



# Fall Gala Paint the Town

Our 2025 Fall Gala, Paint the Town, was our best one yet! Check out page 3 for a full recap, acknowledgements and how you supported our mission.



## Brian's View

### *A Message From the Executive Director*

Have you ever created a gratitude list? I haven't taken that step but I **fundamentally believe in the practice and power of gratitude**. 'Tis the season.

Some folks start or end each day with a list of things they have gratitude about. Doing so is a way to resist whatever gravitation we may feel toward darker ponderings. But whether you commit to this practice or not, it's clearly the case that being grateful is not only appropriate, but helpful.

Often I express that **I feel like the luckiest person around**. That's a form of gratitude. I come by this viewpoint from many angles, not least of which is having survived several known episodes that should have ended my days. It's not something you'd wish on anyone, but dodging death has a way of making us appreciate life more fully. But it doesn't take something so dramatic to lead us to the fountain of appreciation.

There is a great Wendell Berry poem (I believe I've referenced it in past newsletters) where he describes despair for the world growing in him, and his response is to go outside and lie down near a pond and rest in the peace of wild things. **It's important that he chose to respond to his despair by taking action!** Gratitude for nature, for what is timeless, is certainly common and essential for many of us. Wilderness is my spiritual home and I go there in my mind every day for peace of mind and calibration. **I can't imagine living without gratitude. My life, my family, my work, my health, and so on.**

What are you grateful for, and how often do you notice it? Do you use it to combat fear, loneliness, despair?

Many of us here at Senior Services **feel grateful to serve this mission**, despite being paid. I often see in my colleagues the sort of effort and passion that you'd expect from volunteers. It's in the little things.

**Whatever makes you grateful, I encourage you to know it, and cherish it. If Senior Services for South Sound makes you grateful, tell your friends and family, make a donation, volunteer.**

There is a virtuous circle around here that we maintain through our daily actions. When we shine together, through shared purpose and actions, the light is bright enough to overcome even the darkest storms.

Brian Windrope, Executive Director



# Fall Gala



## From Brushes to Bids: Our Best Gala Yet!

*By Senior Services Staff*

Our 2025 Fall Gala, Paint the Town, is behind us, but we're still glowing after such a fantastic event. Once again, our amazing decor team, led by **Linda Roseberry**, transformed the Olympia Senior Center into something magical. With recreations of Olympia, Lacey and Tumwater landmarks on the stage, the town was definitely painted!

Guests entered our lobby to the jazzy piano stylings of our Olympia regular, **Jay Zabava**. Colorful art was everywhere, but especially in the silent auction room, which was a stunning visual display of more than 100 paintings, ceramics, carvings and more. Once seated for dinner, our guests enjoyed a musical performance by the **Olympia Sweet Adelines Chorus**, a delicious meal courtesy of our own **Senior Nutrition Program**, and a funny-yet-poignant talk by featured speaker **Donna Oiland**.

It truly was a wonderful event, perhaps our best gala yet! When all was said and done, **we raised more than \$114,000 to support our mission** to improve the quality of life for people as they age.

We are so thankful to the many (many!) **volunteers** who gave their time and talent; to all the **staff** who worked so hard; to the **sponsors** whose support is so vital; and to all the people who attended or bid in our online auction and helped us achieve something fabulous.

Save the date for next year! We'll be back **October 10, 2026**. Hope to see you then!





## Volunteer Spotlight: Scott Schoengarth

*By Senior Services Staff*

If you've read a volunteer profile in our

newsletter over the past few years, you've read the work of Scott Schoengarth. Each month, he sits down with one of our amazing volunteers and finds out all about them. Scott, though, is himself a volunteer, and now it's time to turn the tables! Read on to learn all about the man who is so adept at profiling the wonderful folks who give their time and service.

Scott was born and raised in Los Angeles, where his father worked as a film and television editor. Instead of following in those footsteps to Hollywood, Scott took his talents as a writer and communicator into the insurance business. But after about seven years, he grew increasingly sick of LA. "I hated the traffic," Scott recalled when we chatted in my office. "Everyday on the freeway, the smog, and the people. I just didn't like it!"

