

Garden of
GRATITUDE

**VOLUNTEER
APPRECIATION
ISSUE**



Brian's View

A Message From the Executive Director



People volunteer for every reason under the sun. And our world is a far better place for it. Isn't it fitting yet odd that we even have the notion of "volunteering"? Cast your mind back to our village life a thousand years ago. While we've always had economies of some type, we lived in far simpler communities where people "worked" raising crops and making meals and helped others do the same, without calling it "volunteering". It's just what we did to make it all work. Excuse me, you know I can't help but reflect on deep time and how we make sense of our world. It's deeply human to help others, and always has been.

We see inspiring examples of volunteerism every day around our organization.

I'd like to highlight one I witnessed in mid-March. **John Godfrey** recently retired from decades of acclaimed service to the Parks Department here in Olympia. He's helped thousands and thousands of people have better times through Parks. We know him well because he worked the reception area in the Olympia Center, and we relied on him for many logistical things.

To our delight, **John came in to sign up to volunteer with us** at our own reception desk, just down the hall from his old desk! Safe to say no one in Thurston County is more qualified or delightful! He hasn't been retired but a few weeks and is already taking this step. What a shining example of wisdom, knowing that **volunteering gives us purpose, friends and community**. Kudos to all those who transition quickly from work to some sort of active volunteering. A thing our volunteers have in common? They love it! It enriches their lives!



April 2026 Newsletter

I'm reading a fascinating book right now called *Behave* by Robert Sapolsky. It is a masterful overview of the biochemistry, psychology and sociology that drives human behavior. One thing I took from it is an awesome respect for the power of biology, biochemistry and genetics to determine a great deal of human behavior — what we might call "hardware." The punchline is that who we are is heavily influenced by what we think! Our "software" can override much of our hardware.

I mention this because **volunteering is a natural compulsion for some**, in their bones. Good for them and for us. **But for others, we must talk ourselves into it.** Talk ourselves out of staying home in our jammies. Talk ourselves out of the lassitude that plagues us. We must override our biological desire for ease and comfort to take actions that are truly better for us!

However you get yourself here, we welcome you! Our organization is volunteer-driven. Give us a try. On our recent volunteer satisfaction survey we had 127 responses and 76% rated it 5/5! 100% of folks had it 4 or 5 out of 5!

Volunteering is a great way to help manifest the kind of world you want, to scream into the void of global concerns, and take action to make THIS community a healthier place to live.

And by the way, April is Global Volunteer Appreciation Month!



Brian Windrope, Executive Director



DEAR VOLUNTEERS,

Gardening is one of life's simplest joys—full of color, care and meaningful rewards. Much like volunteering.

Flower gardens delight us with vibrant beauty and fragrance, while vegetable gardens nourish us with wholesome abundance. In the same way, **each of you brings something unique and essential to our community.** You are not only the heartbeat of Senior Services for South Sound—you are the garden. A rich blend of talent, compassion, and dedication that allows our mission to grow and thrive.

Your kindness, generosity and steady commitment bring our work to life every single day. Like a well-tended garden, your efforts help our community flourish—creating connection, dignity, and joy for the older adults we serve.

In this "Garden of Gratitude," every role matters. Whether you're delivering meals, leading activities, offering companionship, or supporting programs behind the scenes, you are planting seeds of hope and belonging. With more than 400 volunteers sharing their time and talents, the impact you make continues to blossom in ways both seen and unseen.

I'm often reminded of a quote by Elizabeth Andrew:

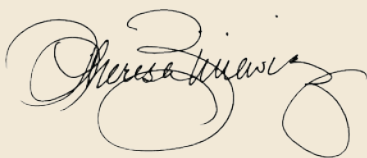
"Volunteers do not necessarily have the time; they just have the heart." And that couldn't be more true. You give what you can, when you can—and in doing so, you create something truly meaningful.

As we celebrate Volunteer Appreciation Month, **please know how deeply grateful we are for all that you do.** Your generosity nurtures not only our programs, but the spirit of community that makes this organization so special.

I hope your volunteer journey continues to bring you purpose, connection, and fulfillment. Even when the results aren't immediately visible, your impact is deeply felt. You are strengthening lives, enriching our community, and helping something beautiful grow.

Thank you for being such an extraordinary part of our garden.

