





Brian's View

A Message From the Executive Director

Every once in a while I am struck by something simple.

I've long been a fan of this saying: "We pass up the truth in favor of something more intellectually stimulating." I suppose there are several ways to take this, but I see it as a warning against trying to complicate things that are actually straightforward. The truth, I believe, is often simple.

Doing the right thing is often simple in deed but **complex in consideration.**

Given that we live in a complex and highly dimensional world that requires intelligence and sophistication to manage, it is nevertheless useful to remember that some things, at some times, are simple.

Recently I was asked to speak at my Rotary Club about why Rotary matters to me. It's something we do once in a while as a program. You may be aware that Rotary has a four-way test we recite at each meeting. The first of the four things is "Is it the truth?" A simple question. When I spoke, I said that this seems like a revolutionary question right now. People groaned and laughed. But never before in my lifetime has it seemed the truth is so much in dispute. Another of the four-way test questions is "Will it be beneficial to all concerned?" Another question that sounds revolutionary given the national and global actions currently taking place that increase

suffering. Rotary is old, but these statements are relevant today.

Do important things really change?

What I've also been thinking about lately, and this is at the heart of our work here at Senior Services, is the simple importance of kindness and compassion. It's easy to dismiss as trite or mundane, but **I will stand up to say that choosing to be kind and compassionate can be a revolutionary act** and, furthermore, is foundational to a civil society. It's not the only tool we use, or attribute we possess, but it sure is vital. It's not just for individuals to act this way; how wonderful it would be if nations were compassionate.

I challenge myself to be a positive presence in my community and for my organization. Not in denial of challenge, or avoidance of conflict, but to be fundamentally kind and compassionate for its own sake. It's a way of being, a choice of character. I fall short sometimes, and I scold myself when I do. I'm sure some of you have similar aspirations.

It's enough to **try, to have **intention** around it, to **practice** it.**

It's a value of Senior Services to treat people with kindness and compassion. Even that is sounding revolutionary right now.

Brian Windrope,
Executive Director

READY FOR A SEASON OF FUN?

Senior
Services
FOR SOUTH SOUND



THE FALL
QUARTER
IS COMING!

September 22 -
January 2



WELLNESS & MOVEMENT

Yoga, Enhancefitness®, ZUMBA®, and more — stay active at your own pace.



ARTS & CREATIVITY

Express yourself through watercolor, drawing, woodcarving, writing and dance.



SUPPORT & SOCIAL CONNECTION

Join support groups or social circles that foster connection and belonging.



GAMES & ENTERTAINMENT

Keep your brain sharp with board and card games, book groups and tech help!

REGISTRATION OPEN AUGUST 18!

Explore dozens of classes and activities designed to keep you moving, creating, learning and laughing all summer long. Whether you're looking to try something new or dive deeper into a favorite hobby, there's a place for you here!



There's more to
see online!

southsoundseniors.org/activities

SHIBA presentations in August

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

CLASS	DATE	TIME	LOCATION
Medicare - Getting Started	August 6	11:00 am to 1:00 pm	ZOOM
Medicare - Getting Started	August 13	11:00 am to 1:00 pm	Olympia Senior Center
Medicare - Getting Started	August 21	11:00 am to 3:00 pm	Mason County Senior Activities Center
Medicare - Getting Started	August 21	10:00 am to 12:00 pm	ZOOM
Medicare - Getting Started	August 19	6:00 to 7:30 pm	ZOOM

Article of Interest: Stay Ahead of Your Health with Preventive Care

By SHIBA Manager, Kelly Hudson

Did you know [Medicare Part B covers a wide range of preventive services](#) to help you stay healthy and detect health problems early? These services include screenings, vaccines, lab tests and counseling, all designed to support your well-being and catch issues before they become serious.

Cancer screenings include mammograms, cervical and vaginal cancer checks, prostate exams and several colorectal cancer tests such as colonoscopies, CT colonography and stool-based tests. Medicare also covers screenings and education for chronic conditions like cardiovascular disease, diabetes, osteoporosis (through bone mass measurements) and glaucoma.