Escape from Los Angeles arrived in the form of a call from a headhunter, offering him a job in Washington State with Sunset Life Insurance. Scott enthusiastically said

yes, and he's been in the Pacific Northwest ever since.

"I was always a communications person," said Scott of his time in the insurance business. He wrote newsletters, published a monthly magazine, and ran the convention department which allowed him to travel the world. All of this in the years before computers made such work easy, but Scott loved it.

That job ended when the company moved operations to Kansas City. Scott worked for Big Brothers Big Sisters and United Way for a while, before eventually taking a state job with the Tobacco Prevention and Control Program. He spent nine fulfilling years there, in charge of TV and radio advertising, before the program closed. He took another job at the state which was not so fulfilling, and at the urging of his wife, Maggie, he retired a few years later.

"I was retired for almost a year," Scott said, "and I was going crazy." Thus began the next chapter of his life: Working 25 hours a week as the coordinator of the Bus Buddy program, in which

volunteers help folks who need assistance taking Intercity Transit. In March 2024, eight years into Scott's tenure, his program was named the number one Bus Buddy organization in the country.

Scott and Maggie have been married for almost 39 years. Their son Tobey is an Army colonel, and daughter Mandy lives in Twin Falls, Idaho. Mandy has two adult children, and Scott and Maggie recently enjoyed flying to Twin Falls for the marriage of one of their grandchildren.

This past August, Scott retired from the Bus Buddy program — and this time it seems retirement might stick. But don't expect him to stay still for too long. He's already signed up to be a Meals on Wheels volunteer! That's right, the profiler of volunteers, the man who each month urges you to contact Volunteer Manager Theresa Ziniewicz to find a position that fits your skills, has done just that!

Now that Scott has taken the plunge, why don't you? Volunteering, even an hour a week, is a great way to do something meaningful in your retirement. Just give Theresa a call at 360.586.6181 ext. 120 or email her at [volunteers@southsoundseniors.org](mailto:volunteers@southsoundseniors.org). You'll be glad you did!





## Thank You Mah Jongg!

*By Senior Services Staff*

We were thrilled to accept a donation from the Mah Jongg group that meets in Olympia every Wednesday. Special thanks to Peggy Barry for her leadership. If you haven't tried Mah Jongg, it's a great way to engage the mind while socializing with friends!

### Play Mah Jongg!

OLYMPIA with Peggy

Wednesdays — 1:00 - 4:00 pm

LACEY with Ellin

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.

**Members Only**

### FIND PEACE OF MIND

# Estate Planning Made Simple

**Monday, November 10 | 10 am**  
**Olympia Senior Center**

Estate planning doesn't have to be overwhelming. Join attorney Susan Kirkpatrick for this insightful presentation, followed by a Q&A with an expert.

You'll learn about: Wills, trusts, taxes, planning for incapacity, power of attorney, health care directives, leaving your legacy



## Celebrate Diversity and Inclusion this November

*By Senior Services Staff*

At Senior Services, we believe every senior deserves to be welcomed, celebrated and supported, no matter their background, identity or journey. November invites us to reflect on what connects us as a community and to honor the traditions and stories that enrich our shared experience.

Date	Occasion	Menu
11/12	National French Dip Day	French Dip, Oven Fries, Waldorf Salad
11/19	Thanksgiving Dinner	Turkey, Gravy, Stuffing, Sweet Potatoes, Mashed Potatoes, Dinner Roll, Green Bean Casserole, Cranberry Sauce, Dessert
11/25	Native American Heritage Month	Baked Salmon and Roasted Squash, Succotash, Sautauthig (Blueberry Cobbler)

This month, we recognize [Día de los Muertos](#), a time to remember and celebrate loved ones who have passed; [International Day for Tolerance](#), reminding us of the importance of understanding and respect; [Transgender Day of Remembrance](#), honoring lives lost and reaffirming our commitment to inclusion; [Native American Heritage Day](#), celebrating the cultures and contributions of Indigenous peoples; and so many more.

