

Lifelong Learning

Classes, Activities, Programs and Services

Senior
Services
FOR SOUTH SOUND



Summer Quarter 2026

June 29 - September 25

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



A message from the Activities Director

Hello friends,

Summer in the PNW – nothing quite compares! It's the season of enjoying the bounty of the natural world, whether that's nurturing your garden, feasting on local produce or simply sitting outside and listening to birdsong. This season is often a time for excursions and visits, so please know that our Centers are open and offering a full slate of programs all summer long.

As I complete five months in this position, I continue to be impressed by the range of interests and passions that people bring to our Centers, as well as the dedication of our volunteers and staff. Our goal is for these interests and passions to be reflected in this catalog, and we're here to support you in finding access points to Move, Learn, Create, Connect and Play. If you need help finding the right fit, please stop by the Olympia or Lacey lobby desk and we're happy to guide you.

I'm excited to announce a new pilot program, "Wednesday Stay and Play", happening at the Olympia Center July 8th – August 12th. For these six weeks, we are offering extended programming where you can choose a 4:30pm Enhance®Fitness class OR play table or card games until 5:30pm. Please see the full description on page 28 with the pre-registration link for Enhance®Fitness. We're also hosting Discover Senior Services events at 4:30 pm on July 15th and August 12th, which will include an overview of our programs, a tour and light snacks. If you're new to Olympia or to our organization, we encourage you to learn more about us!

It has been a delight to meet so many members of our community, and I look forward to getting to know more of you and learning how we can further enhance your lives as you age.

Warmly,

Denise

Denise Kleinman, Activities Director

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! IMPORTANT INFORMATION

**Center Closures
Summer 2026:**

July 3:
Independence Day

September 7:
Labor Day



■ OLYMPIA SENIOR CENTER

M-F
8:30 am - 4:00 pm
222 Columbia Street NW
Olympia, WA 98501
360.586.6181

● VIRGIL CLARKSON LACEY SENIOR CENTER

M-F
8:30 am - 4:00 pm
6757 Pacific Avenue SE
Lacey, WA 98503
360.407.3967

HOW TO REGISTER



Online

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



By Phone

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



In Person

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

Instructor/Materials Fees

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

Contents Subject to Change

The contents of this catalog are subject to change. Class dates and times may change due to low enrollment or unforeseen circumstances. Call our centers to confirm schedule information.

Limited Scholarships Available

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



WHAT'S INCLUDED with membership?

Your membership opens the door to more opportunities, savings and ways to stay connected **all year long.**

JUST **\$72** FOR A FULL YEAR OF MEMBERSHIP!



Access to

40+

EXCLUSIVE ACTIVITIES



Lower tuition on

SENIOR ACADEMY



Discounts for

TRIPS & TOURS



SUPPORT THAT MAKES A DIFFERENCE

Your donation helps programs and services that enhance the lives of older adults in our community.



Prefer to give throughout the year?

Your membership automatically activates once your calendar-year donations reach \$72.



Interested in becoming a Lifetime Member?

A total of \$1,200 in calendar-year donations earns Lifetime Membership.



VISIT EITHER RECEPTION DESK



CALL 360.586.6181



VISIT southsoundseniors.org



Move Fitness activities for all abilities.

Explore Olympia Walkabout

■ OLYMPIA

2nd Thursdays — 10:00 am
with Betsy

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

Public Welcome

ZUMBA® After Hours

● LACEY

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

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

Members Only

Tai Chi

● LACEY

Mondays — 5:00 - 6:00 pm
with Steve

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

Members Only

Chair ZUMBA®

● LACEY

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

Chair Zumba® is a seated, low-impact, version of the Latin inspired dance fitness program. Helping with muscle tone, coordination, flexibility and some cardio, it is ideal for folks with mobility or balance concerns who enjoy music and dance.

Members Only

Line Dancing

● LACEY

Mondays

Beginner — 12:30 - 1:15 pm

Beginner Advanced — 1:15 - 2:15 pm

Wednesdays

Intermediate — 1:30 - 3:30 pm

Fridays

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

A fun and exhilarating form of group exercise, dancers line up without a partner and follow a choreographed pattern of steps. Learn a wide variety of dances like the Electric Slide, Cha-Cha, Mambo, Rumba, Tango, Waltzes and more!

