

# Lifelong Learning

*Classes, Activities, Programs and Services*

Senior  
Services  
FOR SOUTH SOUND



**Fall Quarter 2025**  
**September 22 — January 2**

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 improve the quality of life for people as they age.**

## ***A message from Chris Quimby, Activities Director***

There's something about fall that makes me want to sharpen a pencil, buy a new notebook and **maybe sign up for something that'll stretch my brain a little.**

Maybe it's all the years of **back-to-school energy** in the air, or maybe it's just that the rainy days give us more time to gather indoors, learn something new and enjoy each other's company. Whatever it is, I'm excited to welcome you to another quarter of **Lifelong Learning** at our senior centers.

I used to think of fall as a time to wind down, but now I see it differently. It's actually a great time to start something. The excitement of summer settles, and there's this little pocket of possibility before the holidays hit full swing. **It's a good season for reflection, curiosity and trying that thing you've "always meant to."**

Whether that's learning how to paint, finally figuring out what "downward dog" is in yoga or diving into one of our enriching **Senior Academy** classes (we've got some fantastic new ones this quarter), I hope you'll find something in this catalog that sparks your interest.

And if you're more in the mood to connect than to commit, don't worry. We've got plenty of **social opportunities**, too. From daily lunches to walking groups to casual dinners, this is a welcoming space for anyone looking to **make new connections or deepen old ones.**

Let's make this season one of purpose, growth and a good amount of fun.

See you around the centers!



Chris Quimby, Activities Director



# Find your passion!

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## Center Closures Fall 2025

November 11: Veterans Day

November 27 - 28: Thanksgiving

December 25 - 26: Christmas

January 1: New Year's Day

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



**IN PERSON**

Register for any class in person with the friendly staff at the Olympia Senior Center located at 222 Columbia St NW in Olympia, or Virgil Clarkson Lacey Senior Center located at 6757 Pacific Ave SE in Lacey, during normal business hours, 8:30 am to 4:00 pm. We accept MasterCard, Discover or VISA credit/debit cards, checks and cash.



**OVER THE PHONE**

Call 360.586.6181 (Olympia Senior Center) or 360.407.3967 (Lacey Senior Center) to register for classes, during normal business hours, 8:30 am to 4:00 pm. Use your MC/VISA/Discover credit/debit card to pay.



**ONLINE (SENIOR ACADEMY ONLY)**

Please visit our Senior Academy page online at [southsoundseniors.org/courses](https://southsoundseniors.org/courses). Use your MC/VISA/Discover credit/debit card to pay.  
**\*Senior Academy Refund Policy: Refund requests must be submitted before the start of the second day of class.**

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



**CONTENTS SUBJECT TO CHANGE**

The contents of this catalog are subject to change. Please feel free to confirm the status, day and time of any listing by calling our centers at 360.586.6181 (Olympia) or 360.407.3967 (Virgil Clarkson Lacey Senior Center). **To diminish the chance of class cancellation, please register at least a week in advance of class start date. However, please note that classes may still be canceled due to unforeseen circumstances or low enrollment.**

## FEES



### QUARTERLY REGISTRATION FEE

Some classes require a Quarterly Registration Fee. This one-time fee of \$20 covers ALL classes that require registration for the entire quarter. Classes that require a registration fee can be found in the Paid Activities section of each category and are labeled. You can pay the fee with our friendly reception volunteers at both the Virgil Clarkson Lacey Senior Center and the Olympia Center, or by calling either center.

### INSTRUCTOR FEE

Please be aware that some classes may require an Instructor Fee to participate. These fees vary from per class to one-time. Instructor Fees may also be in addition to the Quarterly Registration Fee. Classes requiring an Instructor Fee are labeled and separated under the Paid Activities section of each category. Instructor Fees are paid directly to the classes' instructor.

## SCHOLARSHIPS



### SCHOLARSHIPS ARE 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.



BECOME A MEMBER TODAY!

Experience a vibrant community, exclusive activities and heartfelt support tailored for seniors. Your membership helps us create meaningful programs, offer scholarships and maintain welcoming facilities, all dedicated to enhancing the joy and well-being of seniors. Join us today and be a part of something truly impactful!

| Membership Level                    | LIFETIME | GOLD   | SILVER | SEASONAL |
|-------------------------------------|----------|--------|--------|----------|
| Individual Price                    | \$1,000  | \$120  | \$60   | \$20     |
| Couple Price                        | \$1,800  | \$200  | \$100  | No       |
| Duration                            | Lifetime | Annual | Annual | 3-Month  |
| Access to all quarterly activities  | ★        | ★      | ★      | ★        |
| 20% Senior Senior Academy Discount  | ★        | ★      | ★      | ★        |
| \$20 off designated Trips & Tours   | ★        | ★      | ★      | ★        |
| **Quarterly registration fee waived | ★        | ★      |        |          |

\*All member benefits must be used within the year issued. Financial Assistance is available for Silver Membership only.  
\*\*Class registration still required at reception; no fee charged.