As we honor Native American Heritage Day, [we also acknowledge that our centers stand on the traditional lands of the Coast Salish peoples, including the Squaxin Island, Nisqually, and Cowlitz Tribes](#). We are grateful for their continued stewardship of these lands and their enduring contributions to our community.

Through our Senior Nutrition Program, we'll share special themed lunches that bring us together around the table—nourishing both body and spirit. Whether you join us for a meal, a conversation, or a moment of reflection, remember: **your presence matters. You're always welcome here, just as you are.**

### Raising Awareness with Ribbons:



Purple ribbons will be available at the Lacey and Olympia Center reception counters in recognition of National Family Caregivers Month. Family is the heart and soul of every community, and many family members quietly take on the essential work of caregiving — helping loved ones stay mobile, active, healthy and connected. This month, we honor the compassion, patience and dedication of family caregivers, whose efforts often go unseen but make all the difference in the lives of our seniors.



Upcoming Ribbon: **December** – Isolation & Loneliness Awareness (Blue/Gray Ribbon)

# November 2025 Newsletter



## Celebrating *Diversity* November 2025

Monthly Observances:

National Native American Heritage  
National Family Caregivers

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 • All Saints' Day • Dia de los Muertos
2	3	4	5	6	7	8
9	10	11 • Veterans Day	12	13	14	15
16 • International Day for Tolerance	17	18	19 • International Men's Day	20 • Transgender Day of Remembrance	21	22
23	24	25	26	27 • Thanksgiving	28 • Native American Heritage Day	29
30						

# Olympia Senior Center Weekly Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 - 10:00 <b>Advanced EnhanceFitness® \$</b>	10:00 - 11:00 <b>Gentle Yoga \$</b>	9:00 - 10:00 <b>Advanced EnhanceFitness® \$</b>	10:00 - 11:00 <b>Gentle Yoga \$</b>	8:30 - 11:00 <b>Woodcarving</b>
10:00 - 1:00 Tech Help w/ Adam	10:00 - 11:30 <b>Current Issues</b>	10:00 - 12:00 Parkinson's Disease Support Group	10:00 - 1:00 Tech Help w/ Adam	9:00 - 10:00 <b>Advanced EnhanceFitness® \$</b>
10:00 - 11:30 <b>Loneliness is Loud</b>	10:00 - 11:30 Rock Painting w/ Inclusion	10:30 - 1:00 Tech Help w/ Melinda	10:30 - 11:30 <b>Tai Ji Quan \$</b>	10:00 - 1:00 Tech Help w/ Adam
10:30 - 11:30 <b>Gentle Yoga \$</b>	10:30 - 11:30 <b>Tai Ji Quan \$</b>	10:30 - 11:30 <b>Gentle Yoga \$</b>	12:30 - 2:00 Music Mending Minds	10:30 - 11:15 <b>Laughing Circle</b>
12:00 - 1:30 <b>World Geography: Come Explore!</b>	12:00 - 4:00 <b>Reader's Theater: Rehearsals and Skill Building</b>	12:00 - 3:00 <b>Table Games</b>	12:30 <b>Pinochle</b>	12:00 - 3:00 <b>Table Games</b>
12:00 - 3:00 <b>Table Games</b>	12:45 - 1:45 Drop-In Meditation	12:30 - 3:00 <b>Read a Play, Engage &amp; Have Fun</b>	1:00 - 2:00 <b>Adaptive Creative Dance \$</b>	1:30 - 2:30 <b>Beginning EnhanceFitness® \$</b>
12:00 - 4:00 <b>Cribbage</b>	1:00 - 2:00 <b>Chair Yoga \$</b>	12:30 - 2:00 <b>Euchre</b>	2:00 - 3:45 Ukulele Group	
1:00 - 3:00 <b>Party Bridge</b>		1:00 - 4:00 <b>Mah Jongg</b>	2:00 - 4:00 <b>Yarn Magic</b>	
1:30 - 2:30 <b>Beginning EnhanceFitness® \$</b>		1:30 - 2:30 <b>Beginning EnhanceFitness® \$</b>		