Members Only

Paid Activities

ZUMBA® Gold

● **LACEY**

Tuesdays — 9:30 - 10:15 am
with Diana & Heather

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

Members Only

\$5 Suggested instructor donation per class

Yoga for All

● **LACEY**

1st & 3rd Mondays & Wednesdays
11:00 am - 12:00 pm
with Sharon

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

Members Only

\$5 Suggested instructor donation per class

Chair Yoga

■ **OLYMPIA**

Tuesdays — 1:00 - 2:00 pm
with Sharon

● **LACEY**

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

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

Members Only

\$5 Suggested instructor donation per class

Gentle Yoga

■ **OLYMPIA**

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

Thursdays — 10:00 - 11:00 am
with Maureen

Mondays & Wednesdays — 10:30 - 11:30 am
with Walt

● **LACEY**

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

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

Members Only

\$5 Suggested instructor donation per class

Dance Socials

● **LACEY**

Tuesdays — 1:30 - 3:30 pm
with Bert and Bill

Dance or listen to Swing Stuff, a live band who know how to get your feet moving! No partner necessary. All skill levels welcome. Coffee and snacks provided.

Public Welcome

Members \$7, Non-Members \$10

Paid Activities Cont.

Adaptive Creative Dance

■ OLYMPIA

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

A fun way to stay physically and mentally active while building connections with others! Using Brain Compatible Dance Education, we'll learn basic modern dance, ballet and jazz techniques adapted for a range of mobility types. Participants can take class seated, standing, or with a mobility aide. We'll also take time for playful improvisational movement and creation opportunities, working together to learn and make dances!

Public Welcome

\$5 Suggested instructor donation per class

Tai Ji Quan: Moving for Better Balance™

■ OLYMPIA*

Beginning:

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

● LACEY

Beginning:

Mondays — 2:30 - 3:30 pm
Thursdays — 10:30 - 11:30 am
with Marie & Lynn

Advanced:

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

This is a research-based balance training program aiming to help prevent falls by improving strength, balance, mobility and daily functioning. Enrollment in class after the first month is at the discretion of the instructor.

Members Only

*\$4 Suggested instructor donation per class

Enhance®Fitness

■ OLYMPIA

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

● LACEY

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

Enhance®Fitness, 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. EF classes may be free to you through either Silver&Fit OR OnePass. Learn more online or call your center to find out how!

Members Only

\$4 Fee per class

NEW!

Stay and Play Enhance®Fitness

■ OLYMPIA

July 8 - August 12

Wednesdays — 4:30 - 5:30 pm
with Sue

Same class, new time! Join us on Stay and Play Wednesdays throughout July and August for this bonus Enhance®Fitness class.

Public Welcome

\$24 for 6-week session

Pre-registration required! Register online or with Olympia Senior Center reception. 6 Weeks only; no refunds for unattended classes.



Learn Classes for curious minds.

World Geography: Come Explore!

■ OLYMPIA

Mondays — 12:00 - 1:30 pm
with Jean

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

Members Only

TED Talks Plus

● LACEY

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

Technology, Entertainment and Design (TED) Talks typically consist of three presentations about cutting edge information from 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.

Members Only

Wednesday Speaker Series

■ OLYMPIA

Wednesdays — 11:00 am - 11:45 pm

Mark your calendars for the Wednesday Speaker Series! Each week we'll welcome a guest speaker for an engaging and lively discussion. Our lineup will feature technologists, scientists, authors, musicians, and more. Be sure to watch for the monthly schedule so you don't miss out!

Public Welcome

Unforgettable Art

■ OLYMPIA

July 1, Aug. 12 & Sep. 9 —
11:00 am - 12:00 pm
with Maureen

We're bringing the museum to you! Experience the joy of seeing artwork up close and personal in this inspiring one-hour art-viewing program designed to spark conversation and connection. Enriched with music and poetry, the experience creates a multi-sensory atmosphere that deepens art appreciation.

Topics:

- July 1: Picasso
- August 12: Tropical
- September 9: Harvest

Public Welcome



Paid Activities

Cooking with Chef Mary

■ OLYMPIA

3rd Tuesdays — 12:00 - 1:30 pm
with Mary

Join Chef Mary for a fun and engaging cooking class focused on nutritious meals that are both delicious and easy to prepare. Designed with seniors in mind, each session includes live demonstrations, take-home recipes, and the opportunity to sample the dishes prepared during class.