Updated May 2025



# Health & Wellness



## Physical Fitness

### ZUMBA® After Hours

LACEY with Diana and Carmen

Tuesdays and Thursdays — 5:30 - 6:30 pm

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**

### Explore Olympia Walkabout

OLYMPIA with Betsy

2ND Thursdays — 10:00 am

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**

**Back for fall!**

### Tai Chi

LACEY with Steve

Beginning September 8

Mondays — 5:00 to 6:00 pm

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**



## Paid Physical Fitness

### Gentle Yoga

OLYMPIA

Kelly: Tuesdays — 10:00 - 11:00 am

Maureen: Thursdays — 10:00 - 11:00 am

Walt: Mon and Wed — 10:30 - 11:30 am

LACEY with Elizabeth

Tuesdays — 11:00 am - 12:00 pm

Thursdays — 9:00 - 10:00 am

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 + Registration Fee + \$5 Instructor Fee Per Class**



## **ZUMBA® Gold**

LACEY with Amanda

Tuesdays — 9:30 - 10:15 am

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 + Registration Fee + \$5 Instructor Donation (if able)**

## **Chair ZUMBA®**

LACEY with Diana and Sharon

Wednesdays — 11:00 - 11:45 am

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 + Registration Fee**

## **Chair Yoga**

with Sharon

OLYMPIA

Tuesdays — 1:00 - 2:00 pm

LACEY

Mondays — 11:00 am - 12:00 pm

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 + Registration Fee + \$5 Instructor Fee**







## Tai Ji Quan: Moving for Better Balance™

Back for fall!

OLYMPIA with Walt  
Tuesdays and Thursdays — 10:30 to 11:30 am

LACEY with Marie  
Mondays —  
Beginning: 2:30 to 3:30 pm  
Advanced: 3:30 to 4:30 pm



**NEW DAYS!**  
(Beginning  
September 30)

Thursdays —  
Beginning: 10:30 to 11:30 am  
Advanced: 3:00 to 4:00 pm

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 + Quarterly Registration + \$4 Instructor Fee Per Class (Olympia Only)**

## EnhanceFitness®

OLYMPIA

Beginning EnhanceFitness®:  
M/W/F — 1:30 - 2:30 pm

Advanced EnhanceFitness®:  
M/W/F — 9:00 - 10:00 am

LACEY

All Levels:

Mondays and 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

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."

**Members Only + \$4 Class Fee Per Class**

*\*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.*





## Mental Wellness

### Bereavement Support Group: Life After Loss

with Jill and Kathleen

LACEY

2<sup>ND</sup> Fridays — 2:00 - 3:30 pm

OLYMPIA (via Zoom)

4<sup>TH</sup> Fridays — 2:00 - 3:30 pm

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](mailto:EssentialSpiritCounseling@protonmail.com)

**Public Welcome**

### Dementia Caregiver Support Group

LACEY with Jennifer, MSW

1<sup>ST</sup> Mondays and 1<sup>ST</sup> Fridays — 12:30 - 2:00 pm

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**

September meetings  
will be held on 9/5  
(first Friday) and 9/15  
(second Monday)

### ALS Support Group

OLYMPIA with Caryn

2<sup>ND</sup> Tuesdays — 11:00 am - 1:00 pm

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

**Public Welcome**

### Death Café

with Glenn

OLYMPIA

2<sup>ND</sup> Wednesdays — 2:00 - 4:00 pm

LACEY

4<sup>TH</sup> Thursdays — 2:00 - 4:00 pm

What is a Death Café? At a Death Café people, often strangers, gather to eat cake, drink tea and discuss death. Our objective is to increase awareness of death with a view to helping people make the most of their (finite) lives. A Death Café is a group directed discussion of death with no agenda, objectives or themes. It is a discussion group rather than a grief support or counseling session.

Death Cafés are always offered:

- On a not for profit basis
- In an accessible, respectful and confidential space
- With no intention of leading people to any conclusion, product or course of action
- Alongside refreshing coffee, tea - and cake!

**Public Welcome**



## Parkinson's Disease Support Group

OLYMPIA with Diane

Wednesdays — 10:00 am - 12:00 pm

Separate meeting room available for caregiver discussion. For more information please contact Diane Hutchins [genneken22@gmail.com](mailto:genneken22@gmail.com)

**Public Welcome**

## Brain Injury Alliance of WA Meetings

LACEY with Dr. Laura

1<sup>ST</sup> Tuesdays — 6:00 - 8:00 pm

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**

## Death Journaling

LACEY with Aypril

3<sup>RD</sup> Thursdays — 11:30 am to 12:50 pm

Come spend 90 minutes with Death Doula and Grief Coach Aypril Porter, creating your personal death journal. A death journal is a notebook that you will use to record your thoughts, wishes, memories and more. This is also a legacy project where you can share your favorite memories, quotations, scripture or anything important to you. Please bring a notebook to work on. Let's spend time together discussing and sharing thoughts, ideas and memories and creating. Feel free to bring any magazines, articles, pictures, or other mementos you'd like to include.

**Public Welcome**

## Weekly Drop-In Meditation

OLYMPIA with Carmen

Tuesdays — 12:45 - 1:45 pm

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 meditators. Inclusive and respectful. No religious affiliation required.

**Public Welcome**

## Low Vision Support Group

OLYMPIA with Marty

1<sup>ST</sup> Wednesdays — 10:00 am

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





## Veterans Support Group

LACEY with Gordon

1<sup>ST</sup> and 3<sup>RD</sup> Wednesdays — 6:00 pm

This fellowship group is for Veterans and First Responders. Active-Duty Military members may also take part in this fellowship group. This is a place where you can be honest with yourself and others, and may give and receive support. Our hope is that this fellowship group will be a place you can come and receive support, make new acquaintances, and possibly learn some things about yourself and others. We are looking for anyone who wants to talk about how they are doing in their life or is looking for general support related to their Military or First Responder experiences. This is not a therapy group or a substitute for psychiatric care or psychotherapy or medical treatment. The goal is to provide a safe place for you to talk about your thoughts related to your Military or First Responder experiences. The best thing you can bring to the group is a willingness to listen to others. We do not try to solve every problem, and you don't need to feel pressured to give advice or solutions to others. The facilitator is here to answer questions, to guide the discussion, and talk about possible resources when needed.