**BOLD** = Senior Services for South Sound membership required to participate

**\$** = Class Fee associated with activity. Read full class description on our website at [southsoundseniors.org/activities](https://southsoundseniors.org/activities) or in the Lifelong Learning Catalog

Dates and times are subject to change, call the appropriate center if you have questions about your activity. Olympia: 360.586.6181 or Lacey: 360.407.3967



# Olympia Senior Center Monthly Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>1:00 - 3:00 Reader's Theater Group Meeting</p>	<p>4</p> <p>1:00 - 3:00 Navigating Retirement and Aging</p>	<p>5</p> <p>10:00 - 11:00 Low Vision Support Group</p> <p>10:00 - 3:00 Haircuts <i>(by appointment only)</i></p> <p>10:00 - 12:00 Foundations of Caregiving, Alzheimer's Association <i>*pg 13</i></p> <p>12:30 - 3:00 Read a Play, Engage &amp; Have Fun</p>	<p>6</p>	<p>7</p> <p>10:00 - 3:00 Haircuts <i>(by appointment only)</i></p>
<p>10</p> <p>10:00 - 11:00 Estate Planning Made Simple <i>*pg 5</i></p> <p>1:30 - 3:00 Reader's Theater Script Readings and Discussion</p>	<p>11</p> <p><b>CLOSED Veterans Day</b></p>	<p>12</p> <p>10:00 PSE: Save Money, Save Energy <i>*pg 13</i></p> <p>11:00 - 12:30 ALS Support Group</p> <p>2:00 - 4:00 Death Café</p>	<p>13</p> <p>10:00 Explore Olympia Walkabout</p> <p>5:00 Dine Out @ <i>*Uptown Grill</i></p>	<p>14</p> <p>2:30 pm Early Closure</p>
<p>17</p>	<p>18</p>	<p>19</p> <p>10:00 - 3:00 Haircuts <i>(by appointment only)</i></p> <p>10:00 - 12:00 Dementia and the Holidays, Alzheimer's Association <i>*pg 13</i></p>	<p>20</p> <p>10:00 Senior Reads Book Club</p> <p>10:00 - 12:00 Tech Help w/ Rich</p>	<p>21</p> <p>10:00 - 3:00 Haircuts <i>(by appointment only)</i></p> <p>10:30 - 11:30 Food Bank</p>
<p>24</p> <p>1:30 - 3:00 Reader's Theater Script Readings and Discussion</p>	<p>25</p>	<p>26</p> <p>12:30 - 3:00 Read a Play, Engage &amp; Have Fun</p>	<p>27</p> <p><b>CLOSED Thanksgiving</b></p>	<p>28</p>

