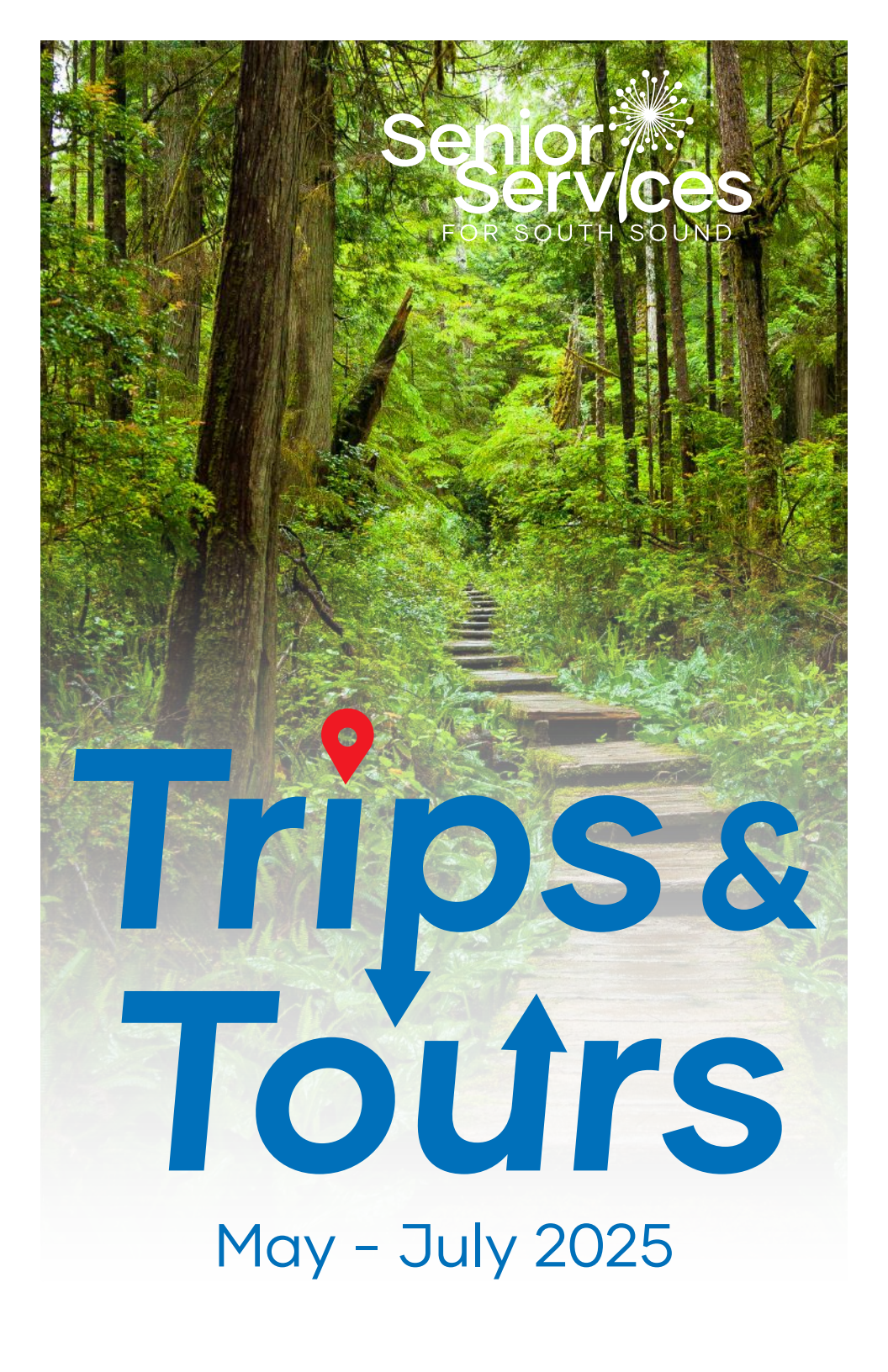




Senior
Services
FOR SOUTH SOUND

***Trips &
Tours***

May - July 2025

ABOUT SENIOR SERVICES FOR SOUTH SOUND

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

TRIPS & TOURS POLICIES

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

PAYMENTS, REFUNDS AND CANCELLATIONS

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

Additional payment, refund and cancellation terms:

Day trips:

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

OTHER CANCELLATIONS

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

TRIP DEPARTURES

Olympia Senior Center: 222 Columbia Street NW, Olympia

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

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

ACTIVITY LEVEL GUIDE

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



Easy

Physical:

Moderate mobility required with low physical impact

Distance:

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

Terrain:

Mostly paved, smooth surfaces

Stairs:

5-7 stairs

Standing:

Up to 30 minutes without seated breaks

Rest breaks:

Additional rest breaks will be available when possible

Bus boarding:

2-3 times, multi-stair entry

Assistive Mobility Devices:

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



Moderate

Physical:

Good mobility required with moderate physical impact

Distance:

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

Terrain:

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

Stairs:

1 - 2 flights of stairs and possible additional steps

Standing:

Up to 30 minutes without seated breaks

Rest breaks:

Limited and possibly inconsistent

Bus boarding:

2-4 times, multi-stair entry

Assistive Mobility Devices:

Unlikely suitable; please inquire before making a reservation.

ACTIVITY LEVEL GUIDE

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



Moderately Difficult

Physical:

Good mobility required with moderate to high physical impact

Distance:

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

Terrain:

Likely uneven and unpaved surfaces

Stairs:

3 flights of stairs

Standing:

Up to 60 minutes without seated breaks

Rest breaks:

Limited and inconsistent

Bus boarding:

3-5 times, multi-stair entry

Assistive Mobility Devices:

Unlikely suitable; please inquire before making a reservation.



Difficult

Physical:

Excellent mobility required with high physical impact

Distance:

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

Terrain:

Likely uneven and unpaved surfaces

Stairs:

3-4 flights of stairs

Standing:

60 or more minutes without seated breaks

Rest breaks:

Limited and inconsistent

Bus boarding:

3-5 times, multi-stair entry

Assistive Mobility Devices:

Unlikely suitable; please inquire before making a reservation.



DAY CAMP! LAKE SYLVIA

Tuesday, May 6

#42525

PRICE:

\$119 Members

\$139 General Public

INCLUDED:

Transportation, trip planning, picnic lunch, facility rentals, admission and fees, and snack.

DEPARTURE:

Lacey 9:00 am

Olympia 9:30 am

APPROXIMATE

RETURN:

4:30 pm

Reconnect with the joys of the great outdoors on this fun-filled day camp experience!

Set in the beautiful surroundings of Lake Sylvia State Park, the day begins at the Legacy Pavilion, where a warm campfire crackles in a stunning river rock fireplace. An optional 1-mile hike will be offered, giving an opportunity to explore the park, taking in the sights and sounds of nature. Then, relive classic camp traditions with an afternoon of games, crafts and music.

**We'll provide a delicious picnic lunch and treats.*





ARGOSY LOCKS CRUISE

Thursday, May 8

#42526

PRICE:

\$169 Members

\$189 General Public

INCLUDED:

Transportation, trip planning, all tickets and admissions, lunch, and snack.

DEPARTURE:

Olympia 7:30 am

Lacey: 8:00 am

APPROXIMATE

RETURN:

5:00 pm

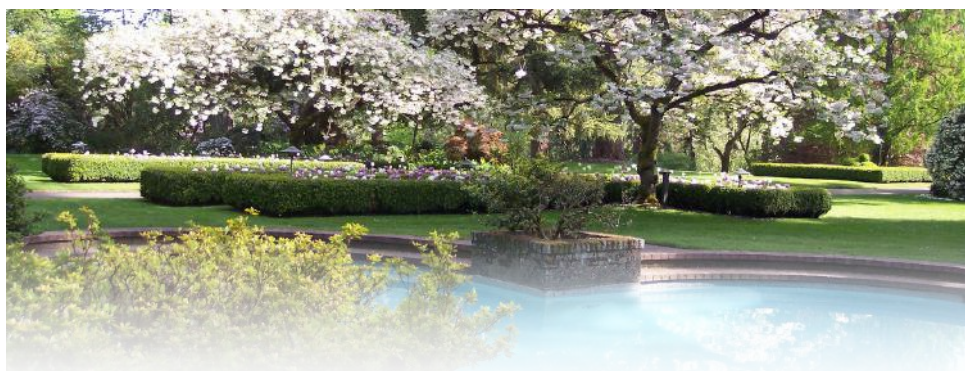
Experience Seattle from a whole new perspective!