Infectious disease prevention is also a priority, with coverage for HIV, hepatitis B and C screenings, STI testing and counseling, and a full range of vaccines including flu, pneumonia, COVID-19 and hepatitis B. Mental health and behavioral support include depression screenings, obesity and alcohol

misuse counseling, and programs like the Medicare Diabetes Prevention Program.

Don't forget your free one-time *Welcome to Medicare* visit and yearly wellness check-in, both excellent opportunities to review your health plan with your provider.

[Preventive care is one of the best ways to protect your health.](#) Log into your Medicare account to track your services, and if you need help finding a provider, visit [medicare.gov](https://www.medicare.gov) to search and compare options near you.



About SHIBA

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, 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.



Volunteer Spotlight: Rick Koss

By Scott Schoengarth

Greeting Rick Koss at the Olympia Senior Center was like meeting one of your best, old friends. What a nice guy, full of information, and in love with volunteering for Senior Services. Here's his story.

Rick was born in New York City and raised in Levittown, a hamlet on Long Island, NY. He described it as the perfect location to grow up because it was like a real melting pot of society. You knew everyone, and no one judged you on your religion. Everyone belonged to a different religious group, and he knew (by name) a priest, a rabbi and a minister.

After receiving the all-too-familiar letter from President Lyndon Johnson saying he had been drafted, he instead sought out the local military recruiter's office and joined the Air Force, where he served for 22 years before retiring. A number of jobs followed, including teaching school and working at a senior center in Boulder City, NV as a Meals on Wheels volunteer.

While living in Thurston County, his wife of 38 years was diagnosed with cancer. Rick had a really tough time taking care of her, and found he needed a little "me" time outside of the home, so he visited Senior Services to inquire about volunteering. He said that after his wife passed volunteering is what kept him going, giving him a real purpose in life.

For the last five-plus years he's volunteered at the Lacey Senior Center in the kitchen, helping make and serve meals, putting Meals on Wheels food packets together and, as a

fill-in, going out and actually delivering them from time to time. He's learned the names (or at least the faces) of all the folks who eat at the Center. When he does deliver meals, he accepts the social aspects of serving them, not only making sure clients get food for the week, but checking on their mental and physical health and everything is okay with each of them. *It's a very fulfilling responsibility that he truly loves.*

Rick has a large family spread all over the world with five grown children, five grandchildren and even some great-grandchildren. They live in Texas, California and London, England, so he's on the computer with them all the time keeping abreast of what's going on in their lives.

Satisfaction is the word he uses to best describe his volunteer career. The seniors he works with appreciate what he does, and everyone at the Center keeps an eye on everyone else, watching their backs, and they do it with a real sense of pride. As we finished talking, he started walking around talking to many of the folks playing cards and Scrabble or sitting at the coffee bar. Here comes Rick!

If you're retired and not too sure what to do, then why not take your talents to the Lacey or Olympia Senior Centers and become a volunteer? Volunteer manager Theresa would love to sit down with you and figure out which of your life experiences would translate best and where. You can reach her at 360.586.6181 ext. 120, or email her at TheresaZ@southsoundseniors.org. It's a call you won't regret!

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.

Celebrate Diversity and Inclusion this August

By Senior Services Staff

At Senior Services, we believe every senior deserves to be welcomed, celebrated, and supported, no matter their background, identity or journey. August invites us to reaffirm this commitment as we honor Senior Citizen's Day, a moment to recognize the wisdom, resilience and contributions of older adults everywhere.

This month, we're also celebrating through food and tradition with community meals highlighting Lughnasadh, an ancient harvest festival, and National Fajita Day, a nod to the flavors and stories that nourish us. These shared meals offer more than just delicious bites, they're opportunities to connect, reflect and build understanding across cultures and experiences.