# Virgil Clarkson Lacey Senior Center Weekly Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 - 9:30 <b>EnhanceFitness®</b> \$	8:30 - 11:00 <b>Woodcarving</b>	8:30 - 9:30 <b>Enhancefitness®</b> \$	9:00 - 10:00 <b>Gentle Yoga \$</b>	8:30 - 9:30 <b>Enhancefitness®</b> \$
9:45 - 10:45 <b>EnhanceFitness®</b> \$	9:30 - 12:00 Mah Jongg for Beginners	9:00 -12:00 <b>Double Deck</b> <b>Pinochle</b>	10:00 - 11:00 Tech Help w/ Jim	9:00 - 12:00 <b>Pinochle</b>
10:30 - 11:30 <b>Basic French</b>	9:30 - 10:15 <b>ZUMBA® Gold \$</b>	9:30 - 1:15 <b>Korean Elders</b>	10:00 - 11:30 Coffee and Conversation	9:15 - 11:00 <b>Daytime Bingo</b>
10:30 - 11:30 Blood Pressure Checks	10:00 - 11:00 Tech Help w/ Jeff	9:30 Wednesday Walkers	10:30 - 11:30 <b>Beginning Tai Ji</b> <b>Quan \$</b>	9:45 - 10:45 <b>Enhancefitness®</b> \$
11:00 - 12:00 <b>Chair Yoga \$</b>	10:00 - 12:00 Late Life Planning	9:45 - 10:45 <b>Enhancefitness®</b> \$	10:30 - 11:30 Blood Pressure Checks	10:00 - 12:00 <b>Memoir Writing</b> <b>Class</b>
11:30 - 12:30 <b>Intermediate</b> <b>French</b>	11:00 - 12:00 <b>Gentle Yoga \$</b>	11:00 - 11:45 <b>Chair ZUMBA® \$</b>	12:30 - 3:30 <b>Double Deck</b> <b>Pinochle</b>	12:30 - 1:30 <b>Intermediate Line</b> <b>Dancing \$</b>
12:30 - 1:15 <b>Beginner Line</b> <b>Dancing \$</b>	12:30 - 2:15 <b>Needlecraft/</b> <b>Tatting Group</b>	12:30 - 3:30 <b>Table Games</b>	3:00 - 4:00 <b>Advanced Tai Ji</b> <b>Quan \$</b>	1:00 to 2:00 Sing Along with Brighter Days
12:30 - 2:30 <b>Advanced French</b>	12:30 - 3:30 <b>Pinochle</b>	12:45 - 3:00 <b>Fly Tying</b>	5:30 - 6:30 <b>ZUMBA® After</b> <b>Hours</b>	1:00 to 4:00 <b>Mah Jongg</b>
1:00 - 3:00 <b>Watercolor Group</b>	1:30 - 3:30 Dance Socials \$	1:00 - 3:00 Chess Essentials	5:30 - 7:30 <b>Ukulele Ohana</b>	
1:15 - 2:15 <b>Beginner</b> <b>Advanced Line</b> <b>Dancing \$</b>	2:00 - 3:00 Conversaciones en Español	1:30 - 3:00 <b>Intermediate Line</b> <b>Dancing \$</b>	<b>BOLD</b> = Senior Services for South Sound membership required to participate  <b>\$</b> = Class Fee associated with activity. Read full class description on our website at <a href="https://southsoundseniors.org/activities">southsoundseniors.org/activities</a> or in the Lifelong Learning Catalog  Dates and times are subject to change, call the appropriate center if you have questions about your activity. Olympia: 360.586.6181 or Lacey: 360.407.3967	
2:30 - 3:30 <b>Beginning Tai Ji</b> <b>Quan \$</b>	2:00 - 3:30 Art Mixed Media	3:30 - 4:30 <b>Enhancefitness®</b> \$		
3:30 - 4:30 <b>Advanced Tai Ji</b> <b>Quan \$</b>	5:30 - 6:30 <b>ZUMBA® After</b> <b>Hours</b>	Wednesday afternoons Reflexology (By appointment only. \$30 for 30 minutes)		
5:00 - 6:00 <b>Tai Chi</b>				

# Virgil Clarkson Lacey Senior Center Monthly Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>3</div> <div>12:30 - 3:30 Haircuts <i>(by appointment only walk-ins as available)</i></div> <div>12:30 - 2:00 Dementia Caregivers Support Group</div>	<div>4</div> <div>6:00 Brain Injury Alliance of WA Meeting</div>	<div>5</div> <div>1:30 Owning the Age I Am</div> <div>6:00 Veteran's/First Responders Support Group</div>	<div>6</div> <div>10:00 - 12:00 Tech Help w/ Rich</div> <div>10:00 - 12:00 Dementia and the Holidays, Alzheimer's Ed Presentation <i>*pg 12</i></div> <div>1:00 NW Gardening Group</div>	<div>7</div> <div>11:00 - 12:00 NEW! All Yoga*</div> <div>12:30 - 2:00 Dementia Caregivers Support Group</div>
<div>10</div> <div>8:30 - 3:30 55+ Senior Driving Workshop <i>*Register at reception</i></div>	<div>11</div> <div>CLOSED Veterans Day</div>	<div>12</div> <div>10:00 Intercity Transit/Bus Buddies</div> <div>4:30 Dine Out @ Dirty Dave's Pizza</div>	<div>13</div> <div>2:30 pm Early Closure</div>	<div>14</div> <div>2:00 Bereavement Support Group: Life After Loss</div>
<div>17</div> <div>12:30 - 3:30 Haircuts <i>(by appointment only walk-ins as available)</i></div>	<div>18</div>	<div>19</div> <div>2:00 - 3:00 Open Book Club</div> <div>6:00 Veteran's/First Responders Support Group</div>	<div>20</div> <div>1:00 NW Gardening Group</div> <div>2:00 - 4:00 Death Café</div>	<div>21</div> <div>11:00 - 12:00 NEW! All Yoga*</div> <div>12:30 - 2:00 TED Talks+ Topic: Adoption: Pros, Cons &amp; Cultures</div>
<div>24</div>	<div>25</div> <div>11:45 LGBTQ+ Lunch Bunch</div>	<div>26</div>	<div>27</div>	<div>28</div> <div>CLOSED Thanksgiving</div>