With heartfelt appreciation,



Theresa Ziniewicz, Volunteer Manager



Garden of

GRATITUDE

VOLUNTEER IMPACT IN 2025

44,144

HOURS OF SERVICE

470

ACTIVE VOLUNTEERS



VOLUNTEER OF QUARTER 1, 2025



RICK KOSS

SENIOR NUTRITION PROGRAM



“Rick is the most delightfully audacious of volunteers—a true force of nature in an apron. With a heart as vast and generous as a blue whale’s and a razor-sharp wit that keeps everyone on their toes, he transforms the kitchen into a stage for laughter, warmth, and culinary magic.”



VOLUNTEER OF QUARTER 2, 2025



FLORA PALLECHIO

SENIOR NUTRITION PROGRAM



“Flora provides tremendous help to Stephanie and her team, being uniquely capable of handling challenging things given her intelligence and history of being on staff in the department. She is reliable, always friendly and wise. She is one of our heroes.”



VOLUNTEER OF THE YEAR 2025

KATHLEEN CONNOLLY

SENIOR NUTRITION AND TRANSPORTATION PROGRAMS



Kathleen's dedication, compassion and quiet generosity have made a lasting impact across Senior Services for South Sound—so much so that she was named **both our Volunteer of the Third Quarter and our Volunteer of the Year**. These honors reflect not just a moment of service, but a consistent, heartfelt commitment to showing up for others in meaningful ways.

As a volunteer driver, Kathleen helps older adults maintain their independence by ensuring they can get to critical medical appointments safely and on time. She is known for stepping in at a moment's notice, always ready to help wherever she's needed most.

Kathleen's impact doesn't stop there. She's also a Meals on Wheels driver, delivering not just meals, but connection and care to the people she serves. Whether she's behind the wheel, assisting at the Fall Gala or lending a hand at bingo events, Kathleen brings the same level of thoughtfulness and dedication. "She is always considerate and keenly aware of the details necessary for a successful trip," a peer said in her nomination. This attention to care extends to everything she does.

What is truly special about Kathleen is her genuine kindness and the pride she takes in serving her community. She goes the extra mile—literally and figuratively—ensuring every person she helps feels supported and valued. Her recognition as both Volunteer of the Third Quarter and Volunteer of the Year is a reflection of the countless ways she makes a difference each day. We are incredibly grateful to have Kathleen as part of our volunteer community!

VOLUNTEER OF QUARTER 4, 2025



RACHEL SOUZA BUDD BAY BARGAINS AND EVENTS

Volunteer Profile by Scott Schoengarth

It was a nice surprise this month when, while I waited for Rachel Souza to arrive for her interview, a young woman approached and introduced herself. The great majority of past interviewees have been retirees, but Rachel is in her thirties. Her story is entirely different from any other volunteer I have interviewed, and it was fascinating.

Rachel was born in Michigan but has lived most of her life in our part of the world, graduating from Black Hills High School. She spent six years on active duty as an enlisted aircrew member in the U.S. Air Force. Her primary duty was an Airborne Operations Specialist flying on a military aircraft called the E-3 AWACS. While stationed at Tinker Air Force Base in Oklahoma City, Rachel met her husband-to-be, Aaron. They dated for seven years and have been married for eight. They now live with their two dogs in a great house they purchased recently in rural Rochester.

Rachel works as a DOL Skills Examiner and Lead Instructor at a local Driving School. At the Olympia Senior Center, she has volunteered for almost four years in Budd Bay Bargains, currently working there every Friday from noon to close.

Last year, Rachel took the lead in a major upgrade of the store. While the store was scheduled for new flooring, she took it upon herself to spearhead a makeover for the entire store. With the help of her husband and a few other volunteers, Rachel painted, stained and reorganized Budd Bay Bargains. If you haven't been in, be sure to check it out, because it looks amazing!

This year, Rachel is excited to serve as Chair of the Decor Committee for the annual Fall Gala, with mentorship from the legendary Linda Roseberry. Never one to remain idle, Rachel also takes ceramics classes at the Evergreen State College, paints at home in her art studio, and loves to travel. Her past adventures include a three-month, solo road trip around the US and Canada; a few months backpacking around Europe to celebrate her 30th birthday; and recent excursions to Norway and Belgium. This coming September she'll be spending time in Spain.

Join Us!

