

Our Volunteers are
**OUT OF THIS
WORLD!**

Celebrating Global
Volunteer Appreciation
Month

Senior
Services
FOR SOUTH SOUND
VOLUNTEERS



Senior Services for South Sound



Brian's View

*A Message From
the Executive
Director*

Why does it seem so difficult to do what we know is best for us to do? An age-old question. [How](#)

[do we overcome whatever inertia is keeping us stuck to move forward into a new endeavor that holds great promise?](#) I don't know how you answer these questions, but I'm interested! I think how we answer these sorts of questions says a great deal about our quality of life and sense of peace.

Volunteering is widely known to be a wonderful thing to do — for *ourselves*, that is. It's not just good for us. It's GREAT for us. Recent research has found that seniors who go from a relatively isolated life to one of engagement with volunteering experience **brain growth!** We know it makes us happier, provides a sense of purpose and makes a difference for others.

Our recent work highlighting the risks of isolation and loneliness taught us all that being lonely is really bad for our health. As bad as smoking a pack a day, diabetes or severe obesity. [Volunteering to grow our brain and keep us healthy? Sign me up!](#)

So we know enough to know that volunteering does all sorts of good. **We have around 400 active volunteers at Senior Services for South Sound who have taken the step to help others and themselves.** Each and every one of them has a story to tell about why they do it, and how it helps them.

[If you are one of these volunteers, congratulations on making a great choice!](#) If you have not yet chosen to volunteer with us or somewhere else, please ask yourself what is keeping you from it? You might have good answers: time, health or what have you. But if the answers sound silly when you say them, or don't stand up to scrutiny, then contact our Volunteer Manager Theresa Ziniweicz and she will walk you through your interests and our diverse assortment of volunteer opportunities. You'll be glad you did!

Brian Windrope, Executive Director



2024 Volunteer of the Year: Maureen Hill

By Senior Services Staff

When it comes to dedication, expertise, and heart, Maureen Hill is in a league of her own — and that's why she's [our 2024 Volunteer of the Year!](#)

It's no surprise that Maureen was also named [Volunteer of the 3rd Quarter](#) earlier this year. Her contributions go beyond the extraordinary, making her an essential part of the Senior Services for South Sound family. Maureen has been nominated countless times over the years, and for good reason.

She was the [backbone of the SHIBA \(State Health Insurance Benefits Advisors\) office](#), holding things together through times of transition and challenge. **When the SHIBA Program was without a manager for over six months, Maureen didn't just step up — she took charge, ensuring the program continued running smoothly until new leadership came on board.**

"Maureen has gone above and beyond for SHIBA this year," said one nominator. "She was of invaluable assistance to Bryan while there was no SHIBA Program Manager, fulfilling many of those duties. Once I started in September, Maureen provided training and guidance, [coaching me in my new duties](#). And she's done all of this while [handling more calls, webinars and live presentations than any other volunteer in our program](#). I consider

her my right hand. We wouldn't be keeping our heads above water during Open Enrollment without Maureen."

Her impact doesn't stop there. **Maureen has been a consistent and compassionate presence in the SHIBA office for over a decade.**

Whether it's providing one-on-one Medicare counseling, leading Zoom presentations, traveling to Shelton for in-person classes or stepping in to cover shifts for her fellow volunteers, Maureen's can-do attitude and depth of knowledge are unmatched.

["Team Maureen all the way!"](#) another nominator cheered. "Maureen coordinated, planned and scheduled ten fall Open Enrollment events, covering areas from Belfair and Hoodspoint to Yelm. She helped onboard new staff, subbed for volunteer shifts and made sure everything was running like clockwork. All of our SHIBA volunteers are amazing, but Maureen stands out even in such luminous company."

Maureen's willingness to take on any task, no matter how big or small, [speaks volumes about her character](#). During the pandemic, she stepped into the role of Safety Ambassador, ensuring that the safety and well-being of everyone at the center were a top priority. Her presence has been a steadying force through times of change, always showing up with a positive attitude and a willingness to do whatever it takes to support the team.

["Honestly, she's just magical,"](#) said a fellow volunteer, echoing the sentiment felt by everyone who's had the pleasure of working with Maureen.

Congratulations, Maureen! Your kindness, dedication, and unwavering commitment inspire us all. Senior Services is beyond lucky to have you.



Volunteer of 2024 Q1: Mark Bockhurst

By Senior Services Staff

He's a man who doesn't seek the spotlight, but by golly Mark, we're going to celebrate you!

When we ambushed Mark during his morning coffee bar shift at the Olympia Senior Center, he was in shock. Imagine going about your day when all of a sudden a group of around ten employees — the Executive Director included! — appear before you with massive smiles and thrusting a card at you. In spite of his surprise, **Mark accepted our congratulations with grace and a repeated litany of "you didn't have to do this."** He's so against making a "fuss" over his achievement that he apparently, according to a reliable source, begged for his congratulatory slide at the volunteer appreciation dinner to be taken down!

Don't let his shy demeanor fool you though. **Mark is described as one of the kindest, most humble people you will ever meet.**

"He is the most considerate of human beings, always kind, always willing to go above what is expected," one of his nominators said. "He sweeps the floor, serves coffee with warmth and gentle humor, and when one of our friends doesn't show up for a while, he calls me to ask if I have seen them."