\*All Yoga: A spill-over option when other yoga classes are maxed out!  
\$5 Instructor fee per class.

\*\*Writing for Your Life class will end on November 24



# Lacey Senior Center Activity Spotlights

## Alzheimer's Education: Dementia and the Holidays

Thursday, November 6  
12:30 pm | Lacey Senior Center

The holidays can be a challenging time for families facing dementia. Join us to learn what to consider when planning your festivities, holiday visits with family and friends, or when traveling during the holiday season.

**Public Welcome**

## Dine Out

Wednesday, November 12  
4:30 pm  
Dirty Dave's Pizza  
3939 Martin Way E  
Olympia, WA 98506

Meet at the restaurant for good food and fun with friends!

**Public Welcome**

## Bunny Therapy with Hare Spa & Bunny Rescue

Tuesday, November 18  
10:00 am - 12:00 pm | Lacey Senior Center

Hare Spa & BnB will be supplying supersoft furballs that will warm your heart. Come and decompress with these beautiful bunnies!

**Public Welcome**

## TED Talks Plus

Friday, November 24  
12:30 pm | Lacey Senior Center

Topic: *Adoption: Pros, Cons, & Cultures*. We'll watch 3 videos and discuss them as a Think Tank! Great topics to generate more brain neurons.

**Public Welcome**

# READER'S THEATER PRESENTS:

## Lucy Gets a Dog

When Lily Montague is offered a free puppy, she is determined to keep it even though husband Edwin hates dogs.

# &

## Starting Over

When seniors Solly and May meet in the park, he explains why he's in a wheelchair even though he can walk.

Olympia Senior Center: Wednesday, November 12 @ 1:00 pm  
Virgil Clarkson Lacey Senior Center: Thursday, November 13 @ 12:30 pm

# Olympia Senior Center Activity Spotlights

## Building Foundations of Caregiving with Cynthia Flores

Wednesday, November 5

10:00 am | Olympia Senior Center

Building Foundations of Caregiving explores the role of caregiver and changes they may experience, building a support team and managing caregiver stress.

**Public Welcome**

## PSE: Save Money, Save Energy

Wednesday, November 12

10:00 am | Olympia Senior Center

Discover ways to save on your energy bills through Puget Sound Energy and other providers. Topics include bill discount rate, home energy lifeline program, income-eligible community solar, home weatherization assistance, LIHEAP assistance, Salvation Army warm house assistance, past-due bill forgiveness, payment arrangements, efficiency boost and more.

**Public Welcome**

## Death Café

Wednesday, November 12

2:00 pm | Olympia Senior Center

Join a lively group discussion about the end of life. Never the same conversation, always interesting, and often deeply helpful, these conversations around the end of life provide insight into our human lives.

**Public Welcome**

## Explore Olympia Walkabout

Thursday, November 13

10:00 am | Olympia Senior Center

Meet at the Olympia Senior Center to explore various downtown venues. Bring, weather-appropriate clothing, sturdy shoes and walking poles if desired.

**Public Welcome**

## Dine Out

Thursday, November 13

5:00 pm

Uptown Grill

514 Capitol Way S

Olympia, WA 98501

Join a lovely group of folks for a delicious meal at our monthly Dine Out. Meet at the restaurant and everyone pays for their own meal. **Reserve your spot no later than Monday, November 10 by calling 360.586.6181.**

## Dementia and the Holidays with Cynthia Flores, from the Alzheimer's Association

Wednesday, November 19

10:00 am | Olympia Senior Center

The holidays can be a challenging time for families facing dementia. Join us to learn what to consider when planning your festivities, holiday visits with family and friends, or when traveling during the holiday season.