**Public Welcome**





# Enrichment & Education



## Languages & Cultures

### Korean Elders

LACEY with Sera

Wednesdays — 9:30 am - 1:15 pm

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

**Members Only**

### French Class

LACEY with Curtis

Basic: Mondays — 10:30 - 11:30 am

Intermediate: Mondays — 11:30 am - 12:30 pm

Advanced: Mondays — 12:30 - 2:30 pm

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 with Juan

Tuesdays — 2:00 - 3:00 pm

¡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 with Marty

1st Wednesdays — 1:30 - 3:00 pm

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 with Jay

4th Fridays — 12:30 - 2:00 pm

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. Previous topics have included Bikers Against Child Abuse, the roots of racism, global megalithic architecture, and technology addiction. See our monthly activities guides for topics.

**Public Welcome**

## Coffee and Conversation

LACEY with Joe

Thursdays —  
10:00 - 11:30 am

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

**Public Welcome**

## Current Issues

OLYMPIA with Alberta

Tuesdays — 10:00 - 11:30 am

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

**Members Only**

## World Geography: Come Explore!

OLYMPIA with Jean

Mondays — 12:00 - 1:30 pm

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**

## Navigating Retirement and Aging

**NEW!**

October 7 - 28

OLYMPIA with Edwin

Tuesdays — 1:30 - 3:00 pm

I am a retiree having most recently worked at The Evergreen State College as a career counselor for nearly 20 years. I've discovered that the similarity of figuring out career direction and figuring out aging and retirement direction is amazing. From my findings, here are five of the most common issues people must deal with in aging and retirement:

1. Where are you going to live?
2. Who are you going to live with?
3. How are you going to take care of yourself and your loved ones as you navigate your new status, including the issues of Money (finances), Muscle (health and wellness) and Mutuality (personal and social connections).

As you can see, there are many transitions to make and many resources to find as you move through the process. You will need to create something like your own personal roadmap in order to deal with each of the individual issues and to balance all of them together. It requires time and effort. Our purpose is to discuss this information in our class so we can learn from each other. We will also present additional ideas for you to discuss and consider as we proceed.

**Public Welcome**





## Presentation

### Alzheimer's Ed Presentations

with Cynthia and Tara of the  
Alzheimer's Association  
12:30 - 2:30 pm

#### LACEY

September 25: Money Matters

October 23: Understanding Alzheimer's  
and Dementia

November 6: Dementia and the Holidays

December 11: To be announced

#### OLYMPIA

October 29: Understanding Alzheimer's  
and Dementia

November 5: Foundations of Caregiving

November 19: Dementia and the Holidays

December 3: Communicating Effectively  
and Responding to Dementia  
Related Behaviors

The Washington Chapter of the Alzheimer's Association presents highly helpful information about different topics pertaining to living with someone with Alzheimer's or those with the disease (diagnosed or not).

**Public Welcome**

## Presentation

### Advance Directives and Dementia Legal Planning (Hands On!)

LACEY with the Palliative Care Department  
of St. Peters Hospital

Thursday, October 9 — 12:30 - 2:00 pm

Join Sue Taylor, MSW; Kim Brown Rechner, Critical Care RN; and Jill Miesner, Dementia Legal Planning Project Coordinator, for an essential presentation on advance care planning.

They'll provide invaluable information about POLST, Durable Powers of Attorney (DPOAs), health care directives, and other types of Advance Directives. While POLST forms must be completed with your doctor, Jill's Legal Planners will be available to assist you one-on-one with completing all other documents.

**Public Welcome**

## Trips & Tours SHOWCASE

Friday, October 17

Virgil Clarkson Lacey Senior Center

2:00 to 3:30 pm





## **Paid Discussion & Education**

### **55+ AARP Smart Driver Two-Day Workshops**

OLYMPIA with Dan

Tuesday & Wednesday, October 14 - 15

Tuesday & Wednesday, December 9 - 10

10:00 am - 2:00 pm

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 workshops will cover the same material. 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.

**\$20 for AARP Members, \$25 for Non-AARP Members + Members Only**

### **55+ Senior Driving Workshops**

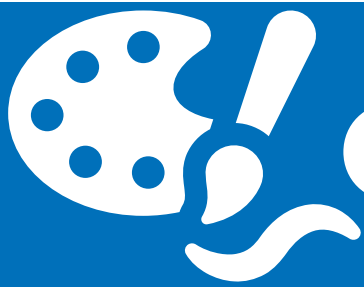
LACEY with Gerry

8:30 am - 3:30 pm

Mondays, October 13, November 10, December 8

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!

**Public Welcome + Register in-person at the Virgil Clarkson Lacey Senior Center or call the center + \$20 Per Student**



# Creative Arts



## Visual Arts

### Watercolor Group

LACEY with Michael

**Mondays — 1:00 - 3:00 pm**

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 with Patricia

**Tuesdays — 2:00 - 3:30 pm**

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 exchange of ideas.