Members Only

\$5 Suggested instructor donation per class

55+ AARP Smart Driver Two-Day Workshop

■ OLYMPIA

August 25 - 26 — 9:30 am - 2:00 pm
with Dan

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

Public Welcome

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

55+ Senior Driving Workshops

● LACEY

No class in July

2nd Mondays — 8:30 am - 3:30 pm
with Gerry

Join Gerry Apple in this interactive workshop covering topics such as texting, driving in bad weather, handling emergencies, freeways, reference points, what to do in the case of a collision and more! After attending, you will receive a certificate that can apply a 5 to 10% discount on your auto insurance over a two-year period. Register in-person at the Virgil Clarkson Lacey Senior Center or call the center. Minimum 6 and Maximum 15 students.

Public Welcome

\$20 Per student

Check out our
monthly newsletter
for special activities
and presentations!

Scan the code



Or go to:
southsoundseniors.org/downloads



Yarn Magic

■ OLYMPIA

Thursdays — 2:00 - 4:00 pm

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

Members Only

Watercolor Group

● LACEY

Mondays — 1:00 - 3:00 pm
with Michael

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

Members Only

Art Mixed Media

● LACEY

Tuesdays — 1:00 - 3:00 pm
with Joan

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

Public Welcome

Needlecraft/Tatting Group

● LACEY

Tuesdays — 12:30 - 2:15 pm
with Patti

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

Members Only

Memoir Writing Class

● LACEY

Wednesdays — 3:00 - 4:00 pm
with Steve

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

This popular class will be led by class members in rotation. Learn how to let your written words become an heirloom for generations to come. Registration is required and limited.

Members Only

Woodcarving

■ OLYMPIA

Fridays — 8:30 - 11:00 am
with Denise

● LACEY

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

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

Members Only

Reader's Theater Unlimited

■ OLYMPIA

with Maggie

Beginning in Sept.

Group Meetings

1st Mondays — 1:00 - 3:00 pm

Rehearsals & Skill Building

Tuesdays — 12:00 - 4:00 pm

Script Readings & Discussion

2nd & 4th Mondays — 1:00 - 3:00 pm

Come find out what Reader's Theater Unlimited 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.

Members Only

Readers' Theater Unlimited Skillbuilding Workshops

■ OLYMPIA

Mondays — 1:00 - 3:00 pm

Tuesdays — 12:00 - 4:00 pm

with Maggie

NEW!

August Only

For August, Readers Theater Unlimited will host a series of welcoming, skill-building sessions designed to help both new and returning members strengthen their craft.

Members Only

Read a Play

Beginning Sept. 2

■ OLYMPIA

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

If you have looked for a book, a script, a DVD or YouTube video because you saw or plan to see a play or a movie—this group is for you. We read play scripts just for fun. No theater experience is necessary. We use paper scripts and a digital screen to read out loud to one another to bring scripts to life. Members suggest scripts and may volunteer to facilitate a script. Judy Oliver will coordinate script selection and readings.

Members Only

Music Mending Minds

■ OLYMPIA

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

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

Public Welcome

Ukulele Group

■ OLYMPIA

Thursdays — 1:00 - 4:00 pm

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

Members Only

Sing Along with Brighter Days

● LACEY

Fridays — 1:00 - 2:00 pm
with Peggy

Come sing 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 provided.

Public Welcome

Fly Tying

● LACEY

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

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

Members Only

Open Creativity Group

NEW!

■ OLYMPIA

Tuesdays — 12:00 - 1:30 pm
with Catherine

Join us in the Olympia Senior Center lobby for a casual creative gathering. Bring your writing, crafting, art project, or any other creative endeavor, and spend some time creating in the company of others. Whether you're looking for inspiration, accountability, or simply a welcoming place to work, we'd love to have you join us.

Public Welcome

Ukulele Ohana

● LACEY

Thursdays — 6:00 - 7:30 pm
with Carole

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



Connect Gatherings and discussion.

Laughing Circle

■ OLYMPIA

Fridays — 10:30 - 11:30 am

Come share some joy at our Laughing Circle—a lighthearted, welcoming gathering focused on laughter, relaxation and connection. No jokes or experience required; we'll lift our spirits, reduce stress, and enjoy the many health benefits of laughing together.