Volunteer of 2024 Q2: Lou Fisher

By Senior Services Staff

When Lou Fisher's name came up for Volunteer of the 2nd Quarter, **the decision was unanimous.** "Full disclosure," said Volunteer Manager Theresa Ziniewicz in her announcement email, "this woman birthed me. But I had no influence in this decision, our HR Director Tiffany confirmed the vote!"

Lou's dedication to our organization runs deep, **long before she started working Reception at the Olympia Senior Center.** During the pandemic, Lou made and sold masks, donating all the proceeds to support the organization. **She's been a steady supporter of the retail stores, created a fundraiser for PALS and always has snacks ready for the activities staff.** Her creativity shines through her adorable Lucky Gnomes, which she sells at Bingo to benefit Activities, and she's been a loyal contributor to the annual auction, donating dolls and bears from her former business, Nana Lou's Dolls & Gifts.

But Lou's connection to Senior Services is more than just giving back — it's personal. She brought her own mother here for coffee and lunch in the early 90s, and now, as Theresa puts it, "For me, it's 'Bring Your Mom to Work Day,' every day! I feel so blessed to share this part of her life with her."



Volunteer of 2024 Q4: Jim Barr

By Senior Services Staff

Jim's name came up for Volunteer of the 4th Quarter with unanimous enthusiasm. He's a true "Jack of all Trades," **always ready to fix, build or improve anything that needs attention.** From repairing the lobby lounge chairs to assembling the new East Room seating and maintaining the rolling partitions, Jim's handiwork keeps the Virgil Clarkson Lacey Senior Center running smoothly.

But that's just the beginning! **Jim also steps in as a substitute Bingo Caller on Fridays, volunteers at big events like our Dances and works alongside his wife Helen as a weekly Coffee Café barista.** Together, they're regulars at our Dine Outs, bringing their warmth and friendly energy wherever they go.

"Jim is truly a Godsend," said one nominator. "There may be a more patient and pleasant gentleman in Heaven, but that's up for vigorous debate!"

Jim's dedication doesn't stop at day-to-day tasks. **He was indispensable** during the Over the Edge event last summer and is already on the committee to do it all again this year. Whether it's lending a hand at the gala or sharing his wealth of knowledge, Jim's kindness and steady presence make a lasting impact.

Introducing: Well Check

Are you living alone and could use someone to check in on you? In an effort to combat loneliness and isolation Senior Services for South Sound in partnership with the Lewis-Mason-Thurston Area Agency on Aging have created a Well Check phone assurance program. Our Well Check Volunteers are here to offer support and companionship. We understand that sometimes having someone to talk to can make a big difference. That's why we provide a friendly, weekly call, Monday through Friday, from one of our trained volunteers.



southsoundseniors.org/wellcheck
wellcheck@southsoundseniors.org



Celebrate Diversity and Inclusion this April

By Senior Services Staff

Our community is stronger when we celebrate the diverse backgrounds, cultures and experiences that shape each of us. At Senior Services for South Sound, we embrace differences and honor what makes us unique. **Different is beautiful and all seniors are welcome here.**

Savor Special Meals This Month

Join us for a delicious, senior-friendly meal prepared by our Senior Nutrition Program and connect with friends in a warm and inclusive environment. This month, enjoy two featured lunches that highlight culture and sustainability:

Arab American Heritage Month Lunch – April 17: Al Kabsa (traditional Saudi rice and chicken), Lebanese Fattoush Salad, and Fresh Oranges

Earth Day Lunch – April 22: Hearty Lentil Stew with Roasted Root Vegetables, Mixed Side Salad, Whole Wheat Dinner Roll, and Fresh Fruit

All meals are low in sodium and prepared with the needs of diabetic diners in mind. Menu changes may occur, so please check with reception on the day of your visit.

Together, We Make a Difference. Whether you're enjoying a meal, wearing a ribbon, or simply appreciating the diversity around you, every action helps create **a stronger, more inclusive community.** Join us in celebrating and advocating this April!

Raising Awareness with Ribbons:



April's white ribbon honors National Minority Health Month, raising awareness about health disparities

affecting racial and ethnic minority communities. Pick one up at the Lacey and Olympia senior centers to show your support and promote positive change.

Upcoming Ribbons:



• **May** – High Blood Pressure Awareness (Red Ribbon)



• **June** – World Elder Abuse Awareness (Purple Ribbon)



• **July** – Senior Services Awareness (Blue/Gray Ribbon)

• **August** – TBD



• **September** – Suicide Prevention Awareness (Teal/Purple Ribbon)



• **October** – Hunger Awareness (Orange Ribbon)



• **November** – National Family Caregiver Month (Purple Ribbon)



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

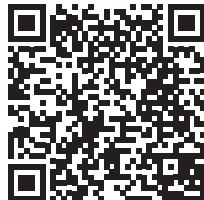
Newsletter April 2025



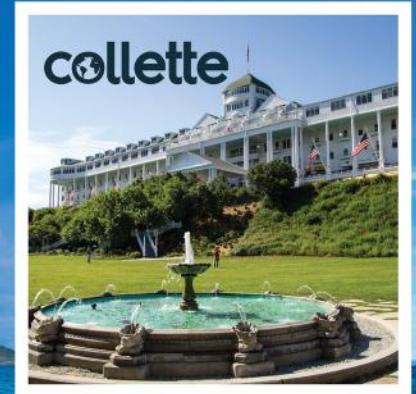
Celebrating *Diversity* April 2025

Monthly Observances:

- Celebrate Diversity Month
- Autism Acceptance Month
- National Arab American Heritage Month
- National Deaf History Month
- Sexual Assault Awareness Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 World Autism Awareness Day	3 Asian- American, Native Hawaiian and Pacific Islander Women's Equal Pay Day	4 Day of (No) Silence	5
6 National Tartan Day Rama Navami	7 World Health Day	8	9	10 Mahavir Jayanti (Jain)	11	12
13 Palm Sunday Passover (- April 20) Theravada New Year (Buddhist)	14 Vaisakhi (Sikh) Boun Pimay (or Pi Mai) (- April 16)	15	16	17	18 Good Friday (Orthodox and Christian)	19
20 Easter (Orthodox and Christian) Ridvan (Baha'i)	21	22	23 Yom HaShoah	24	25	26
27	28	29	30 El Día del Niño	 For more information and resources, scan or visit our blog at southsoundseniors.org/ news		

Extended Travel Info Session

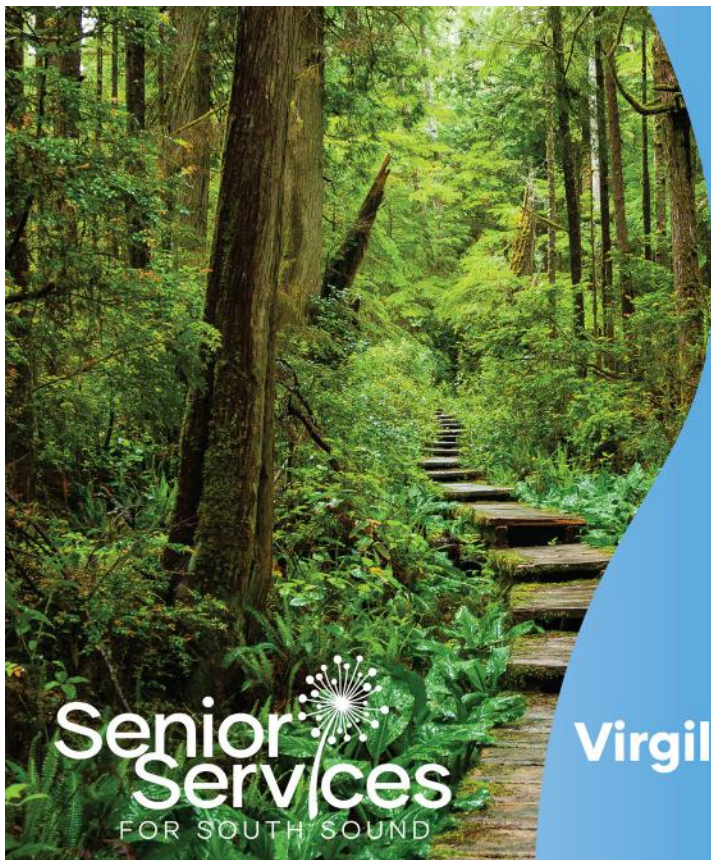


Imagine exploring the lush rainforests and sun-soaked beaches of Costa Rica in November 2025 or soaking in the timeless charm and luxury of Mackinac Island in 2026.

Want to learn more? Join Collette Tours and the Trips & Tours team for an informative session where you'll:

- » Get an in-depth look at both exciting tours
- » Receive helpful handouts with key trip details
- » Have your questions answered by our Collette Tours Representative

Everyone is welcome! Pre-registration is encouraged but not required.
wchurchman@southsoundseniors.org | 360.586.6181 ext. 126



Trips & Tours SHOWCASE

Friday, April 18
Virgil Clarkson Lacey Senior Center
2:30 to 3:30 pm



Volunteer Spotlight: Joyce Rommel

By Scott Schoengarth

The saying “Change Someone’s Life – Change Your Own” definitely applies to Joyce Rommel. **She’s been volunteering at Senior Services for more years than she can remember**, working in a whole slew of different positions. In fact, unlike most volunteers, Joyce does not have a set day or time; she basically helps **whenever and wherever she is asked**, normally for big events such as Bingo, where she tends bar, and the Fall Gala, where she’s a valued committee member.

For many years, **Joyce has also helped organize Capitol Lakefair** as a Capitalarian. That’s why I recognized her when we met for an interview at the Olympia Senior Center. Each year she and I both attend a monthly meeting leading up to Lakefair as we prepare for the 50+ in the Park event, and she lets us know what to expect this year, and also listens to our concerns.

Besides all of her volunteering for Senior Services and Lakefair, Joyce holds down two different part-time jobs, including driving blood samples to Tacoma!

Joyce has lived most of her life in the Olympia area, after being born at the old St. Peter’s Hospital up on the hill. By 6th grade her family had moved to Seattle – they had to drive there on Old 99 since I-5 hadn’t been built yet!

She currently has five grandchildren and eight great-grandchildren. The oldest are twins aged 19, and the youngest is not yet 3 months old. So with her job, all of her volunteering and spending time with all the kids, Joyce keeps very busy.

At the Senior Center, Joyce is available to help many of the different programs, including filling treat bags at Halloween and other holidays for Meals on Wheels. I told her she’s like a baseball utility infielder, filling in wherever needed and doing a great job at everything. These programs are always looking for help on special projects, and Joyce is there to fill-in when she can. These are the same programs that could use **YOUR** help. Just contact Volunteer Manager Theresa Ziniewicz at 360.586.6181 ext. 120 or Theresaz@southsoundseniors.org and she’ll be sure to match you up in an area that matches up well with your skills and abilities.