**Public Welcome**

### Woodcarving

with Denise

LACEY

**Tuesdays — 8:30 - 11:00 am**

OLYMPIA

**Fridays — 8:30 - 11:00 am**

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**

### Needlecraft/Tatting Group

LACEY with Patti

**Tuesdays — 12:30 - 2:15 pm**

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**

### Yarn Magic

OLYMPIA

**Thursdays — 2:00 - 4:00 pm**

Come 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**

### Writing for Your Life

LACEY with Joan

**Mondays — 3:30 to 4:30 pm**

Here's a fun and easy way to remember, sort out, and record the stories of your life. This intriguing course by Joan Tucker welcomes anyone interested in writing, eager to remember and record their stories, enjoys a group atmosphere, and sometimes benefits from prompts to get started. We will have a weekly theme and lots of help to get going. Sharing will be facilitated and moderated. Bring a notebook or journal and your favorite pen or pencil.

**Public Welcome**

**Back for Fall!**

September 22 -  
December 15





## **Paid Visual Arts**

### **Memoir Writing Class**

LACEY with Carol

Fridays — 10:00 am - 12:00 pm

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 + Class Registration Required**



## **Performing Arts & Music**

### **Ukulele Ohana**

LACEY with Luman

Thursdays — 5:30 - 7:30 pm

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**

### **Sing Along with Brighter Days**

LACEY with Peggy

Fridays — 1:00 - 2:00 pm

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. No RSVP necessary.

**Public Welcome**

### **Music Mending Minds**

OLYMPIA with Eileen and Bob

Thursdays — 12:30 - 2:00 pm

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 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**

**Group Meetings:**

1<sup>st</sup> Mondays — 1:00 - 3:00 pm

**Rehearsals and Skill Building:**

Tuesdays — 12:00 - 4:00 pm

**Script Readings and Discussion:**

2<sup>nd</sup> and 4<sup>th</sup> Mondays — 1:00 to 3:00 pm



## Paid Performing Arts & Music

### Dance Socials

LACEY with Gerry

Tuesdays — 1:30 - 3:30 pm

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.

**Members \$7 + Public \$10**

### Let's Write a One Act Play!

**NEW!**

October 2 - 30

Olympia with Judy K.

Thursdays — 1:00 - 2:30 pm

This class will be a collaboration. All class attendees will together decide on a theme, story arc and structure without prompts. We will create characters and dialogue, and develop the scenes. All participants will learn script formatting. There will be homework! For the final class, we will rehearse the play by reading aloud, and then we will perform the play Reader's Theater-style for a small audience. (Depending on the progress made each week, there may be mid-week optional ZOOM meetups. After all, Rome wasn't built in a day!)

Bring something to take notes.

**Members Only + \$5 Instructor Fee**

### Read a Play, Engage and Have Fun

**Back for Fall!**

OLYMPIA with Judy O.

12:30 to 3:00 pm — October 1 & 15  
November 5 & 26  
December 3 & 17

Have you been inspired to go find a script, a book, or a DVD, because you were going to see a particular play or movie? Come read plays with other seniors, just for fun. Theater is made for many voices. Come enliven these dramatic stories with your own voice. Your instructor, Judy Oliver, has selected several kinds of plays for your enjoyment. No theatrical experience is necessary. We are just going to read to one another using paper scripts. You will have opportunities to discuss thoughts you have about the contents of each play.

**Members Only + \$10 Material Fee**

### Line Dancing

LACEY with Liz

Beginner: Mondays — 12:30 - 1:15 pm

Beginner Advanced: Mondays — 1:15 - 2:15 pm

Intermediate: Wednesdays — 1:30 - 3:00 pm

Intermediate: Fridays — 12:30 - 1:30 pm

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 + Registration Fee**

## Adaptive Creative Dance

OLYMPIA with Winnifred

Thursdays — 1:00 - 2:00 pm

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 Per Class**

## Ukulele Group

OLYMPIA

Thursdays — 2:00 - 3:45 pm

**NEW!**

Members: Free  
Non-Members:  
1 free drop-in

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: Ukulele, tuner, pencil and paper, and a music stand if you have one.

**All ages (18+) and skill levels are welcome + Registration Required**







# Social

## Dine Out

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 make a reservation with the front desk NO LATER than 2:00 pm the Monday of the week of Dine Out. Make your reservation by calling 360.586.6181

### Public Welcome

#### Lacey Senior Center

2ND Tuesdays — 4:30 pm

|  |   |
|--|---|
| October 14:  | El Sitio Steakhouse and Cantina<br>116 Legion Way SE<br>Olympia, WA 98501 |
| November 12:<br>(Moved to Wednesday due to Veterans Day) | Dirty Dave's Pizza<br>3939 Martin Way E<br>Olympia, WA 98506              |
| December 9:  | Toto's Teriyaki & Wok<br>6020 Pacific Ave SE<br>Lacey, WA 98503           |

#### Olympia Senior Center

2ND Thursdays — 5:00 pm

|              |   |
|--------------|---|
| October 9:   | Equal Latin<br>2752 Pacific Ave SE<br>Olympia, WA 98501 |
| November 13: | Uptown Grill<br>514 Capitol Way S<br>Olympia, WA 98501  |
| December 11: | Octapas<br>610 Water St SW<br>Olympia, WA 98501         |

## LGBTQ+ Lunch Bunch

LACEY

Last Tuesdays —  
11:30 am - 12:15 pm

OLYMPIA

2ND Tuesdays —  
11:30 am - 12:15 pm

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: A Fun, Easy Way to Help Build New Friendships

OLYMPIA with Terry

Mondays — 10:00 - 11:30 am

Loneliness can be like a droning background noise that's hard to turn down. Loneliness is Loud is a 90-minute workshop designed to help you break through isolation and take a simple, friendly first step toward connection. In a warm, welcoming space, you'll join others in light-hearted "relating games" and guided conversations that make it easy (and fun!) to connect with others. There's no pressure, no awkward small talk — just natural, comfortable ways to share, listen and laugh together. You'll leave feeling uplifted, seen and maybe even inspired to keep the connection going! This session is a perfect introduction, with an option to join our longer six-week series if you want to deepen these new skills and possibly build friendships. No preparation needed, just bring yourself!