[Public Welcome](#)

Owning the Age I Am

● LACEY

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

Come listen, learn and share. An ongoing discussion for persons in later 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](#)

Current Issues

■ OLYMPIA

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

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

[Public Welcome](#)

Speaking of Transitions - Navigating the Journey of Retirement and Aging

■ OLYMPIA

Beginning August 6

1st Thursdays — 1:30 - 3:00 pm
with Edwin

This group explores five of the most common issues people deal with in aging and retirement: living location, living companion(s) if any, finances, health and personal/social connections. This process of transition requires time and effort, and only YOU can walk your walk and talk your talk. Our purpose is to discuss this information together, so we can learn from each other. Facilitated by a former college career counselor.

[Public Welcome](#)

Intercambio Cultural

NEW!

■ OLYMPIA

3rd Thursdays — 10:30 am -11:30 am
with Scott

Join us for a welcoming cultural exchange gathering where culturally curious seniors and Spanish-speaking community members can come together to share stories, music, traditions, food, language, and friendship. No special experience or fluency in Spanish is needed — just curiosity, kindness, and an interest in connecting with others.

[Public Welcome](#)



Coffee and Conversation

● LACEY

Thursdays — 9:30 - 11:00 am
with Joe

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

[Public Welcome](#)

NW Gardening Group

● LACEY

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

Perry McCoy is our Chess Master, but is also an INCREDIBLE gardener! Learn tips and tricks to make your garden thrive!

[Public Welcome](#)

Senior Reads Book Club

■ OLYMPIA

3rd Thursdays — 10:00 am

Join us for our monthly book club! Each month we'll meet to discuss our chosen book.

[Public Welcome](#)

Story Circle

NEW!

■ OLYMPIA

Mondays — 11:00 - 11:45 am
with Candy

Each participant will have up to 10 minutes to share a story from their own life. Rather than performance storytelling, this gathering focuses on authentic connection, reflection, and understanding. A new theme will guide each month's stories, and whether you choose to share or simply listen, you are welcome to participate at your own comfort level.

[Public Welcome](#)

Open Book Club

● LACEY

3rd Wednesdays — 1:30 - 3:00 pm
with the Lacey Timberland Library Staff

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

[Public Welcome](#)

Korean Elders

● LACEY

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

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

Members Only

French Conversation

● LACEY

Mondays — 10:30 - 11:30 am
with Josie

Join us for fun conversation in this casual setting. Josie will facilitate conversation. No specific course structure, just come for a great chat!

Public Welcome

Conversaciones en Español

■ OLYMPIA

Wednesdays — 10:30 - 11:30 am

● LACEY

Tuesdays — 2:00 - 3:00 pm
with Juan

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

Public Welcome

Paid Activities

Let's Do Lunch!

■ OLYMPIA

4th Tuesdays — 11:30 am

July 28: Rica Cocina
111 Columbia Street NW
Olympia, WA 98501

August 25: River's Edge
4611 Tumwater Valley Golf Course
Tumwater, WA 98512

September 22: Nicole's Bar
109 Legion Way SW
Olympia, WA 98501

Let's Do Lunch is a monthly opportunity for seniors to gather, socialize, and enjoy a meal together at a local restaurant. Each month the group meets at a different spot, giving participants a chance to explore local dining while spending time with friends old and new. Participants simply pay for their own meal and enjoy the good company. Please sign up at the Olympia Reception Desk.

Public Welcome



Paid Activities Cont.

Dine Out for Dinner

■ OLYMPIA

2nd Thursdays — 5:00 pm

July 9: Gold Standard
302 Capitol Way North
Olympia, WA 98501

August 13: Oly Tap Room
312 Columbia St NW
Olympia, WA 98501

September 10: Row
208 State Ave NE
Olympia, WA 98501

● LACEY

2nd Tuesdays — 4:30 pm

July 14: Anthony's Hearthfire Grill
1675 Marine Dr. NE
Olympia, WA 98501

August 11: Olive Garden
2400 Capitol Mall Dr. SW
Olympia, WA 98502

September 8: The Ram
8100 Freedom Ln NE
Lacey, WA 98516

Everyone is invited to join us for a great evening meal and even better company! Meet at the restaurant; everyone pays for their own meal. For Olympia Dine Out dates, please sign up at the Olympia Reception Desk.

Public Welcome

LGBTQ+ Lunch Bunch

■ OLYMPIA

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

● LACEY

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

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

Public Welcome

Suggested donation of \$4 - \$8 for adults 60 or older. \$13 for guests under 60.



Discover Senior Services!