VOLUNTEER OPPORTUNITIES



June, 13 • Huntamer Park

- Rope Volunteers
- Event day set up
- Event logistics

Annual
**Fall
Gala**

October 10 • Olympia Senior Center

- Auction Procurement Committee
- Decor Comittee
- Pre-event set up
- Event volunteers
- Event tear-down



- Mason County Community Dining Volunteers



LEARN MORE AT [SOUTHSOUNDSENIORS.ORG/VOLUNTEER](https://southsoundseniors.org/volunteer) OR EMAIL VOLUNTEERS@SOUTHSOUNDSENIORS.ORG

■ Olympia Senior Center Weekly Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 - 9:30 ■ Advanced EnhanceFitness®	10:00 - 11:00 ■ Gentle Yoga \$	8:30 - 9:30 ■ Advanced EnhanceFitness®	10:00 - 11:00 ■ Gentle Yoga \$	8:30 - 11:00 ■ Woodcarving
9:45 - 10:45 ■ Advanced EnhanceFitness®	10:00 - 11:30 ■ Current Issues	9:45 - 10:45 ■ Advanced EnhanceFitness®	10:00 - 1:00 ■ Tech Help w/ Adam	8:30 - 9:30 ■ Advanced EnhanceFitness®
10:30 - 11:30 ■ Gentle Yoga \$	10:00 - 11:30 ■ Craft Time w/ Inclusion	10:00 - 12:00 ■ Parkinson's Disease Support Group	10:30 - 11:30 ■ Tai Ji Quan \$	9:45 - 10:45 ■ Advanced EnhanceFitness®
12:00 - 1:30 ■ World Geography: Come Explore!	10:30 - 11:30 ■ Tai Ji Quan \$	10:00 - 12:00 ■ Scrabble	12:30 - 2:00 ■ Music Mending Minds	10:00 - 1:00 ■ Tech Help w/ Adam
12:00 - 3:00 ■ Table Games	12:30 - 2:00 ■ Chess Club	10:30 - 1:00 ■ Tech Help w/ Melinda	12:30 - 4:00 ■ Pinochle	10:30 - 11:15 ■ Laughing Circle
12:00 - 4:00 ■ Cribbage	12:00 - 4:00 ■ Reader's Theater Rehearsal & Skill Building	10:30 - 11:30 ■ Spanish Conversations	1:00 - 2:00 ■ Adaptive Creative Dance \$	11:30 - 4:00 ■ Hand and Foot
1:00 - 3:00 ■ Party Bridge	12:45 - 1:45 ■ Drop-In Meditation	10:30 - 11:30 ■ Gentle Yoga \$	1:00 - 4:00 ■ Ukulele Group	12:00 - 3:00 ■ Table Games
1:30 - 2:30 ■ Beginning EnhanceFitness®	1:00 - 2:00 ■ Chair Yoga \$	12:00 - 4:00 ■ Euchre	2:00 - 4:00 ■ Yarn Magic	12:15 - 12:45 ■ TGIF Dance Party
2:00 - 4:00 ■ Backgammon		12:30 - 1:30 ■ AL-Anon <i>*Beginning April 8</i>		1:30 - 2:30 ■ Beginning EnhanceFitness®
<p>■ = Senior Services for South Sound membership required to participate.</p> <p>■ = Public welcome.</p> <p>\$ = Fees associated with activity.</p>		1:00 - 4:00 ■ Mah Jongg		2:00 - 4:00 ■ Backgammon
		1:30 - 2:30 ■ Beginning EnhanceFitness®		

■ Olympia Senior Center Monthly Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 10:00 - 3:00 ■ \$ Haircuts 10:00 - 11:00 ■ Low Vision Support Group 12:30 - 3:00 ■ Read a Play, Engage & Have Fun	2 10:00 - 11:30 ■ Area Agency on Aging Forum <i>pg. 15</i> 11:00 - 12:00 ■ Worms! Worms! Worms! <i>pg. 15</i> 1:30 - 3:00 ■ Retirement & Aging <i>pg. 15</i>	3 10:00 - 3:00 ■ \$ Haircuts 9:00 - 3:00 ■ \$ Nail Care for Feet*
6 1:00 - 3:00 ■ Reader's Theater	7	8 11:00 - 12:00 ■ Unforgettable Art 2:00 - 4:00 ■ Death Café	9 10:00 ■ Explore Olympia Walkabout 5:00 ■ \$ Dine Out @ Mekong Thai Restaurant <i>pg. 14</i>	10 Early Closure 1:00 pm
13 10:30 - 11:30 ■ \$ Botanical Art <i>pg. 15</i> 1:00 - 3:00 ■ Reader's Theater 1:00 - 2:00 ■ Notary Services	14 11:00 - 1:00 ■ ALS Support Group 11:45 - 12:15 ■ LGBTQ+ Lunch Bunch	15 10:00 - 3:00 ■ Haircuts 12:30 - 3:00 ■ Read a Play, Engage & Have Fun	16 10:00 ■ Senior Reads Book Club A <i>Different Drummer (1962), William Melvin Kelley</i> 10:00 - 12:00 ■ Tech Help w/ Rich	17 10:30 - 11:30 ■ Food Bank 10:00 - 3:00 ■ Haircuts 9:00 - 3:00 ■ \$ Nail Care for Feet*
20 10:30 - 11:30 ■ \$ Botanical Art <i>pg. 15</i> 1:00 - 2:00 ■ Planning Ahead w/ Care	21 9:30 - 2:30 ■ \$ Driving 2-Day Workshop 1:00 - 3:00 ■ \$ Cooking w/ Chef Mary <i>*Register at reception</i>	22 9:30 - 2:30 ■ \$ Driving 2-Day Workshop 11:00 - 12:00 ■ Climate Café <i>pg. 15</i>	23	24 2:00 - 3:30 ■ Bereavement Support Group
27 10:30 - 11:30 ■ Botanical Art 1:00 - 2:00 ■ Notary Services 1:00 - 3:00 ■ Reader's Theater	28 11:30 ■ \$ Let's Do Lunch! @ Red Lantern Asian Fusion <i>pg. 14</i>	29	30	*Nail Care for Feet: No-shows without prior cancellation will be unable to book appointments for three months.