Journey through the historic Ballard Locks, where you'll witness the fascinating transition from fresh to saltwater. This narrated boat tour brings Seattle's rich history and vibrant maritime culture to life. After the cruise we'll lunch together at a local restaurant.

Join us for an unforgettable adventure on the water!

**Meal is included.*





LOVELY LAKEWOLD GARDEN TOUR

Thursday, May 15

#42518

PRICE:

\$119 Members

\$139 General Public

INCLUDED:

Transportation,
trip planning,
admissions and
tour fees, lunch, and
snack.

DEPARTURE:

Olympia 9:30 am

Lacey 10:00 am

APPROXIMATE

RETURN:

4:00 pm

Immerse yourself in the serene beauty of Lakewold Gardens, a breathtaking 10-acre historic estate nestled along the shores of Gravelly Lake.

This experience includes a 1-mile guided tour. You'll stroll beneath towering rhododendrons and explore the diverse plant collections that make this garden a true gem. After the tour, you'll have time on your own to do more exploring in the gardens and the charming gift shop. We'll stop for lunch together on our way home.

**Meal is included.*



**MODERATELY
DIFFICULT**



ART OF THE AURORA: LEARN, PAINT AND SIP

Tuesday, May 20

#42527

PRICE:

\$149 Members

\$169 General Public

INCLUDED:

Transportation,
trip planning,
admissions, art
class and all
supplies, pizza, and
snack.

DEPARTURE:

Olympia 11:30 am

Lacey 12:00 pm

APPROXIMATE RETURN:

6:30 pm

Join us on an adventure where art meets science!

We'll start our journey out at the Pierce College Science Dome, a digital planetarium that is the only one of its kind in the South Puget Sound region. At this immersive and interactive space, we'll learn about the Aurora Borealis and Australis. After an informative presentation at the Dome, we will head to a local pub for a pizza lunch and a guided art class, using our newfound knowledge to create an aurora themed painting of our own.

**Pizza is included, drinks are on your own.*





TACOMA MUSICAL PLAYHOUSE: GREASE!

Saturday, May 31

#42517

PRICE:

\$149 Members

\$169 General Public

INCLUDED:

Transportation, trip planning, event tickets, lunch, and snack.

DEPARTURE:

Olympia 10:00 am

Lacey 10:30 am

APPROXIMATE

RETURN:

6:00 pm

Enjoy a delightful afternoon with lunch at a local restaurant, followed by a performance of *Grease!* at the intimate Tacoma Musical Playhouse.

Step back into the rockin' 1950s with this high-energy, feel-good musical that has captivated audiences for decades! Follow the love story of bad-boy greaser Danny Zuko and sweet, wholesome Sandy Dumbrowski as they navigate the ups and downs of high school romance at Rydell High.

**Meal is included.*



EASY



NORDIC HERITAGE ADVENTURE

Wednesday, June 4

#42535

PRICE:

\$159 Members

\$179 General Public

INCLUDED:

Transportation, trip planning, museum admission and tour, coffee and pastries, lunch, and snack.

DEPARTURE:

Olympia 8:30 am

Lacey 9:00 am

APPROXIMATE

RETURN:

6:00 pm

We'll begin this immersive journey into Nordic heritage with a warm cup of coffee and traditional Nordic pastries in a private room at the National Nordic Museum in Seattle. After our treats, we will embark on a docent-led tour through the museum's stunning exhibits, exploring the rich history, culture, and traditions of the Nordic region.

After our tour and some free time at the museum, we'll walk 3-4 blocks to a local lunch spot, enjoying views of the Ballard Locks along the way.

**Meal is included.*



**MODERATELY
DIFFICULT**



TEA AND TREASURE

Wednesday, June 11

#42530

PRICE:

\$119 Members

\$139 General Public

INCLUDED:

Transportation, trip planning, afternoon tea and treats, and snack.