■ OLYMPIA

Wednesdays,
July 15 & August 12

4:30 pm

Public welcome

Find out what being a member of Senior Services is all about with building tours, refreshments and presentations by our experienced activities staff.



Play Classic card and board games.

Chess Essentials

● LACEY

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

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

Members Only

Euchre Group

■ OLYMPIA

Wednesdays — 12:00 - 4:00 pm

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

Members Only

Party Bridge

■ OLYMPIA

Mondays — 1:00 - 3:00 pm
with Sandy

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

Members Only

Pinochle (Single Deck)

■ OLYMPIA

Thursdays — 12:30 - 4:00 pm

● LACEY

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

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

Members Only

Double Deck Pinochle

● LACEY

Wednesdays — 9:00 am - 12:00 pm
Thursdays — 12:30 - 3:30 pm
with Sam & Helen

Join Sam and Helen 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

Scrabble

■ OLYMPIA

Wednesdays — 10:00 am - 12:00 pm

Why did the dictionary feel so popular? Everyone wanted to play Scrabble with it! This relaxed, low-stress Scrabble group welcomes all skill levels and focuses on friendly play, light brain exercise, and great company—no pressure, just good words and even better laughs.

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

Rummikub

■ OLYMPIA

Wednesdays — 11:30 am - 3:30 pm

Come play Rummikub with us at the Olympia Senior Center! It's a lively game that's easy to learn and hard to put down. Whether you're a seasoned pro or brand new, you'll fit right in—just pull up a chair and join the fun. Expect a little friendly competition, plenty of good conversation, and maybe even a winning streak or two!

Members Only

Mah Jongg (American Rules)

■ OLYMPIA

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

● LACEY

Fridays — 1:00 - 4:00 pm
with Ellin

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

Members Only

Mah Jongg for Beginners (Chinese Rules)

● LACEY

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

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

Members Only

Hand and Foot

■ OLYMPIA

Fridays — 11:30 am - 4:00 pm

Hand and Foot is a fun, easygoing card game played with teams and multiple decks, similar to Canasta. Players work together to build sets and enjoy a bit of strategy. This low-pressure game is perfect for both beginners and experienced players, with a friendly pace and a focus on social connection rather than competition.

Members Only

Beginning Mah Jongg (American Rules) **NEW!**

September 9 - 30

■ OLYMPIA

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

Discover the joy of American Mah Jongg in this welcoming, beginner group. Learn the basics, build your skills, and enjoy connecting with others along the way.

Members Only

Limited to 12 participants. Sign up at the Olympia Reception Desk.

Stay & Play Board and Card Games **NEW!**

July 8 - August 12

■ OLYMPIA

Wednesdays — 4:00 - 5:30 pm

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

Members Only



Support Services for body and soul.

Blood Pressure Checks

● LACEY

Mondays — 10:30 - 11:30 am
with Frederick

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

[Public Welcome](#)

Food Bank and Commodities Distribution

■ OLYMPIA

3rd Fridays — 10:30 - 11:30 am

Food Bank for low-income seniors. Must sign-up with the Thurston County Food Bank when you arrive.

[Public Welcome](#)

Free Notary Services

■ OLYMPIA

2nd & 4th Mondays — 1:00 - 2:00 pm
with Joceile

● LACEY

1st Mondays — 1:00 - 2:00 pm
with Joceile

Free Notary Services are available for senior center participants needing assistance with basic document notarization. This service offers a convenient, low-stress way to take care of important paperwork in a supportive environment. Please bring a valid photo ID and unsigned documents.

[Public Welcome](#)

Tech Help

■ OLYMPIA

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

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

● LACEY

Tuesdays — 10:00 - 11:00 am
with Jeff

1st Thursdays — 10:00 am - 12:00 pm
with Rich

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](#)

Death Café

■ OLYMPIA

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

● LACEY

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

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

[Public Welcome](#)



Bereavement Support Group: Life After Loss

■ OLYMPIA

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

● LACEY

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

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

Public Welcome

Low Vision Support Group

■ OLYMPIA

1st Thursdays — 2:30 - 3:30 pm
with Marty & Clair

New day
& time!

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

Public Welcome

ALS Support Group

■ OLYMPIA

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

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

Public Welcome

Dementia Caregiver Support Group

● LACEY

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

This support group will lift up Caregivers of those with 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.