### Members Only

NEW!

September 29 -  
November 10



# Recreation & Leisure



## Hobbies

### Fly Tying

LACEY with Michael

Wednesdays — 12:45 - 3:00 pm

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 with Perry

1<sup>ST</sup> and 3<sup>RD</sup> Thursdays — 1:00 - 3:00 pm

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

**Public Welcome**

### Open Book Club

LACEY with Lacey Library Staff

3<sup>RD</sup> Wednesdays — 2:00 - 3:00 pm

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**

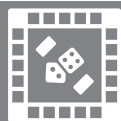
### Senior Reads Book Club

OLYMPIA

3<sup>RD</sup> 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**



## Games

### 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**

### Mah Jongg (Chinese Rules) for Beginners

LACEY with Marie and Ruth

Tuesdays — 9:00 am - 12:00 pm

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**



## Chess Essentials

LACEY with Perry

Wednesdays — 1:00 - 3:00 pm

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

**Public Welcome**

## Pinochle (Single Deck)

OLYMPIA

Thursdays — 12:30 pm

LACEY with Bev and James

Tuesdays — 12:30 - 3:30 pm

Fridays — 9:00 am - 12:00 pm

Join us for pinochle and fun. These groups continue to grow and have a wonderful enthusiasm for the game. Lacey does Pinochle with aplomb! All levels of play are welcome.

**Members Only**

## Double Deck Pinochle

LACEY with Sam and Dennis

Wednesdays — 9:00 am - 12:00 pm

Thursdays — 12:30 - 3:30 pm

Join Sam for 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 with Sandy

Mondays — 1:00 - 3:00 pm

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

**Members Only**

## Table Games

OLYMPIA

M/W/F — 12:00 - 3:00 pm

LACEY with Mike

Wednesdays — 12:30 - 3:30 pm

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

**Members Only**

## Euchre Group

OLYMPIA

Wednesdays — 12:30 - 2:00 pm

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

**Members Only**



# Services & Support



## Health Services

### Blood Pressure Checks

LACEY with Frederick

Mondays — 10:30 - 11:30 am

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

**Public Welcome**

### Diabetic Shoe Fittings

LACEY and OLYMPIA with Jon

By Appointment Only

Jon is with Priority Footwear. Shoes are covered by Medicare and other insurance companies. Contact Jon for appointment at 206.957.7772

**Public Welcome**



## Paid Health Services

### Reflexology

LACEY with Marcia

Wednesday Afternoons By Appointment Only

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**



## 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 Food Bank for commodities.

**Public Welcome**

### Intercity Transit/Bus Buddies

with Intercity Transit

OLYMPIA

1ST Wednesdays—10:00 am - 2:00 pm

LACEY

2ND Wednesdays — 10:00 am - 2:00 pm

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

with Lisa

OLYMPIA

1<sup>ST</sup> and 3<sup>RD</sup> Wednesdays—10:00 am - 3:00 pm

1<sup>ST</sup> and 3<sup>RD</sup> Fridays — 10:00 am - 3:00 pm

LACEY

1<sup>ST</sup> and 3<sup>RD</sup> Mondays — 12:30 - 3:30 pm

**Members Only + \$10 By Appointment**



## Technology & Accessibility

### Tech Help

OLYMPIA

Rich: Every 3rd Thursday from 10:00 am - 12:00 pm

Melinda: Mondays from 10:30 am - 1:00 pm

Adam: Tuesdays, Wednesdays and Fridays from 10:00 am - 1:00 pm

LACEY

Jeff: Tuesdays from 10:00 - 11:00 am

Jim: Thursdays, 10:00 - 11:00 am

Rich: 1<sup>ST</sup> Thursdays from 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**





# 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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](http://southsoundseniors.org/volunteer) or email [volunteers@southsoundseniors.org](mailto:volunteers@southsoundseniors.org)



# Your Life, Your Story

with Pam Toal

Have you ever wanted to write your memoir or leave a legacy for your loved ones? This eight-week course will help you write, share and preserve the life stories only you can tell. Whether you're a seasoned writer or just starting out, the Guided Autobiography process offers a structured, supportive environment to help you reflect on your life and the events that have shaped it. Each week you'll receive prompting questions to write two-pages at home on a theme such as family, career, friendship, travel and more. You'll bring your writing the following week to read aloud in class. Sharing life stories is an ideal way to find new meaning in life and put past events into perspective. No writing experience is necessary, just an openness to appreciate and share the unique life that is yours.

**Your Instructor:** Pam Toal is a published writer, coach, and certified Guided Autobiography facilitator. Her professional background in non-profits, higher education, and consulting led her to discover the rewards of writing and sharing life stories.