● 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 (Chinese Rules) for Beginners	9:00 -12:00 ● Double Deck Pinochle	9:30 - 11:15 ● Crafting w/ Inclusion	9:00 - 12:00 ● Pinochle
11:00 - 12:00 ● Chair Yoga \$	9:30 - 10:15 ● ZUMBA® Gold \$	9:30 - 1:15 ● Korean Elders	9:30 - 11:00 ● Coffee and Conversation	9:15 - 11:00 ● Daytime Bingo
12:30 - 1:15 ● Beginner Line Dancing	10:00 - 11:00 ● Tech Help w/ Jeff	9:30 ● Wednesday Walkers	10:30 - 11:30 ● Beginning Tai Ji Quan	9:45 - 10:45 ● Enhancefitness \$
1:00 - 3:00 ● Watercolor Group/ Cardmaking	10:00 - 12:00 ● Late Life Planning	9:45 - 10:45 ● Enhancefitness \$	12:30 - 3:30 ● Double Deck Pinochle	10:00 - 12:00 ● Memoir Writing
1:15 - 2:15 ● Beginner Advanced Line Dancing	11:00 - 12:00 ● Gentle Yoga \$	11:00 - 11:45 ● Seated ZUMBA®	3:00 - 4:00 ● Advanced Tai Ji Quan	11:00 - 12:00 ● All Yoga
2:30 - 3:30 ● Tai Ji Quan - Beginning	12:30 - 2:15 ● Needlecraft/ Tatting Group	12:45 - 3:00 ● Fly Tying	5:30 - 6:30 ● ZUMBA® After Hours	12:30 - 1:30 ● Intermediate Line Dancing
3:30 - 4:30 ● Tai Ji Quan - Advanced	12:30 - 3:30 ● Pinochle	1:00 - 3:00 ● Chess Essentials	5:30 - 7:30 ● Ukulele Ohana	1:00 to 2:00 ● Sing Along with Brighter Days
5:00 - 6:00 ● Tai Chi	1:30 - 3:30 ● Dance Socials \$	1:30 - 3:00 ● Intermediate Line Dancing		1:00 to 4:00 ● Mah Jongg
	2:00 - 3:00 ● Conversaciones en Español	3:00 - 4:00 ● Memoir Writing		
	2:00 - 3:30 ● Art Mixed Media	3:30 - 4:30 ● Enhancefitness \$		
	5:30 - 6:30 ● ZUMBA® After Hours			

■ = Senior Services for South Sound membership required to participate.

■ = Public welcome

\$ = Fees associated with activity.