Public Welcome

Parkinson's Disease Support Group

■ OLYMPIA

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

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

Public Welcome

1:1 Late Life Planning

● LACEY

July & August: Tuesdays
10:00 am - 12:00 pm
September: Wednesdays
10:00 am - 12:00 pm
with Marty

One-on-one appointments with Marty to help you navigate all the planning that later life requires.

Public Welcome

July meetings
will be held on
July 6 & 10 due
to the holiday.

Weekly Drop-In Meditation

■ OLYMPIA

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

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

[Public Welcome](#)

AL-Anon Support Group

■ OLYMPIA

Wednesdays — 12:30 - 1:30 pm

AL-Anon is a supportive group for people whose lives have been affected by someone else's drinking. In a welcoming and confidential setting, participants share experiences, strength, and hope while learning healthy ways to cope and care for themselves. This peer-led meeting offers understanding, encouragement, and connection for anyone seeking support.

[Public Welcome](#)

Brain Injury Alliance of WA Meetings

● LACEY

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

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

[Public Welcome](#)

Caring for the Caregiver

NEW!

■ OLYMPIA

1st Tuesdays — 2:00 - 3:00 pm

Caring for someone else can be really rewarding—but it can also wear you out. This group isn't about the day-to-day caregiving tasks—it's about taking care of you. Come share, swap ideas for managing stress, and find support for your own physical and emotional well-being in a relaxed, welcoming space.

[Public Welcome](#)

Veterans and First Responders Support Group

● LACEY

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

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

[Public Welcome](#)

Threadworks!

● LACEY

1st Wednesdays — *12:00 - 4:00 pm
with Kim

Kim will help you mend, patch, darn and sew on that wiggly button to extend the life of your favorite clothes.

[Public Welcome](#) *By appointment only



Paid Activities

Nail Care for Feet

■ OLYMPIA

1st & 3rd Fridays — *9:00 am - 3:00 pm
with Julie, RN

● LACEY

2nd Fridays — *9:00 am - 3:00 pm
with Julie, RN

This is a medically-based routine Foot Care service provided by a Podiatry-Trained Registered Nurse. The service provided focuses on health and comfort rather than cosmetic treatment. Sessions address conditions such as misshapen nails, as well as other nail or skin concerns arising from bunions, hammer toes, and improper footwear. Routine Foot Care offers professional, compassionate attention to help keep your feet healthy and well-cared for. Please bring a seat cushion if you would like. Appointments can be made by calling the reception desk of the location you would like to receive care.

Members Only

*By appointment only

\$25 - \$75 Suggested donation (sliding scale)

Haircuts

■ OLYMPIA

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

● LACEY

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

Our senior centers offers affordable, convenient haircuts in a welcoming and relaxed environment. Services are provided by Lisa who understands the needs and preferences of older adults. We're here to help you look and feel your best. Appointments are easy to schedule - just contact our front desks!

Public Welcome

*By appointment only

Members: \$10 Per appointment

Non-Members: \$16 Per appointment

Urgent Need:
Mason County
Transportation
Drivers



Scan to learn
more and
apply!

southsoundseniors.org/volunteer

Senior Services All Programs



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 \$13 per meal. Visit our website for our monthly menu!

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

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

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

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

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

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



Meals on Wheels

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



Brighter Days Adult Day Program

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



Home Share

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



Inclusion

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



Pet Assistance for Low-Income Seniors (PALS)

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



SHIBA (Statewide Health Insurance Benefits Advisors)

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



Transportation

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



Trips & Tours

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



Well Check

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



Budd Bay Bargains

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



Volunteer With Us!

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

THE MOST FUN YOU'LL EVER HAVE PLAYING BINGO!

Join us for 21+ bingo nights hosted by local storyteller Elizabeth Lord! Doors open at 6:00 pm and games start at 7:00 pm. Entry is \$25, with a bar and snacks available. This is a cash-only event. Enjoy \$60 game payouts, 2 for \$5 special games, a 50/50 raffle and a costume contest!



STEAMPUNK
BINGO
21
plus
Only
6 pm
feat. ELIZABETH LORD
August 22
Lacey Senior Center

Senior Services
FOR SOUTH SOUND

The poster features a dark, industrial steampunk aesthetic with brass gears and pipes. The text is rendered in a metallic, embossed font. The event details are clearly laid out, including the time, featured storyteller, date, and location.