**\*Class limited to 9 students!**



Wednesdays  
September 24 -  
November 12



10:00 am -  
12:00 pm



Olympia Senior  
Center



Members:  
\$160

Non-Members:  
\$190



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



## Beautiful Lies/ Beautiful Truths I with Keith Eisner

For writers and would-be writers of fiction, memoir and essays. Expect to write at least seven pages a week. Improve your writing through short craft assignments, weekly "Wild Pages," in-class exercises, and through critiques of your own work and work of fellow students. You'll also be encouraged to participate in a public reading at the end of the quarter. Lots of work, lots of fun. Enrollment is limited to 10. This class fills quickly!

**Your Instructor:** A local writer and actor, Keith holds an MFA in Creative Writing from Goddard College. A former spokesperson for Thurston County and The Evergreen State College, Keith likes to write while listening to baseball on the radio. He's honored to have had one of his short stories included in the 2017 O. Henry Award Stories. He also won the 2019 Mighty River Short Story Contest held by Southeast Missouri University Press, and two of his stories appeared in the Mud Flat Shorts anthology.

*I write to discover what I know*  
—Flannery O'Connor



Tuesdays  
September 23 -  
November 4  
\*Last class will  
be held Monday,  
November 10 due  
to Veteran's Day



2:00 - 4:00 pm



Olympia Senior  
Center



Members:  
\$160

Non-Members:  
\$190  
+ \$5 material  
fee payable to  
instructor the first  
day of class



Registration:  
In-person at the  
Olympia Senior  
Center

# Survey of Mindfulness and Meditation: Choose What Works for You with Margo Benedetto

In this eight-week meditation-binge, both the seasoned practitioner and meditation-curious will have a chance to sample and dig more deeply into mindfulness and a variety of meditation styles, analyzing their form, purpose and effectiveness for personal use. Mindfulness has been described as a mental superpower, a natural brain function and boost to our mental and physical resilience, but why choose shamatha, vipassana, open monitoring, centering prayer, metta, tonglen or a simple body scan? You might find your perfect fit, or relax in knowing you don't have to. Class time will be divided between instruction, guided meditation, discussion and—if past performance is a predictor of future results—laughter and fun interaction, as well.

**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 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  
September 25 -  
November 13



10:00 am -  
12:00 pm



Olympia Senior  
Center



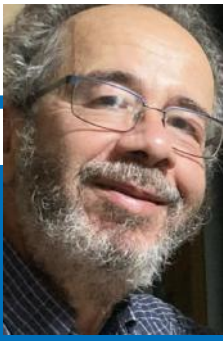
Members:  
\$160

Non-Members:  
\$190



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





# Saving the World, Again

## with John Rapano



Thursdays  
October 9 –  
November 13



1:00 – 3:00 pm



Olympia Senior  
Center



Members:  
\$120

Non-Members:  
\$150



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

By the 1960s, The Greatest Generation led us from the Depression and World War II to a period of unprecedented prosperity and technological innovation. They challenged racism, sexism, and reinvented our concept of elderhood, teaching us that active human development continues through late life. Now many of the advances they made are being reversed. American democracy is witnessing creeping autocracy, eroding trust in government, challenges to the rule of law, and threats to free and fair elections. This impacts social policies, health, work and retirement, family support and caregiving, housing, demographics, and economic well-being. Change is hard on those to whom it is happening. While many are thriving, many others struggle with health issues, depression, anxiety, and despair. Now, the “Baby Boomers” are today’s elders. Will we as individuals and as a cohort model integrity or despair? Can we, like our parents and grandparents before us, continue to show succeeding generations how to find hope and purpose in life and contribute to human flourishing? Can we elders, along with our family members and our communities, save the world again, locally and globally? Despite the stereotypes, most people over 60 are active, healthy, capable individuals, and 95% live independently. Throughout the course, we will share our lifetime of experiences to understand how our personal worldview affects our beliefs and values about aging and to become confident in our ability to identify and play an essential role in saving the world.

**Your Instructor:** John is retired from teaching Human Development and Family Studies at Pennsylvania State University. John also worked in a variety of human service roles: early childhood education, community mental health, aging services, and geriatric partial hospitalization programs. John earned a Ph.D. in the Administration and Leadership Studies for Nonprofits program at Indiana University of Pennsylvania in 2010. John “fully” retired and relocated to Olympia in 2019 but continues to be involved in a variety of volunteer activities.

# The Writing Spa

## with Anne Hansen

When was the last time you played with LEGOs or fashioned something from Play-Doh? These exercises will help you generate new material and embed craft skills as you revise and polish your writing. If you are beginning to write, or have logged hundreds of hours in the chair, the assignments will strengthen your voice and your confidence as you write in class and at home. Gentle feedback from one another will be part of our work. The final meeting is a Celebration Supper.

**Your Instructor:** Anne (Mitchelson) Hansen was an elementary teacher for 37 years with North Thurston Public Schools. Her favorite subject to teach was writing. She was a Teaching Consultant for Puget Sound Writing Project, and founded *Gadget Writing*, a series of workshops for children and adults, designed to reach and teach reluctant writers. Anne lives in Lacey with her husband David Hansen. She loves books and boats and bicycles, and has several quilts in progress at any given time in the sewing room.