Joyce has always tried to change someone’s life by volunteering her time and talent, and in doing so she has definitely changed her

own. It feels good to help others, and it keeps her young and vibrant. If you recently retired and are sitting around wondering what to do next, contact Theresa and let her point you in the right direction. If you do, you’ll never regret it. Helping others is a wonderful thing to be doing with your life.

Scott Schoengarth is the coordinator for the Bus Buddy Program of Thurston County, a partnership between Intercity Transit, Catholic Community Services of Western Washington, Volunteer Services and Washington State Department of Transportation. He can be reached at 360.688.8832.



About SHIBA

Every month our SHIBA program (Statewide Health Insurance Benefits Advisors) trained volunteers are available to help you understand the Medicare program.

If you are new to Medicare or have been on Medicare for some time, feel free to contact us at our message line at 360.586.6181 ext. 134 and a volunteer advisor will return your call, usually within two business days, or sooner.

SHIBA presentations in April

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

CLASS	DATE	TIME	LOCATION
Medicare - Getting Started	April 2	11:00 am to 1:00 pm	ZOOM
Medicare - Getting Started	April 9	11:00 am to 1:00 pm	Olympia Senior Center
Medicare - Getting Started	April 17	11:00 am to 3:00 pm	Mason County Senior Activities Center
Medicare - Getting Started	April 17	10:00 am to 12:00 pm	ZOOM
Medicare - Getting Started	April 23	6:30 to 8:00 pm	ZOOM

Make a Difference by Volunteering with SHIBA in Thurston and Mason Counties!

By Kelly Hudson, SHIBA Program Manager

Are you looking for a meaningful way to give back to your community in Mason or Thurston counties? **The Statewide Health Insurance Benefits Advisors (SHIBA) program is seeking passionate volunteers like you to help others navigate the complexities of Medicare.**

As a SHIBA volunteer, you'll be trained to assist individuals in understanding their Medicare options. You don't need to be an expert — [SHIBA provides all the training you need to become a trusted resource](#). And if you speak a language other than English, that's a bonus! Your skills and compassion will directly impact the lives of people who need assistance the most.

Volunteering Opportunities Available

Whether you're looking to help in-person or behind the scenes, [we have volunteer roles to match your goals and interests](#). Here are just a few ways you can make a difference as a SHIBA volunteer:

- **Counsel others on their Medicare options:** Help individuals and families make informed decisions about Medicare plans that best suit their needs.
- **Participate in outreach activities:** Spread awareness and provide information about SHIBA's services to the community.
- **Give presentations to the public:** Share your knowledge and help educate groups about Medicare and its benefits.
- **Fight Medicare fraud:** Join efforts to identify and report fraud, protecting Medicare recipients and the program itself.
- **Work on special projects:** Assist with various initiatives that support SHIBA's mission and help improve services for the community.
- **Provide clerical support:** Help with administrative tasks to keep the program running smoothly and efficiently.

How Will Volunteering Benefit You?

Volunteering isn't just about helping others—it's also an opportunity to enrich your own life in many ways. When you volunteer with SHIBA, you'll experience a range of personal benefits:

- **Connect with others:** Meet new people and build meaningful connections with community members.
- **Reduce stress and combat depression:** Helping others has been shown to reduce stress and improve mental health.
- **Stay mentally stimulated:** Volunteering keeps your mind sharp and provides a sense of purpose.
- **Improve physical health:** Volunteers often experience better overall health and well-being, leading to a longer, healthier life.
- **Get involved in your community:** Volunteering gives you an opportunity to become an active participant in the community and make a positive impact.
- **Experience fun and fulfillment:** Enjoy a sense of accomplishment and joy as you contribute to a cause that truly matters.

If you're ready to make a difference and learn more about Medicare while helping others, contact us today to get started as a SHIBA volunteer. Together, we can create a brighter future for those navigating the Medicare system in Mason and Thurston counties.

Volunteer Appreciation at Senior Services: You Are Out of This World!

By Theresa Ziniewicz

Dear Volunteers,

Volunteers are truly the heartbeat of Senior Services for South Sound. **Your dedication, compassion, and unwavering support breathe life into our mission every single day.** Whether it's assisting with our programs, sharing your skills and ideas, or simply offering a warm smile to those who walk through our doors, your contributions leave an immeasurable impact on the lives of seniors in our community.

With over 400 volunteers across our programs and events, your efforts ripple through every aspect of what we do. From delivering warm meals, leading engaging activities and assisting with administrative tasks to offering companionship and kindness to those who need it most, **you make a difference** in ways both seen and unseen.

You are the quiet force that keeps our programs thriving, and your commitment to serving others inspires us all.

As we celebrate Volunteer Appreciation Month, I am reminded again of how lucky we are to have such an extraordinary group of volunteers. Your willingness to give your time, energy and heart brings joy, connection and hope to so many.