ROCKY HORROR BINGO
SATURDAY, OCTOBER 24  OLYMPIA SENIOR CENTER

The poster has a dark red, textured background. On the left is a stylized illustration of a woman with dark hair and a pearl necklace. The text is in a white, dripping, horror-themed font. A small icon of lips is placed between the date and the location.



Lacey Sweater
BINGO
Saturday,
December 12
Virgil Clarkson
Lacey Senior Center

The poster has a light blue background with a white zigzag border on the sides. The word 'Lacey' is formed by a grid of dots, and 'Sweater' is in a white cursive font. The event details are in a clean, sans-serif font.

1:1 Late Life Planning	21	Meals on Wheels	24
Adaptive Creative Dance	8	Memoir Writing Class	11
AL-Anon Support Group	22	Music Mending Minds	12
ALS Support Group	21	Nail Care for Feet.....	23
Art Mixed Media.....	11	Needlecraft/Tatting Group	11
Bereavement Support Group.....	21	NW Gardening Group	15
Blood Pressure Checks	20	Open Book Club	15
Brain Injury Alliance of WA Meetings	22	Open Creativity Group.....	13
Brighter Days Adult Day Program	24	Owning the Age I Am	14
Budd Bay Bargains.....	25	PALS	25
Caring for the Caregiver	22	Parkinson's Disease Support Group.....	21
Chair Yoga.....	7	Party Bridge.....	18
Chair ZUMBA®	6	Pinochle (Single Deck)	18
Chess Essentials	18	Read a Play.....	12
Coffee and Conversation	15	Reader's Theater Unlimited.....	12
Community Dining	24	Rummikub.....	19
Conversaciones en Español.....	16	Scrabble	18
Cooking with Chef Mary.....	10	Senior Reads Book Club	15
Cribbage	18	SHIBA	25
Current Issues.....	14	Sing Along with Brighter Days	13
Dance Socials.....	7	Speaking of Transitions.....	14
Death Café	20	Stay and Play Enhance®Fitness	8
Dementia Caregiver Support Group.....	21	Stay & Play Board and Card Games	19
Dine Out for Dinner	17	Story Circle.....	15
Double Deck Pinochle.....	18	Tai Chi.....	6
Driver Workshops	10	Tai Ji Quan.....	8
Enhance®Fitness.....	8	Tech Help	20
Euchre Group.....	18	TED Talks Plus	9
Explore Olympia Walkabout.....	6	Threadworks.....	22
Fly Tying.....	13	Transportation	25
Food Bank	20	Trips & Tours	25
Free Notary Services.....	20	Ukulele Group	13
French Conversation.....	16	Ukulele Ohana.....	13
Gentle Yoga.....	7	Unforgettable Art	9
Haircuts	23	Vets/First Responders Support Group	22
Hand and Foot.....	19	Volunteer	25
Home Share.....	24	Watercolor Group	11
Inclusion.....	24	Wednesday Speaker Series	9
Intercambio Cultural	14	Weekly Drop-In Meditation	22
Korean Elders.....	16	Well Check.....	25
Laughing Circle.....	14	Woodcarving.....	11
Let's Do Lunch!.....	16	World Geography.....	9
LGBTQ+ Lunch Bunch	17	Yarn Magic	11
Line Dancing	6	Yoga for All.....	7
Low Vision Support Group	21	ZUMBA® After Hours.....	6
Mah Jongg.....	19	ZUMBA® Gold.....	7



There's more to see online!

southsoundseniors.org



Follow us on facebook



facebook.com/SeniorServicesForSouthSound

Thank you to our Local Partners:



LEWIS-MASON-THURSTON
AREA AGENCY ON AGING



SUBARU

Olympia Subaru

Stay & Play WEDNESDAYS!

Extended summer hours at the Olympia Senior Center



Join us **Wednesdays, July 8 - August 12**
from **4:00 - 5:30 pm** for extended card
and game play and a bonus fitness class!



Curious About Membership?
Discover Senior Services!

■ **OLYMPIA**
Wednesdays,
July 15 & August 12
4:30 pm
Public welcome

Find out what being a member of Senior Services is all about with building tours, refreshments and presentations by our experienced activities staff.



FEATURED ACTIVITY:
Enhance®Fitness

Join our new **4:30 pm**
Enhance®Fitness class!

Registration
required for the full
six-week session.



\$24
PUBLIC WELCOME!

*No refunds for unattended classes.