Whether you're new to our community or have been with us for years, your story matters. You're always welcome at our table just as you are!

Date	Occasion	Menu
August 1	Lughnasadh	Dublin Coddle, Roasted Brussel Sprouts, Irish Apple Cake
August 18	National Fajita Day	Chicken or Beef Fajita, Arroz Rojo, Guacamole and Sour Cream, Fresh Fruit
August 21	Senior Citizen's Day	Site Choice

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.

Raising Awareness with Ribbons:



For August, orange ribbons will be available at Lacey and Olympia center reception counters in recognition of Heat Awareness Month. August is typically the hottest month of the year in our region, and extreme temperatures can pose serious health risks—especially for older adults. This month, we're reminding everyone to stay cool, stay hydrated, and check in on those around you. Ask us how Senior Services can help you beat the heat!

Upcoming Ribbons:



• **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 August 2025



Celebrating *Diversity* August 2025

Monthly Observances:

- National Black Business Month
- Be Kind to Humankind Week (8/25 - 31)
- National Wellness Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Lughnasadh	2
3	4	5	6	7	8	9 International Day of the World's Indigenous People
10	11	12	13 Last Day of Tisha B'Av (7/13 -)	14	15 Independence Day of India	16
17 Marcus Garvey Day	18 National Fajita Day	19	20	21 Senior Citizen's Day	22	23 Remember Slavery Day Hungry Ghost Festival (- 9/21)
24	25	26 Women's Equality Day	27	28	29 Qixi (Chinese Valentine's Day)	30 National Grief Awareness Day
31						

Olympia Senior Center Weekly Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 - 10:00 Advanced EnhanceFitness® \$	10:00 - 11:00 Gentle Yoga \$	9:00 - 10:00 Advanced EnhanceFitness® \$	10:00 - 11:00 Gentle Yoga \$	8:30 - 11:00 Woodcarving
10:30 - 11:30 Gentle Yoga \$	10:00 - 11:30 Current Issues	10:00 - 12:00 Parkinson's Disease Support Group	12:30 - 2:00 Music Mends Minds	9:00 - 10:00 Advanced EnhanceFitness® \$
10:30 - 1:00 Tech Help w/ Melinda	10:00 - 1:00 Tech Help w/ Adam	10:00 - 1:00 Tech Help w/ Adam	12:30 Pinochle	10:00 - 1:00 Tech Help w/ Adam
12:00 - 1:30 World Geography: Come Explore!	10:00 - 11:30 Rock Painting w/ Inclusion	10:15 - 11:45 Games with Mike	1:00 - 2:00 Adaptive Creative Dance \$	10:30 - 11:15 Laughing Circle
12:00 - 3:00 Table Games	12:45 - 1:45 Drop-In Meditation	10:30 - 11:30 Gentle Yoga \$	2:00 - 3:45 Ukulele Group	12:00 - 3:00 Table Games
12:00 - 4:00 Cribbage	1:00 - 2:00 Chair Yoga \$	12:00 - 3:00 Table Games	2:00 - 4:00 Yarn Magic	1:30 - 2:30 Beginning EnhanceFitness® \$
1:00 - 3:00 Party Bridge		12:30 - 2:00 Euchre	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	
1:30 - 2:30 Beginning EnhanceFitness® \$		1:00 - 4:00 Mah Jongg		
		1:30 - 2:30 Beginning EnhanceFitness® \$		