DEPARTURE:

Lacey 10:00 am

Olympia 10:30 am

APPROXIMATE

RETURN:

4:30 pm

Step into a world of elegance and nostalgia with this delightful getaway! Begin your day with a classic British tea experience, complete with freshly brewed teas and an assortment of delicate finger sandwiches, scones, tarts and pastries. After savoring this cozy tradition, stroll through Centralia's charming historic district, where a treasure trove of vintage boutiques and antique shops await.

This experience offers the perfect blend of sophistication and old-world charm.

**Meal is included.*





BROADWAY AT THE PARAMOUNT: MAMMA MIA

Saturday, June 14

#42519

PRICE:

\$229 Members

\$249 General Public

INCLUDED:

Transportation, trip planning, all tickets and fees, lunch, and snack.

DEPARTURE:

Olympia 9:00 am

Lacey 9:30 am

APPROXIMATE

RETURN:

5:00 pm

Get ready to dance, laugh and sing along to *Mamma Mia!*, the smash-hit Broadway musical that has audiences around the world dancing in the aisles!

Featuring the timeless hits of ABBA, including *Dancing Queen* and *Take a Chance on Me*. *Mamma Mia!* is a feel-good celebration of love, family and friendship.

We'll have lunch together before the matinee.

**Meal is included.*





PT DEFIANCE NATURE HIKE

Tuesday, June 17

#42528

PRICE:

\$59 Members

\$79 General Public

INCLUDED:

Transportation,
trip planning, and
snack.

DEPARTURE:

Olympia 9:00 am

Lacey 9:30 am

APPROXIMATE

RETURN:

4:00 pm

Explore the natural beauty of the 760-acre Point Defiance Park on this scenic 1.75-mile hike.

This well-maintained trail winds through towering old-growth forests, lush ferns, moss-draped trees and rhododendrons.

After our hike, we'll lunch together at a local cafe. Tables will be reserved and lunch is on your own.

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



DIFFICULT



LADY ALDERBROOK CRUISE

Monday, June 23

#42536

PRICE:

\$129 Members

\$149 General Public

INCLUDED:

Transportation, trip planning, cruise admission and gratuities, and snack.

DEPARTURE:

Olympia 10:30 am

Lacey 11:00 am

APPROXIMATE RETURN:

5:30 pm

Set sail on a 1.5-hour scenic cruise aboard the Lady Alderbrook, gliding through the serene waters of Hood Canal.

Enjoy breathtaking views of the Olympic Mountains, lush shorelines and local wildlife.

Before your cruise, relax and indulge in a delicious lunch at the Alderbrook Resort, known for its fresh, locally inspired cuisine and stunning waterfront setting. We have tables reserved and lunch is on your own.

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





MT RAINIER SCENIC RAILROAD

Friday, June 27

#42532

PRICE:

\$119 Members

\$139 General Public

INCLUDED:

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

DEPARTURE:

Olympia 8:00 am

Lacey 8:30 am

APPROXIMATE

RETURN:

4:00 pm

All aboard! Take a step back in time and ride on a vintage train, pulled by a 100-year-old steam locomotive through the breathtakingly beautiful Pacific Northwest landscape.

With stunning views of mountains, farmland, and surrounding forests, this 1 ½ hour round trip journey from Elbe to Mineral and back again is one that you'll never forget.

We'll have lunch together at the Mill Haus Cidery and Pub, a warm and inviting Eatonville eatery. We have reserved tables at Mill Haus. Lunch is on your own.

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



MODERATE



PORT TOWNSEND WHALE WATCHING

Wednesday, July 16

#42533

PRICE:

\$239 Members

\$259 General Public

INCLUDED:

Transportation, box lunch and dessert, narrated boat tour, and snack.

DEPARTURE:

Olympia 7:00 am

Lacey 7:30 am

APPROXIMATE

RETURN:

7:00 pm

Want an amazing summer experience on the magnificent waters of the Strait of Juan de Fuca and Puget Sound? This is it – whale watching with Puget Sound Express!

You'll ride on a comfortable, fast, tour boat with heated indoor seating for all, a wrap-around viewing deck, as well as a snack bar and restroom. Along with whales, you may see a wide variety of other species of marine life on the tour.