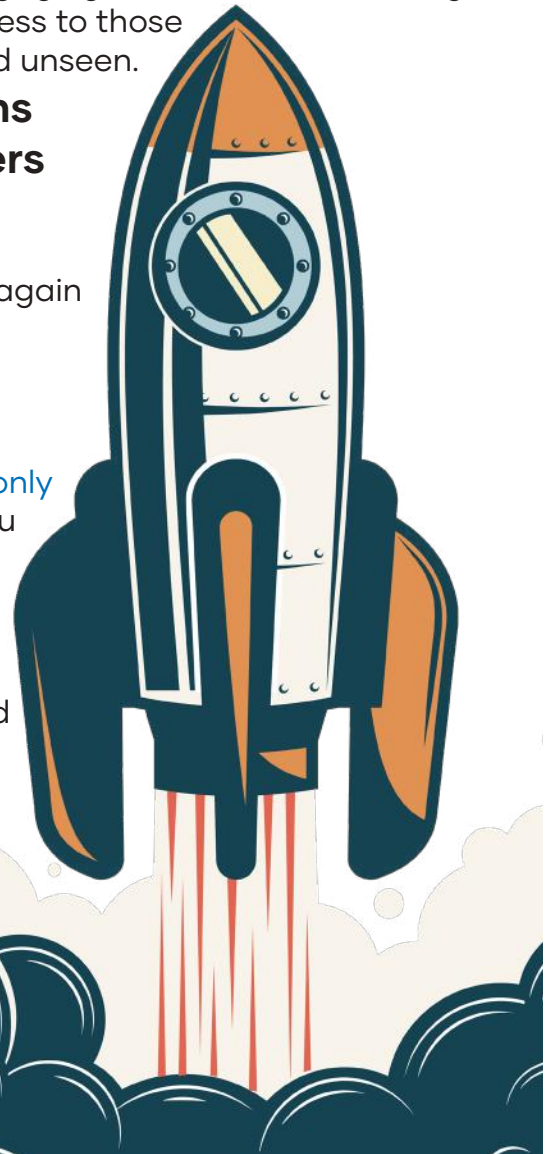
I hope that in your volunteer journey with us, **you've found not only purpose but also a deep sense of belonging and fulfillment.** You may not always see the full impact of your work, but I assure you, it's profound. You are changing lives, strengthening communities, and bringing light to those who need it most.

Thank you for everything you do. Your kindness, generosity, and service make the world a better place, and we are endlessly grateful for each and every one of you.

With heartfelt appreciation,



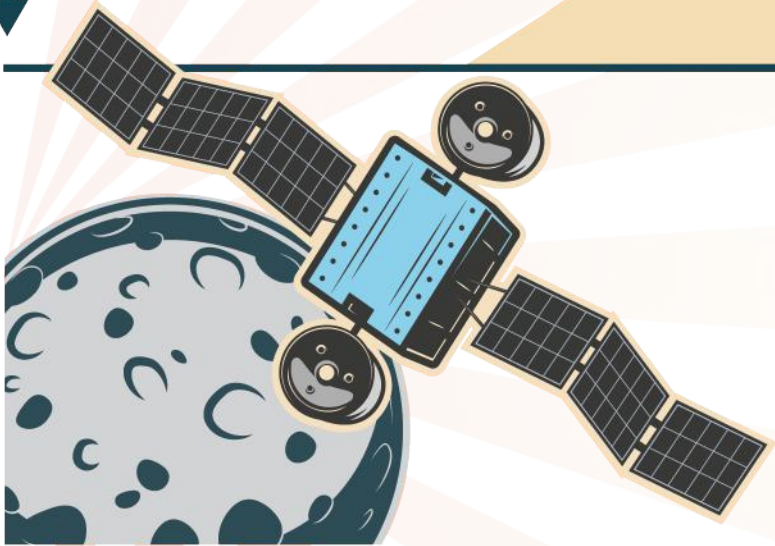
Theresa Ziniewicz,
Volunteer Manager



VOLUNTEERS BY THE NUMBERS

360

WEEKLY VOLUNTEERS
AS OF MARCH 2025



162

SPECIAL EVENT
VOLUNTEERS

VOLUNTEER HOURS
DONATED IN 2024

44,027



Olympia Senior Center Weekly Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 to 10:00 Advanced EnhanceFitness	10:00 to 1:00 Tech Help w/ Adam	9:00 to 10:00 Advanced EnhanceFitness® \$	10:00 to 11:00 Gentle Yoga \$	8:30 to 11:00 Woodcarving
10:30 to 1:00 Tech Help w/ Melinda	10:00 to 11:00 Gentle Yoga \$	10:00 to 1:00 Tech Help w/ Adam	12:30 Pinochle	9:00 to 10:00 Advanced EnhanceFitness® \$
10:30 to 11:30 Gentle Yoga \$	10:00 to 11:30 Current Issues	10:00 to 12:00 Parkinson's Disease Support Group	12:30 to 2:00 Music Mends Minds	10:00 to 1:00 Tech Help w/ Adam
12:00 to 3:00 Table Games	10:00 to 11:30 Rock Painting with Inclusion	10:00 to 12:00 Beginning Mah Jongg \$	1:00 to 2:00 Adaptive Creative Dance \$	10:30 to 11:30 Tai Ji Quan \$
12:00 to 4:00 Cribbage	10:30 to 11:30 Tai Ji Quan \$	10:30 to 11:30 Gentle Yoga	2:00 to 4:00 Yarn Magic	10:30 to 11:15 *Laughing Circle
12:00 to 1:30 World Geography: Come Explore!	12:00 to 4:00 Reader's Theater Rehearsals	12:00 to 3:00 Table Games		12:00 to 3:00 Table Games
1:00 to 3:00 Party Bridge	1:00 to 2:00 Zentangle \$	12:30 to 2:00 Euchre		1:30 to 2:30 Beginning EnhanceFitness® \$
1:30 to 2:30 Beginning EnhanceFitness® \$	12:45 to 1:45 Drop-In Meditation	1:00 to 4:00 Mah Jongg	BOLD = Senior Services for South Sound membership required to participate \$ = Class Fee associated with activity. Read full class description on our website at southsoundseniors.org/activities or in the Lifelong Learning Catalog	
	1:00 to 2:00 Chair Yoga \$	1:30 to 2:30 Beginning EnhanceFitness® \$		

***Laughing Circle will begin April 18!**

Check out the Lifelong Learning Catalog for class descriptions and more!