Olympia Senior Center Monthly Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Check out page 13 for special presentations and activity highlights!				1 10:00 - 3:00 Haircuts (by appointment only)
4	5	6 10:00 - 11:00 Low Vision Support Group 10:00 - 3:00 Haircuts (by appointment only)	7	8
11	12 11:00 - 1:00 ALS Support Group 11:45 LGBTQ+ Lunch Bunch	13 2:00 - 4:00 Death Cafe	14 10:00 Explore Olympia Walkabout 5:00 Dine Out @ Mi Luna Cuban Cafe *Secure your spot for Dine Out by Monday, August 11 by calling the Olympia Senior Center at 360.586.6181	15 10:00 - 11:30 Food Bank 10:00 - 3:00 Haircuts (by appointment only)
18 Fall Quarter Registration Open! Grab your copy of the new Lifelong Learning Catalog in-person at our centers or online!	19	20 10:00 - 3:00 Haircuts (by appointment only)	21 10:00 Senior Reads Book Club 10:00 - 12:00 Tech Help w/ Rich	22 2:00 - 4:00 Bereavement Support Group: Life After Loss
25	26	27	28	29

Virgil Clarkson Lacey Senior Center Weekly Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 - 9:30 EnhanceFitness® \$	8:30 - 11:00 Woodcarving	8:30 - 9:30 Enhancefitness® \$	9:00 - 10:00 Gentle Yoga \$	8:30 - 9:30 Enhancefitness® \$
9:45 - 10:45 EnhanceFitness® \$	9:30 - 12:00 Mah Jongg for Beginners	9:00 -12:00 Double Deck Pinochle	10:00 - 11:30 Coffee and Conversation	9:00 - 12:00 Pinochle
10:30 - 11:30 Basic French	9:30 - 10:15 ZUMBA® Gold \$	9:30 - 1:15 Korean Elders	12:30 - 3:30 Double Deck Pinochle	9:15 - 11:00 Daytime Bingo
10:30 - 11:30 Blood Pressure Checks	10:00 - 11:00 Tech Help w/ Jeff	9:30 Wednesday Walkers	5:30 - 6:30 ZUMBA® After Hours	9:45 - 10:45 Enhancefitness® \$
11:00 - 12:00 Chair Yoga \$	11:00 - 12:00 Gentle Yoga \$	9:45 - 10:45 Enhancefitness® \$	5:30 - 7:30 Ukulele Ohana	10:00 - 12:00 Memoir Writing Class
11:30 - 12:30 Intermediate French	12:30 - 2:15 Needlecraft/ Tatting Group	11:00 - 11:45 Chair ZUMBA® \$		12:30 - 1:30 Intermediate Line Dancing \$
12:30 - 1:15 Beginner Line Dancing \$	12:30 - 3:30 Pinochle	12:30 - 3:30 Table Games		1:00 to 2:00 Sing Along with Brighter Days
12:30 - 2:30 Advanced French	1:30 - 3:30 Dance Socials \$	12:45 - 3:00 Fly Tying		1:00 to 4:00 Mah Jongg
1:00 - 3:00 Watercolor Group	2:00 - 3:00 Conversaciones en Español	1:00 - 3:00 Chess Essentials		
1:15 - 2:15 Beginner Advanced Line Dancing \$	2:00 - 3:30 Art Mixed Media	1:30 - 3:00 Intermediate Line Dancing \$	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	
	5:30 - 6:30 ZUMBA® After Hours	3:30 - 4:30 Enhancefitness® \$		
		Wednesday afternoons Reflexology (By appointment only. \$30 for 30 minutes)		

Virgil Clarkson Lacey Senior Center Monthly Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Center closed! See page 12 for details.
4 12:30 - 3:30 Haircuts <i>(by appointment only)</i> 12:30 - 2:00 Dementia Caregivers Support Group	5 6:00 Brain Injury Alliance of WA Meeting	6 1:30 Owning the Age I Am 6:00 Veteran's Support Group	7 10:00 - 12:00 Tech Help w/ Rich 12:30 - 3:00 NW Gardening Group	8
11	12 4:30 Dine Out @ Lemongrass Cafe (Tumwater)	13	14	15
18 12:30 - 3:30 Haircuts <i>(by appointment only)</i> Fall Quarter Registration Open! Grab your copy of the new Lifelong Learning Catalog in-person at our centers or online!	19	20 2:00 - 3:00 Open Book Club 6:00 Veteran's Support Group	21 12:30 - 3:00 NW Gardening Group	22 12:30 - 2:00 TED Talks+
25	26 11:45 LGBTQ+ Lunch Bunch	27	28 10:00 - 12:00 Tech Help w/ Marianne 2:00 - 4:00 Death Cafe	29

Check out page 12 for special presentations and activity highlights!