● Virgil Clarkson Lacey Senior Center Monthly Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 1:30 - 3:00 ● Owing the Age I Am 6:00 - 7:30 ● Veteran's/ First Responders Support Group	2 10:00 - 12:00 ● Tech Help w/ Rich 1:00 - 3:00 ● NW Gardening Group 7:00 - 9:00 ● Olympia Coin Club	3 12:30 - 2:00 ● Dementia Caregivers Support Group
6 12:30 - 2:00 ● Dementia Caregivers Support Group 12:30 - 3:30 ● \$ Haircuts 1:00 - 2:00 ● Free Notary Service	7 6:00 ● Brain Injury Alliance of WA Meeting	8 11:00 - 12:30 ● Low Vision Assistance <i>pg. 14</i>	9 10:00 - 2:00 ● Intercity Transit Bus Buddies	10 By Appointment ● \$ Nail Care for Feet 2:00 - 3:30 ● Bereavement Support Group Early Closure 2:00 pm
13 8:30 - 3:30 ● \$ 55+ Senior Driving Workshop <i>*Register at reception</i> 11:00 - 12:30 ● Geriatric Mindfulness <i>pg. 14</i>	14 4:30 ● \$ Dine Out @ Firecreek Ale House <i>pg. 14</i>	15 10:00 - 3:15 ● Colon Cancer Screening <i>pg. 14</i> 6:00 - 7:30 ● Veteran's/ First Responders Support Group	16 1:00 - 3:00 ● NW Gardening Group	17
20 12:30 - 3:30 ● \$ Haircuts	21	22 2:30 - 4:00 ● Teen Tech Geniuses <i>pg. 14</i>	23 2:00 - 3:30 ● Death Café	24 12:30 - 2:00 ● TED Talks+ Topic: <i>Memory = Identity?</i> 2:30 - 3:00 ● Trips & Tours Showcase <i>pg. 18</i>
27	28 11:45 ● LGBTQ+ Lunch Bunch	29	30	*Nail Care for Feet: No-shows without prior cancellation will be unable to book appointments for three months.

● Lacey Senior Center Activity Spotlights

Low Vision Assistance

Thursday, April 9

11:00 am - 12:30 pm | ● LACEY

Find out about new tech that can help those with low vision to see on many devices - you will be glad you stopped by and talked with Cheryl!

Public Welcome

Geriatric Mindfulness Info Table

Monday, April 13

10:30 am - 12:30 pm | ● LACEY

Stop by and say hello to Angie to get great information about Geriatric innovations that may change your life or the life of a loved one.

Public Welcome

Colon Cancer Screening

Wednesday, April 15

By Appointment 10:00 am - 3:15 pm | ● LACEY

Early detection made easy — one simple blood draw at time. No poop, no prep, no problem! Don't forget to stop by the reception desk to make an appt if you are age 45 - 85, Medicare, Tricare, VA CCN, or MedAdvantage and have been unscreened in the last 12 months.

Public Welcome

Teen Tech Geniuses

Wednesday, April 22

2:30 - 4:00 pm | ● LACEY

North Thurston High School students are here to help seniors at our Senior Center with their smartphones, tablets, and laptops. You know that our youth have MAD tech skills and are delighted to share them with us! Get your tech questions answered.

Public Welcome

Dine Out with Us!

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**

● LACEY

Tuesday, April 14

4:30 pm

Firecreek Ale House

5225 Yelm Hwy SE

Lacey, WA 98503

■ OLYMPIA

Thursday, April 9

5:00 pm

Mekong Thai Restaurant

125 Columbia St NW

Olympia, WA 98501

Let's Do Lunch!

Everyone pays for their own meal and enjoy the good company. Please sign up at the Olympia Reception Desk. **Public Welcome**

■ OLYMPIA

Tuesday, April 28

11:30 am

Red Lantern Asian Fusion

120 5th Ave SW

Olympia, WA 98501



PARANORMAL BINGO
APRIL 25 ● VIRGIL CLARKSON LACEY SENIOR CENTER

The banner features a dark background with glowing text. On the left and right sides, there are illustrations of a ghost and a bingo card. A small icon of a smartphone with 'EMF' on it is also visible.

■ Olympia Senior Center Activity Spotlights

Area Agency on Aging Forum

Thursday, April 2

10:00 - 11:30 am | ■ **OLYMPIA**

Shape support in your community. The Area Agency on Aging will be holding a forum to hear what services are needed to age well in our community.

Public Welcome

Worms! Worms! Worms!

Thursday, April 2

11:00 am - 12:00 pm | ■ **OLYMPIA**

Curious about composting and the tiny creatures that make it happen? Join us for Worms! Worms! Worms!—a fun, hands-on class where you'll learn about worms' life cycle, how to care for red wigglers, and the important role they play in breaking down food waste. We'll explore a real worm bin, discover other helpful decomposers, and talk about the benefits of vermicomposting. This class is a great way to try something new and maybe even get inspired to start your own worm bin at home!

Public Welcome

Speaking of Transitions - Navigating the Journey of Retirement and Aging

Thursday, April 2

1:30 - 3:00 pm | ■ **OLYMPIA**

This drop-in discussion group explores common issues people deal with in aging and retirement. The purpose is to discuss this journey together so we can learn from each other.