BOLD = Senior Services for South Sound membership required to participate

\$ = Class Fee associated with activity. Read full class description on our website at southsoundseniors.org/activities or in the Lifelong Learning Catalog

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

Olympia Senior Center Monthly Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31	1	2	3	4
Check out page 19 for special presentations and activity highlights!		10:00 - 11:00 Low Vision Support Group 10:00 am - 3:00 Haircuts <i>(by appointment only)</i> 12:00 - 2:00 Read a Play, Engage and Have Fun		10:00 am - 3:00 Haircuts <i>(by appointment only)</i>
7	8	9	10	11
1:00 - 2:00 Reader's Theater Group Meeting	11:00 am - 1:00 ALS Support Group 11:45 LGBTQ+ Lunch Bunch	2:00 - 4:00 Death Cafe	10:00 - 11:00 Explore Olympia Walkabout *Arbutus Folk School 5:00 pm Dine Out @ *La Gitana	*Secure your spot for Dine Out by Monday, March 10 by calling the Olympia Senior Center at 360.586.6181
14	15	16	17	18
1:00 - 3:00 Reader's Theater Script Readings and Discussion		10:00 - 3:00 Haircuts <i>(by appointment only)</i> 12:00 - 2:00 Read a Play, Engage and Have Fun	10:00 - 12:00 Tech Help with Rich 10:00 Senior Reads Book Club: <i>The Other Einstein</i> *pg 19	10:00 - 3:00 Haircuts <i>(by appointment only)</i> 10:30 - 11:30 Food Bank
21	22	23	24	25
				2:00 - 3:00 Bereavement Support Group: Life After Loss (via ZOOM)
28	29	30		
1:00 - 3:00 Reader's Theater Script Readings and Discussion				

Virgil Clarkson Lacey Senior Center Weekly Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 to 9:30 EnhanceFitness® \$	8:30 to 11:00 Woodcarving	8:30 to 9:30 Enhancefitness® \$	9:00 to 10:00 Gentle Yoga \$	8:30 to 9:30 Enhancefitness® \$
9:45 to 10:45 EnhanceFitness® \$	9:30 am to 12:00 Mah Jongg for Beginners	9:00 am to 12:00 Double Deck Pinochle	9:30 to 11:00 Coffee and Conversation	9:00 am to 12:00 Pinochle
10:30 to 11:30 Beginning French	9:30 to 10:15 ZUMBA® Gold \$	9:30 am to 1:15 Korean Elders	10:00 am to 12:00 Tech Help	9:15 to 11:00 Daytime Bingo
11:00 am to 12:00 Chair Yoga \$	10:00 to 11:00 Tech Help	9:30 Wednesday Walkers	9:30 to 11:15 Rock Painting with Inclusion	9:45 to 10:45 Enhancefitness® \$
11:30 am to 12:30 Intermediate French	11:00 am to 12:00 Gentle Yoga \$	9:45 to 10:45 Enhancefitness® \$	10:00 to 12:00 Tech Help	10:00 to 12:00 Memoir Writing Class
12:30 to 2:30 Advanced French	12:30 to 2:15 Needlecraft/Tatting Group	11:00 to 11:45 Chair ZUMBA®	10:30 to 11:30 Beginning Tai Ji Quan® \$	12:30 to 1:30 Intermediate Line Dancing \$
12:30 to 1:15 Beginner Line Dancing \$	12:30 to 3:30 Pinochle	12:30 to 3:30 Table Games	3:00 to 4:00 Advanced Tai Ji Quan® \$	1:00 to 4:00 Mah Jongg
1:00 to 3:00 Watercolor Group	1:30 to 3:30 Dance Socials \$	12:45 to 3:00 Fly Tying	5:30 to 6:30 ZUMBA® After Hours	1:00 to 2:00 Sing Along with Brighter Days
1:15 to 2:15 Beginner Advanced Line Dancing \$	2:00 to 3:30 Art Mixed Media	1:00 to 3:00 Chess Essentials	5:30 to 7:30 Ukulele Ohana	2:30 to 4:00 Writing for Your Life
2:30 to 3:30 Beginning Tai Ji Quan® \$	2:00 to 3:00 Conversaciones en Espanol	1:30 to 3:00 Intermediate Line Dancing \$		
3:30 to 4:30 Advanced Tai Ji Quan® \$	5:30 to 6:30 ZUMBA® After Hours			
5:00 to 6:00 Tai Chi				

Check out the Lifelong Learning Catalog for class descriptions and more!