Lacey Senior Center Activity Spotlights

Dine Out

Tuesday, August 12
4:30 pm
Lemon Grass Tumwater
5801 Capitol Blvd SE
Tumwater, WA 98501

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

Public Welcome

NEW! Story Craft: Adventures with Artificial Intelligence (AI)

Thursday, August 14
8:30 am - 3:30 pm

In this collaborative interactive storytelling adventure, each participant will answer one or two fun, thought-provoking questions about characters, setting, or plot. Then, like magic, AI will weave everyone's ideas into a wild, whimsical, and wonderfully unpredictable tale. Just bring your curiosity for creativity. By the end, you'll have a story that's part you, part AI, and one-of-a-kind. The story and AI story photos will be printed for the participants to take home.

Public Welcome

NEW! Dementia Legal Planning Program

Thursday, August 21
12:30 pm

Get info on Powers of Attorney and Advance Directives, as well as HANDS-ON ASSISTANCE to complete these forms. This is funded by a DSHS grant and you won't want to miss it!

Public Welcome

TED Talks Plus

Friday, August 22
12:30 pm

Topic: *Echoes & Oddities: Rare Musical Instruments Through Time*. We'll watch 3 videos and discuss them as a Think Tank! Great topics to generate more brain neurons.

Public Welcome

NEW! Bigfoot Bingo

Saturday, August 23
6:00 pm

Grab your gear and follow the trail to Bigfoot Bingo! It's a **21+** night of legendary fun, wild sightings and maybe even a hairy surprise or two.

\$25 at the door — **CASH ONLY!**

That gets you: 10 bingo sheets, a chance to win \$60 per game and endless bragging rights if you spot Bigfoot (or just win big).

Doors open at 6:00 pm
Games begin at 7:00 pm

Public Welcome

NEW! ALZ Ed: Ten Warning Signs of Alzheimer's

Thursday, August 28
2:00 - 4:00 pm

Join Alzheimer's Association Speaker Cynthia Flores as she shares how you can recognize common signs of the disease in yourself and others and next steps to take, including how to talk with your doctor.

Public Welcome



ATTENTION! The Virgil Clarkson Lacey Senior Center will be **CLOSED on Friday, August 1** while carpets are being replaced!

Pinochle, Memoir Writing Class, Dementia Caregivers Support Group and Mah Jongg will be held during normal hours at the Lacey Community Center next door to the senior center.

A sack lunch will be available during normal **Community Dining** hour at the VCLSC Kitchen side door. Take-out ONLY.

Brighter Days is cancelled.

Thank you for your understanding!

Olympia Senior Center Activity Spotlights

NEW! Games with Mike!

Wednesdays
10:15 - 11:45 am
Olympia Senior Center

Join our Development Director, Mike Gregory, in the lobby each Wednesday for games! He'll bring fun and easy offerings from his vast collection of board and card games. Learn a new game, connect with your peers and have a great time!

Members Only

Laughing Circle

Fridays
10:30 am
Olympia Senior Center

Come and join our new group where we share stories, hope, and most importantly, laughs!

Public Welcome

Sharing Art Together

Wednesdays, August 6 & 27
10:00 am
Olympia Senior Center

Join the lovely Maureen Wells and Beth Johnson as they share their table top art program! Learn about various paintings and artists in depth, as these women share their knowledge and love of art! Always a treat!

Public Welcome

Explore Olympia Walkabout

Wednesday, August 14
10:00 am
Olympia Senior Center

Come explore our hometown area on our monthly walkabout. This month, we'll visit MIXX 96 and stroll around, close to home, in case the weather is unfriendly. Please wear sturdy walking shoes and be aware that sometimes we walk over trip hazards and some distance. Meet in the Olympia Senior Center lobby.

