gentle.....	8
Euchre Group.....	20	ZUMBA®, Chair.....	7
Evolutionary Psychology.....	29	ZUMBA® After Hours.....	7
Explore Olympia Walkabout.....	7	ZUMBA® Gold.....	9
Fly Tying.....	20		
Food Bank.....	24		
French Class.....	12		
Haircuts.....	24		
Korean Elders.....	12		
Left Ventricle Assist Device Discussion Group.....	10		
LGBTQ+ Lunch Bunch.....	19		
Library Knitters Group.....	16		
Line Dancing.....	17		
Loneliness is Loud: Connection Heals.....	19		
Low Vision Support Group.....	11		
Mah Jongg.....	22		
Mah Jongg for Beginners.....	22		
Meditation, Weekly Drop-In.....	11		
Memoir Writing Class.....	16		
Mindfulness for Quitting the Feel-Good Club.....	28		
Music Mending Minds.....	17		
Nail Care for Feet.....	23		
Navigating Retirement and Aging.....	13		
Needlecraft/Tatting Group.....	15		

Senior Services

FOR SOUTH SOUND



There's more to
see online!

southsoundseniors.org



Follow us on
facebook

facebook.com/SeniorServicesForSouthSound



Thank you to our Local Partners:

 LEWIS-MASON-THURSTON
AREA AGENCY ON AGING



SUBARU

Olympia Subaru



Your Legacy Creates a Brighter Future!

Learn how you can leave a lasting personal legacy. With just a little planning you can have peace of mind knowing that you have taken care of your family and secured their future.

For more information, please contact our Development Team at 360.586.6181 ext. 110 or visit seniorserviceslegacy.org