BOLD = Senior Services for South Sound membership required to participate

\$ = Class Fee associated with activity. Read full class description on our website at southsoundseniors.org/activities or in the Lifelong Learning Catalog

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

Virgil Clarkson Lacey Senior Center Monthly Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31	1 6:00 - 8:00 Brain Injury Alliance of WA	2 1:30 - 3:00 Owning the Age I Am 6:00 - 7:00 Veteran's Support Group	3 1:00 - 3:00 NW Gardening Group	4 12:30 - 2:00 Dementia Caregivers Support Group
7 Haircuts (<i>by appointment only</i>) 12:30 - 2:00 Dementia Caregivers Support Group	8 4:30 Dine Out @ Uptown Grill 514 Capitol Way S Olympia, WA 98501	9 10:00 - 2:00 Bus Buddies	10	11 2:00 - 3:30 Bereavement Support Group: Life After Loss
14 8:30 55+ Senior Driving Workshop	15	16 2:00 - 3:00 Open Book Club 6:00 - 7:00 Veteran's Support Group	17 11:30 - 12:50 Death Journaling 12:30 SAFE & SAVVY: Preventing Scams Together *pg 18 1:00 - 3:00 NW Gardening Group	18 2:30 - 3:30 Trips & Tours Showcase *pg 18
21 Haircuts (<i>by appointment only</i>)	22	23	24 12:30 Advance Directives Clinic by Providence *pg 18 2:00 - 4:00 Death Cafe	25 12:30 - 2:00 TED Talks+ <i>Tales of Tails: Unleashing the Power of the Human-Animal Bond</i>
28 Rummage Sale Donation Period Opens! *pg 18	29 11:45 LGBTQ+ Lunch Bunch	30		

Senior Services for South Sound

Lacey Senior Center Activity Spotlights

SAFE & SAVVY: Preventing Scams Together

Thursday, April 17

12:30 pm

This is a way to stay ahead of the scammers by increasing awareness of the many insidious ways, both new and old, they use to bilk your bank accounts, steal your ID, and steal your credit cards. Facilitator Teresa Glidden is a new member of Senior Services who recently retired from Consumer Protection Washington. You can't be in better hands!

Public Welcome

Trips & Tours Showcase

Friday, April 18

2:30 - 3:30 pm

Join for our April Trips & Tours Showcase! Priority registration opens exclusively for Showcase attendees before becoming available to everyone at 5:00 pm the day of the event on our website.

Did you know Senior Services Members get discounts on ALL trips! Don't wait, save time and skip the membership sign-up line by becoming a member before the event! Visit one of our centers before the Showcase or register online today by scanning the code below!

Public Welcome



NEW! Advance Directives Clinic by Providence

Thursday, April 24

12:30 pm

Learn about: living wills, Physician Orders for Life-Sustaining Treatment (POLST), durable power of attorney for health care and do not resuscitate (DNR) orders. Professionals from St Peter Hospital will be hosting this free event
Public Welcome

TED Talks Plus

Friday, April 25

12:30 pm

Topic: *Tales of Tails: Unleashing the Power of the Human-Animal Bond*. We'll watch 3 videos and discuss them as a Think Tank! Great topics to generate more brain neurons.

Public Welcome

Item Donations for RUMMAGE SALE

Monday, April 28 through May 8

9:00 am to 4:00 pm

Olympic Moving & Storage

935 Poplar St SE

Olympia, WA 98501

A true sign of spring, it's almost time for our annual rummage sale! Bring on the stuff, April 28 is the marks the start of the donation period. Please take your treasures to Olympic Moving & Storage at 935 Poplar St SE, Olympia between 1:00 and 4:00 pm, Monday through Friday. Look for an a-frame sign next to a storage container saying For Senior Services Rummage Sale Donations. Please DO NOT take your items to either senior center, we do not have room to store them! No broken or soiled items. Hurry, your last day to donate is May 8. (Rummage sale will be held on May 10).

Public Welcome

Olympia Senior Center Activity Spotlights

NEW! Kay King From the WA State Office of Guardianship and Elder Services

Wednesday, April 2
10:00 am
Olympia Senior Center

Are you interested in guardianship and conservatorship law in Washington? This presentation will cover topics including: how the court process works, alternatives, rights an individual has in a guardianship or conservatorship, the responsibilities of a guardian or conservator and concerns about someone under guardianship or conservatorship.

Public Welcome

Unforgettable Art with Maureen Wells

Tuesday, April 8
10:30 to 11:30 am
Olympia Senior Center

Come and join the fabulous Maureen as she shares her knowledge and love of art. This month will feature artworks about Springtime and Easter.

Members Only

NEW! Laughing Circle

Fridays beginning April 18
10:30 to 11:15 am
Olympia Senior Center

Hey, life got you down? Be it the news, gray skies, or personal troubles, join us to share in the joy of laughter and camaraderie! You can also just come to listen. No joke telling required, no special talents, just come in and lighten your load!

Members Only

NEW! Identifying Human Trafficking in Thurston County with Jeri Moomaw

Tuesday, April 22
10:00 am
Olympia Senior Center

Every year, millions of men, women and children around the world are victims of human trafficking — including right here in Thurston County. Please join us in welcoming Jeri Moomaw, founder of Innovations Human Trafficking Collaborative (Innovations HTC) as she sheds light red flag signs of human trafficking in our area.

Public Welcome

NEW! Communication Group with Susan

Thursday, April 24
12:30 to 2:30 pm
Olympia Senior Center

Come on down to the Olympia Senior Center for a new event! Introduce yourself, learn the ground rules and then hear some reading about the topic of the day. Afterward, share your thoughts with the group and hear what others have to say too!

Register in-person at the Olympia Senior Center, or call 360.586.6181

Public Welcome + \$4.00 Instructor Fee



Home Share Program Success Story: Cathy & Kirsten's "Golden Girls" Arrangement

*By Rebecca Hutchinson, Home
Share Program Manager*

At Senior Services for South Sound, we are thrilled to share another heartwarming success story from our Home Share Program!