Wednesdays,  
September 24 -  
November 12



2:00 - 4:00 pm



Olympia Senior  
Center



Members:  
\$160

Non-Members:  
\$190



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



# Shepherding Your Novel

## with Diane Chiddister



**Mondays,  
October 6 –  
November 10**



**1:00 – 3:00 pm**



**Olympia Senior  
Center**



**Members:  
\$120**

**Non-Members:  
\$150**



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

This is a class for those who are in the midst of a long-ish writing project. While it's specifically for those writing a novel, it could also be useful to someone writing a memoir or nonfiction book. If you're feeling stuck, this class might be for you. To help us keep moving, and perhaps feel less stuck, we'll try to go deeper into our characters. Since characters are the drivers of plot, we'll focus on them. How do we get to know our characters better? We'll do discovery exercises, that is, prompts, looking at different aspects of who our characters are, their quirks and desires. We'll look for clues on what motivates them; from this, we'll find ways to move forward. Along with writing prompts, in class we'll also read our work, and get feedback from others. You'll be expected to write 5-7 pages of new material for each class. Those who have taken writing classes know that a writing class quickly becomes a community of highly valued peers. We'll approach each other's work with kindness, honesty and respect.

**Your Instructor:** Diane Chiddister has been writing fiction for more than 40 years, starting at the Iowa Writers Workshop. After I received my MFA from Iowa in 1981, I veered into journalism and spent my working life there. But my first love was fiction writing, and I was always working on a short story. After retiring from journalism, I wrote and published my first novel, "One More Day," in 2021. "One More Day" won the \$8,000 grand prize in the North Street Book Prize competition and was also runner up in the First Novel division of the Next Generation Book Awards. Since then, I've completed a second novel and am working on my third. I'm struggling a bit with this third one, and have, while trying to get out of my own stuck-ness, been thinking about how to help others who also take on long projects. Even if you're not struggling with finishing your book, I believe this class can deepen and strengthen your writing.

**\*Class limited to 10 students!**

# Witches Magick and Goddesses: The Rise of Neopaganism from Romanticism to the 21st Century with Bruce Lerro

Pagans have been attacked by the Abrahamic religions for well over 3,000 years. Yet paganism has survived the Inquisition, the witch hunts and as well as the attacks by mechanistic scientists in 17th century Europe. What have been the qualities of pagan magic that have made it a resilient tradition among the peasantry (low magick), the middle class and even the upper middle class (high magick) in European history? What about the existence of witches in Europe? Were they real or were they hatched of the paranoid minds of the Inquisition? We discuss pagan holidays, rites of passage, and tools used along with guided imagery to create altered states of consciousness. We define what magick is and isn't. As part of the romantic movement in the 19th century a new kind of paganism emerged which has been called "Neopaganism". In the new kind of paganism, the presence of feminism and matriarchy theory made itself felt. We discuss its practices, important books, its controversies and its diffusion across first England and then the United States. What are the demographics of Neopaganism in England and the United States today? Why do some pagans work in covens, others in lodges and others work by themselves? Are the gods and goddesses real? That depends on the type of Neopagan group you converse with. Who are Neopagans heroines and heroes? "But isn't Neopaganism really just New Age?" Most Neopagans want nothing to do with New Age. Find out why. We close the class with a discussion of nine controversies that divide pagan communities.

**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 word history. Bruce is also a pen-and-ink- artist.



**Tuesdays**  
September 23 -  
November 26  
\*Last class will be  
held Wednesday,  
November 26 due  
to Veteran's Day



**2:00 - 4:00 pm**



**Olympia Senior  
Center**



**Members:  
\$180**

**Non-Members:  
\$210**



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

**\*Required reading:**  
Introduction to Pagan  
Studies (2007) Barbara,  
Jane Davy Altamira Press






## Making a Better World for All: Contributing in Community with Others (A Late Life Design Workshop) with Marty Worchester

Do you wish for a better world than it is now? Do you want to support the next generation in finding their way? What and how can you contribute? In this workshop you will: explore groups you belong to and ways they contribute to improving life. Learn how to connect with international, national, state, and local groups. create a design for your time in community wide concerns to gain a sense of balance and meaning as you continue to contribute to the world as you age. Come share your vision for a better future and learn ways to create networks of cooperation with others in making a better life for all and the planet we share.

**Your Instructor:** Marty (Martha) Worchester 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. Email [keysaging@gmail.com](mailto:keysaging@gmail.com) Website - <https://www.keystoaging-latelifedesign.com>

 **Olympia Senior Center**

 **Mondays, October 13 - 27**


 **10:00 am - 12:00 pm**

 **Lacey Senior Center**


 **Tuesdays, October 14 - 28**

 **12:00 - 2:00 pm**

(Both Centers)

 **Members: \$60**

**Non-Members: \$90**

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

# Echoes of Sovereignty: Indigenizing the Present

with Ron Johnson

This six-week course invites participants into a deeper exploration of Indigenous presence, persistence, and resurgence in the Pacific Northwest—through a holistic lens that honors the interconnectedness of thought, experience, emotion, and spirit. Guided by Indigenous lifeways within the lands and stories of Northwest Nations, we'll move beyond linear narratives to embrace learning as a living, relational process. Each session builds upon the last through shared stories, land-based understanding, and dialogue with community voices. Together, we'll reflect on the legacies of colonial policy and the movements of renewal led by Native communities today—from language revitalization to treaty justice, from environmental stewardship to cultural healing. Rather than separating our ways of knowing, this course enriches a unified awareness of place, history, and the responsibilities we carry into the future. Designed to nourish curiosity, connection, and shared purpose, Echoes of Sovereignty offers not only understanding but the opportunity to live commonly in relationship with land, community, and nature.