**Public Welcome**

## Senior Reads Book Club

Thursday, November 20

10:00 am | Olympia Senior Center

The book for November is *Light From Uncommon Stars*, by Ryka Aoki. It is a science fiction and fantasy novel about a transgender violinist named Katrina Nguyen who is taken in by Shizuka Satomi, a legendary violin teacher with a Faustian bargain to deliver seven souls to hell. Satomi's plan is complicated when she meets Lan Tran, an alien refugee running a donut shop, and an unlikely romance blossoms between them. The book blends genres, exploring themes of found family, identity and the redemptive power of music and love.

**Public Welcome**

# Senior Services for South Sound



## Medicare Open Enrollment is Here!

*By Senior Services Staff*

Medicare Open Enrollment runs from October 15 through December 7, and our SHIBA team is here to help you navigate your options. SHIBA (Statewide Health Insurance Benefits Advisors) is staffed by a dedicated group of highly trained volunteers who provide free, unbiased Medicare assistance. Whether you're reviewing your current plan or exploring new coverage, our team can guide you through the process with clarity and care. We offer in-person appointments at our office in the Olympia Senior Center, as well as assistance by phone. You can reach us at 360.586.6181 ext. 134 to schedule a time that works for you. Be sure to catch SHIBA at one of the in-person or online events listed below!

### SHIBA Help in November

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

CLASS	DATE	TIME	LOCATION
Medicare - Open Enrollment	November 5	11:00 am - 1:00 pm	ZOOM
Medicare - Open Enrollment	November 5	2:00 pm - 4:00 pm	Yelm Timberland Library 210 Prairie Park St NE Yelm, WA 98597
Medicare - Open Enrollment	November 12	11:00 am - 1:00 pm	Olympia Senior Center
Medicare - Open Enrollment	November 18	6:00 pm - 7:00 pm	ZOOM
Medicare - Open Enrollment	November 20	10:00 am - 12:00 pm	ZOOM
Medicare - Open Enrollment	November 20	11:00 am - 3:00 pm	Mason County Senior Activities Association 190 W Sentry Dr Shelton, WA 98584





### Holiday Fun at Julefest!

Sunday, November 23

Modeled after the traditional outdoor Christmas markets found in the Nordic countries, this community celebration at the gorgeous National Nordic Museum in the Ballard neighborhood of Seattle features all the fun and goodies associated with the Nordic holidays, with a Pacific Northwest twist!

Along with the Nordic Christmas market, there will be live entertainment in the Valhalla Beer Hall and throughout the Julefest grounds. Food vendors will be on site for an opportunity to try Nordic delicacies at your leisure for lunch. This event takes place indoors and outside of the museum, so dress for the weather if you want the full festival experience.

*\*Food and beverages will be available at the event. You are responsible for paying for your own meal.*

**PRICE:**

\$99 Members

\$119 General Public

**INCLUDED:** Transportation, trip planning, admissions and snack.

**DEPARTURE:**

Olympia 9:00 am

Lacey 9:30 am

**APPROXIMATE RETURN:**

4:30 pm



Senior  
Services  
FOR SOUTH SOUND

# Trips & Tours

## Miss the Showcase? No Problem!

Packed with local adventures, seasonal highlights and unforgettable day trips, our brand-new Trips & Tours catalog is out now!

Grab your copy today at the Olympia or Lacey center reception desks, or view it online anytime.



## Senior Services for South Sound

# UGLY Sweater

## BINGO

feat. ELIZABETH LORD

SATURDAY, DECEMBER 13

VIRGIL CLARKSON LACEY SENIOR CENTER

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

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



# Save the Date

November 10 - 21, 2025



SOUTH  
PUGET  
SOUND  
[spsgives.org](https://spsgives.org)



LEWIS-MASON-THURSTON  
AREA AGENCY ON AGING



SUBARU

Olympia Subaru