Cathy, a vibrant 63-year-old woman with two beloved dogs, recently welcomed Kirsten, a 70-year-old retired state worker, into her home. The two ladies were matched through the program and quickly realized they were the perfect fit for each other, both personally and with their canine companions.

Cathy is a creative powerhouse, holding three art degrees, including a Master's in painting, and currently working as a contract drafter for a tech company. Cathy has always had a passion for helping others, which is what inspired her to become a provider in the Home Share Program. Along with her big personality, Cathy values strong communication and genuine connection. She describes herself as someone who thrives on open, honest conversations, and she knew that was key to a successful roommate arrangement. Her dogs, Addy and Desi, are an important part of her life, and she used to volunteer at an animal sanctuary, further emphasizing her love for animals.

Kirsten, on the other hand, is a retired state employee who had previously participated in the Home Share Program. After her original Provider moved out of state, Kirsten was once again seeking a safe, affordable housing arrangement that would allow her to remain in Olympia. A lifelong animal lover with her

own dog companion named Wilson, Kirsten describes herself as a happy, positive person who enjoys having conversations, learning new things and trying new experiences. With a long career in the state of Washington, Kirsten was eager to find a living situation where she could feel at home and connect with a like-minded individual.

After a few phone conversations and in person meetings, Cathy and Kirsten knew they had found the right fit. They even arranged for their dogs to meet beforehand, ensuring the furry companions would get along as well as they did. When Kirsten moved in at the beginning of January, it was clear this was the beginning of a beautiful arrangement.

Cathy shares,

"Kirsten and I are getting along VERY well and are both very happy with the living arrangement. My hound dog, Addy, appears to be madly in love with both Kirsten AND her dog Wilson. Truly, we could not be happier. It's like our very own 'Golden Girls' arrangement!"

The companionship and support they both enjoy are the perfect fit for Cathy. She says, "Now that I'm 63, it's nice to have another person living in the house, and the fact that the dogs really love each other and get along well is a wonderful added bonus." Cathy's dogs have bonded with Kirsten and Wilson, creating a happy, shared environment. "Addy loves to spend time hanging out with Wilson in Kirsten's room," Cathy adds.

For Cathy, [communication has been crucial to the success of this home-sharing experience](#). "I think that in order to be successful in this program, whether you are a Provider or a Seeker, it's important to be honest with yourself about your lifestyle, your weekly schedule, and what you're looking for in a roommate situation. It's equally important to be direct, open, and honest and communicate well."

Cathy wholeheartedly recommends the Home Share Program, saying, "I highly recommend the Home Share program and working with Rebecca and Emily has been wonderful."

Cathy and Kirsten's success story beautifully illustrates how the Home Share Program brings together individuals with shared goals, [creating not just affordable housing but also lasting friendships, support and even joy](#) through the bond of their furry companions.

If you're interested in learning more about the Home Share Program, whether as a Provider or Seeker, contact us today. You could be the next success story!

Find more information, applications and stories of successful Home Share matches at southsoundseniors.org



LET'S GO Over The EDGE with SENIORS



All proceeds benefit
Senior Services
FOR SOUTH SOUND

DO YOU HAVE WHAT IT TAKES?

REGISTER!

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

GET READY!

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

RAPPEL!

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

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

Last summer, 30 incredible individuals took on an unforgettable challenge: rappelling down a four story building at The Hub at Lacey to support Senior Services for South Sound. With their help and the generosity of our community and sponsors like you, we raised an amazing **\$79,838** for vital senior programs.

Now, we're gearing up for an even bigger and bolder return! On **June 28, 2025**, thrill-seekers and changemakers will once again go Over The Edge, raising funds and awareness for seniors in our community. Each participant commits to raising at least \$1,000 from their networks, ensuring that every rappel makes a direct impact.

This isn't just another fundraiser, it's a **one-of-a-kind experience in Thurston County!**



"I've always been afraid of heights, but at 76 **what do I have to be afraid of? You only live once. The experience was absolutely amazing." — LINDA**

"I went Over The Edge to support Senior Services and also to face my fear of heights head on. If you go Over The Edge, you will support vital programs for seniors threatened in the current political environment. **You will also have a lot of fun. Support seniors, get stronger, have fun!" — CAROL**



"It pushes you to do something that might be really scary, but It was fun; I would do it again! **Don't be scared, just go for it!" — MAX (youngest rappeler, age 10)**

"I turned 81 the day before I rappelled, and I'll be going again this year, on my birthday.** It's never too late to do something new, especially for a good cause!" — DEBBY**



JEDI BINGO



**SATURDAY,
APRIL 26**

**VIRGIL CLARKSON
LACEY SENIOR CENTER**

DOORS OPEN AT 6PM | GAMES AT 7PM | 21+ ONLY | \$25 CASH TO PLAY | SNACK BAR | CASH BAR | \$2 SPECIAL GAMES | 50/50 RAFFLE | COSTUME CONTEST

RAINBOW BINGO

SATURDAY, JUNE 14 • OLYMPIA SENIOR CENTER



Bigfoot Bingo

SATURDAY, AUGUST 23 • VIRGIL CLARKSON LACEY SENIOR CENTER

Thank you to our Local Partners:



**LEWIS-MASON-THURSTON
AREA AGENCY ON AGING**



SUBARU

Olympia Subaru