Public Welcome

Dine Out

Thursday, August 14
5:00 pm
Mi Luna Cuban Cafe
1023 Capitol Way S
Olympia, WA 98501

Join us for an evening of conviviality and good food at Oly's newest Cuban Cafe, Mi Luna! Always fun and good food, our Dine Out offers a chance for early evening fun! Meet at the restaurant. Everyone pays for their own meal.

Reserve your spot no later than Monday, August 11 by calling 360.586.6181.

Public Welcome

Senior Reads Book Club

Thursday, August 21
10:00 am
Olympia Senior Center

For August, we'll be reading *West With Giraffes* by Lynda Rutledge. Our conversations are always fun, typically far ranging, and often time brings new perspectives, join us!

Public Welcome

Keys to Connection

Monday, August 25
11:45 am - 12:15 pm
Olympia Senior Center Lunch Room

Keys to Connection is a group of young folks who sing and play instruments, and are building bridges to intergenerational relationships! They sing at various venues, and will be singing in our lunch room as their school schedules allow!

Public Welcome

Olympia Center Special Speakers:



Bull Kelp in Puget Sound: Where's it going and why does it matter?

Wednesday, August 13
10:00 am

Underwater forests composed of floating kelp and other such vegetation provide critical

habitat and ecosystem services to marine organisms and humans alike. Kelps also promote healthy fisheries and are culturally important for many Indigenous peoples. In Puget Sound, bull kelp – a floating kelp often observed on the water's surface – promotes biodiversity and provides food and shelter for fish, crabs and other critters. Unfortunately, significant declines in bull kelp have been observed across Central and South Puget Sound. While the causes of this decline are not yet understood, ongoing research and monitoring efforts are working to better understand patterns in bull kelp loss across Puget Sound. This work supports actions that promote kelp forest resilience and protects valuable marine habitat for future generations.

Public Welcome

Phish Tales: Spotting Scams in the Digital Pond!

Thursday, August 20
10:00 am

Learn about common fraud schemes and tactics. Plus, tips to protect yourself and your loved ones from falling victim to these bad actors. Safeguard your financial data! Please join WAFD Bank's Chris Campbell and Scott Stone for this fun, interactive class with discussion and games for protecting yourself in the digital world!

Public Welcome

Senior
Services
FOR SOUTH SOUND

Trips & Tours

Miss the Showcase? No Problem!

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

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



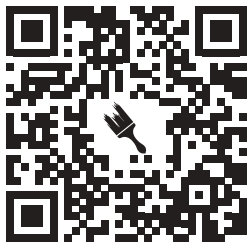


OCTOBER 11, 2025 5 PM
OLYMPIA SENIOR CENTER

Our Annual Fall Gala is almost here!

Join us for a celebration of art, community and the vibrant creativity that brings us together as we Paint the Town to raise vital funds to support our mission. Enjoy an elegant meal, fine wine, musical entertainment, compelling speakers, and exciting silent and live auctions.

Tickets on sale September 2!



southsoundseniors.org/gala

Are You an Artist or Know One?

We're seeking art donations for our silent auction and creative ways to support our gala. We're also looking for volunteers for the event night! Contact our Development Team at development@southsoundseniors.org or 360.586.6181 ext. 110.

BIGFOOT

BINGO

FEATURING
ELIZABETH
LORD

21+ ONLY!
\$25 CASH TO PLAY

Saturday, August 23 | 6 pm
Virgil Clarkson Lacey Senior Center

Senior
Services
FOR SOUTH SOUND



**Virgil Clarkson Lacey Senior
Center**

CLOSED August 1

**for carpet removal and replacement. See
page 12 for details!**

Thank you to our Local Partners:



LEWIS-MASON-THURSTON
AREA AGENCY ON AGING



SUBARU

Olympia Subaru