**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.



Fridays,  
October 3 -  
November 7



2:00 - 4:00 pm



ZOOM



Members:  
\$120

Non-Members:  
\$150



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

# Introducing Well Check!

*A friendly phone call can go a long way.*



## Feeling isolated or living alone?

You're not alone and we're here to help. Well Check is a free phone assurance program offering weekly calls from trained volunteers. It's all about connection, compassion and support.

### What You'll Get

- ✓ A weekly call from a friendly, trained volunteer
- ✓ Genuine conversation and emotional support
- ✓ A caring check-in to see how you're doing
- ✓ Monday - Friday scheduling available



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today!

Senior  
Services  
FOR SOUTH SOUND 

[southsoundseniors.org/wellcheck](https://southsoundseniors.org/wellcheck) | [wellcheck@southsoundseniors.org](mailto:wellcheck@southsoundseniors.org)





21+ bingo nights alternating between the Virgil Clarkson Lacey Senior Center and the Olympia Senior Center are hosted by local storyteller Elizabeth Lord. Doors open 6:00 pm, games start at 7:00 pm. **Cash only entry, bar and snacks.** Enjoy \$60 game payouts, \$2 Special Games tickets, costume contest and a 50/50 raffle. Grab your friends and get ready to play bingo!



|   |    |  |    |
|---|----|--|----|
| 55+ AARP Smart Driver Two-Day Workshops.....    | 16 | Meals on Wheels.....                         | 26 |
| 55+ Senior Driving Workshops.....               | 16 | Memoir Writing Class.....                    | 18 |
| Adaptive Creative Dance.....                    | 20 | Music Mending Minds.....                     | 18 |
| Advance Directives & Dementia Legal Planning..  | 15 | Navigating Retirement and Aging.....         | 14 |
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| Art Mixed Media.....                            | 17 | Open Book Club.....                          | 22 |
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| Budd Bay Bargains.....                          | 27 | Read a Play, Engage and Have Fun.....        | 19 |
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There's more to  
**see online!**

[southsoundseniors.org](https://southsoundseniors.org)



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Thank you to our Local Partners:

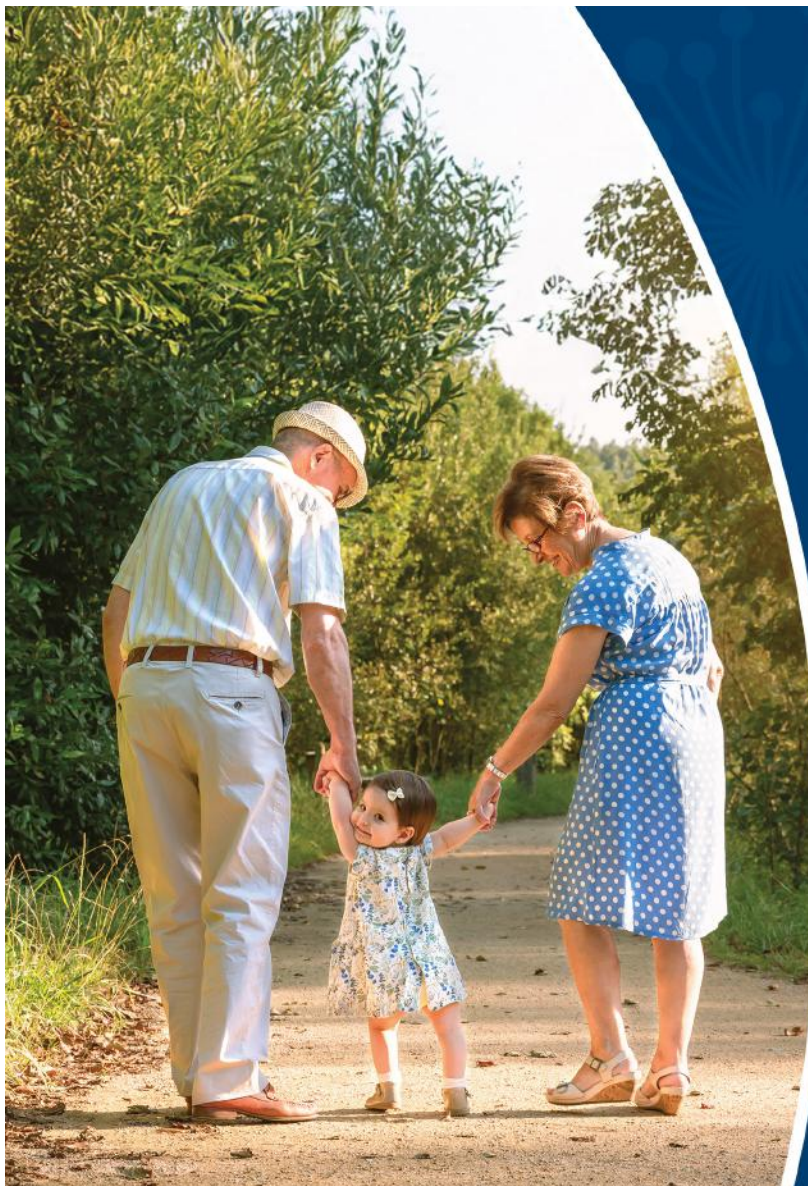


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For more information, please contact our Development Team at 360.586.6181 ext. 110 or visit [seniorserviceslegacy.org](https://seniorserviceslegacy.org)