Our cruise includes a sandwich box lunch, including PSE's famous blueberry buckle dessert on board. If time permits after the cruise, we'll take the short walk into Port Townsend for a little shopping before heading for home.

**Meal is included.*





MARINERS VS BREWERS

BASEBALL

Wednesday, July 23

#42523

PRICE:

\$139 Members

\$159 General Public

INCLUDED:

Transportation, trip planning, game admission, buffet lunch and soft drinks, and snack.

DEPARTURE:

Olympia 9:30 am

Lacey 10:00 am

APPROXIMATE

RETURN:

6:30 pm

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

Join us to see the Seattle Mariners face off against the Milwaukee Brewers. We have great seats on the Terrace Level and your ticket includes a special lunch buffet.

Go Mariners!

**Meal is included.*



**MODERATELY
DIFFICULT**



SCOTTISH HIGHLAND GAMES

Sunday, July 27

#42534

PRICE:

\$129 Members

\$149 General Public

INCLUDED:

Transportation, trip planning, festival admissions, and snack.

DEPARTURE:

Olympia 8:30 am

Lacey 9:00 am

APPROXIMATE

RETURN:

4:00 pm

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

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

Lunch is on your own at the variety of festival food vendors.

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



**MODERATELY
DIFFICULT**



EXTENDED TRAVEL: TROPICAL COSTA RICA

November 17 — 25, 2025

Lush forests and stunning waterfalls... rumbling volcanoes and endless coastlines... Costa Rica is a paradise teeming with exotic plants and incredible animals.

Enjoy the tranquil views of Arenal Volcano from your hotel. Explore part of the 20,000-acre nature preserve of Cano Negro on a riverboat adventure. Spend two nights in Monteverde's lush cloud forest. Experience the forest canopy on your choice of a hanging bridges nature walk or an exhilarating zip-lining tour. Luxuriate at a resort for two nights at Playa Carrillo, Guanacaste, known for its breathtaking beauty and fine sandy beaches. You will find a slice of paradise and so much more.

PRICE:

Double Occupancy: \$2,999 per person

Single Occupancy: \$3,499 per person

INCLUDED:

Round Trip Air from Seattle Tacoma Intl Airport, air taxes and fees/surcharges, hotel transfers.

For more information about the itinerary and registration, visit, call or email the Trips & Tours office.



EXTENDED TRAVEL: MACKINAC ISLAND

April 30 — May 8, 2026

Experience luxury and historic charm in the heart of America.

This classic Midwestern tour features highlights of Illinois and Michigan. Savor two incredible nights amid the luxury of the Grand Hotel on Mackinac Island during the lovely annual Tulip Time, enjoying a horse and buggy tour of car-free Mackinac Island. Explore the wonderful city of Chicago with a local guide. Visit the Bavarian-influenced town of Frankenmuth. In Dearborn, experience the inspirational Henry Ford Museum and view historic homes at Greenfield Village including the famous American workshops of Thomas Edison, Henry Ford and Robert Frost.

PRICE:

Double Occupancy: \$4,499 per person

Single Occupancy: \$5,499 per person

INCLUDED:

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

For more information about the itinerary and registration, visit, call or email the Trips & Tours office.

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**Senior
Services**
FOR SOUTH SOUND



**LET'S GO
over the
EDGE
for SENIORS**



**DO YOU HAVE
WHAT IT TAKES?**

REGISTER!

Register to rappel as an individual or a team by scanning the QR code above or visit the website below. Registration fee is \$75. (Don't worry, the fee goes toward your goal!)

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Set up your personal fundraising page and reach the \$1,000 fundraising minimum with ease!

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Experience a once-in-a-lifetime opportunity to rappel for a reason!

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

**SATURDAY,
JUNE 28
NOON**

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

All proceeds benefit

**Senior
Services**
FOR SOUTH SOUND



Trips & Tours

Senior
Services
FOR SOUTH SOUND



Mark your calendars!

More trips are heading your way July 18 at the next Trips & Tours Showcase.

Virgil Clarkson Lacey Senior Center
2:00 - 3:30 pm



Follow us on
facebook

Book your trip today by calling
360.586.6181 ext. 126 or visit
southsoundseniors.org/trips-tours