Public Welcome

NEW! AL-Anon Support Group

Wednesdays Beginning April 8

12:30 - 1:30 pm | ■ **OLYMPIA**

Al-Anon is a supportive group for people whose lives have been affected by someone else's drinking. This peer-led meeting offers understanding, encouragement, and connection for anyone seeking support.

Public Welcome

Botanical Stencils Art Class

Mondays, April 13 - 27

10:30 - 11:30 am | ■ **OLYMPIA**

Join us for a fun three-week art class where you'll create your own unique piece using plaster botanical stencils with acrylic on canvas. In the first week, the instructor will guide you through painting your canvas and choosing your stencils. In the second class, you'll apply plaster to bring your design to life, deciding how thick you'd like it as you scrape away the excess. In the final week, you'll finish your artwork by adding paint, details, and any personal touches that make it truly yours. This class is open to all skill levels.

Members Only + \$10 Materials Fee per person

Planning Ahead with Care

Monday, April 20

1:00 - 2:00 pm | ■ **OLYMPIA**

Come meet with Randi Nandyal, a local Passing Celebrant, for an informative and thoughtful conversation about preplanning celebrations of life, funerals, and graveside services. This session offers helpful tips and guidance so you can leave your loved ones with a clear, comforting plan. By thinking ahead, you can ease the burden on family and give them the space to focus on healing and remembrance.

Public Welcome

Climate Café Listening Circle

Wednesday, April 22

11:00 am - 12:00 pm | ■ **OLYMPIA**

Celebrate Earth Day by participating in a Climate Café Listening Circle—a warm, welcoming space to talk about how the climate and ecological crisis is affecting us. This is a chance to share your thoughts and feelings, whether that's worry, hope, or anything in between, and to hear from others who may be feeling the same way. There's no pressure to debate or find solutions—just come as you are and be part of an open, supportive conversation.

Public Welcome

Cultural and Holiday Meals at Senior Services

Through our Senior Nutrition Program, we offer monthly themed meals that reflect cultural traditions, seasonal observances and holidays recognized by our diverse community.

At Senior Services for South Sound, we believe that **food is one of the most meaningful ways to build connection**. Our cultural and holiday meals provide an opportunity to learn, share traditions and enjoy community together.

Holiday Meals

Date: Thursday, April 16

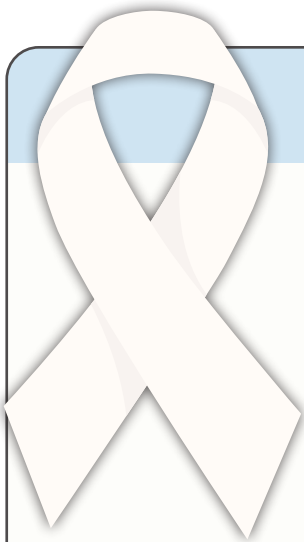
Occasion: Arab-American Heritage Month

Menu: Al Kabsa (Traditional Saudi Rice and Chicken),
Lebanese Fattoush Salad, Fresh Oranges

Date: Tuesday, April 21

Occasion: Earth Day

Menu: Hearty Lentil Stew with Roasted Root Vegetables,
Mixed Side Salad, Whole Wheat Dinner Roll, Fresh Fruit



Celebrate with Ribbons

Each month, we offer ribbons at our reception desks to help raise awareness around issues impacting older adults in our community.

For April, white are available in recognition of National Minority Health Month. This annual observance spreads awareness about health disparities experienced among racial and ethnic minority populations and calls people to action. We all benefit by creating healthier, stronger community through quality, equitable, respectful care and services that are responsive to diverse cultures, beliefs and circumstances.

April 2026 Newsletter



Celebrating *Diversity* April 2026

Monthly Observances:

- Celebrate Diversity Month
- Autism Acceptance Month
- National Volunteer Month
- Stress Awareness Month
- National Deaf History Month
- Arab-American Heritage Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			Passover	World Autism Awareness day		
5 Easter	6 National Tartan Day	7 World Health Day	8	9 Asian-American, Native Hawaiian and Pacific Islander Women's Equal Pay Day	10 National Day of Silence	11
12	13 Theravada New Year Boun Pi Mai	14 Cambodian New Year	15	16	17	18
	Yom Hashoah (Holocaust Remembrance)					
19	20	21	22 Earth Day	23	24	25
National Volunteer Week						
26	27	28	29	30		

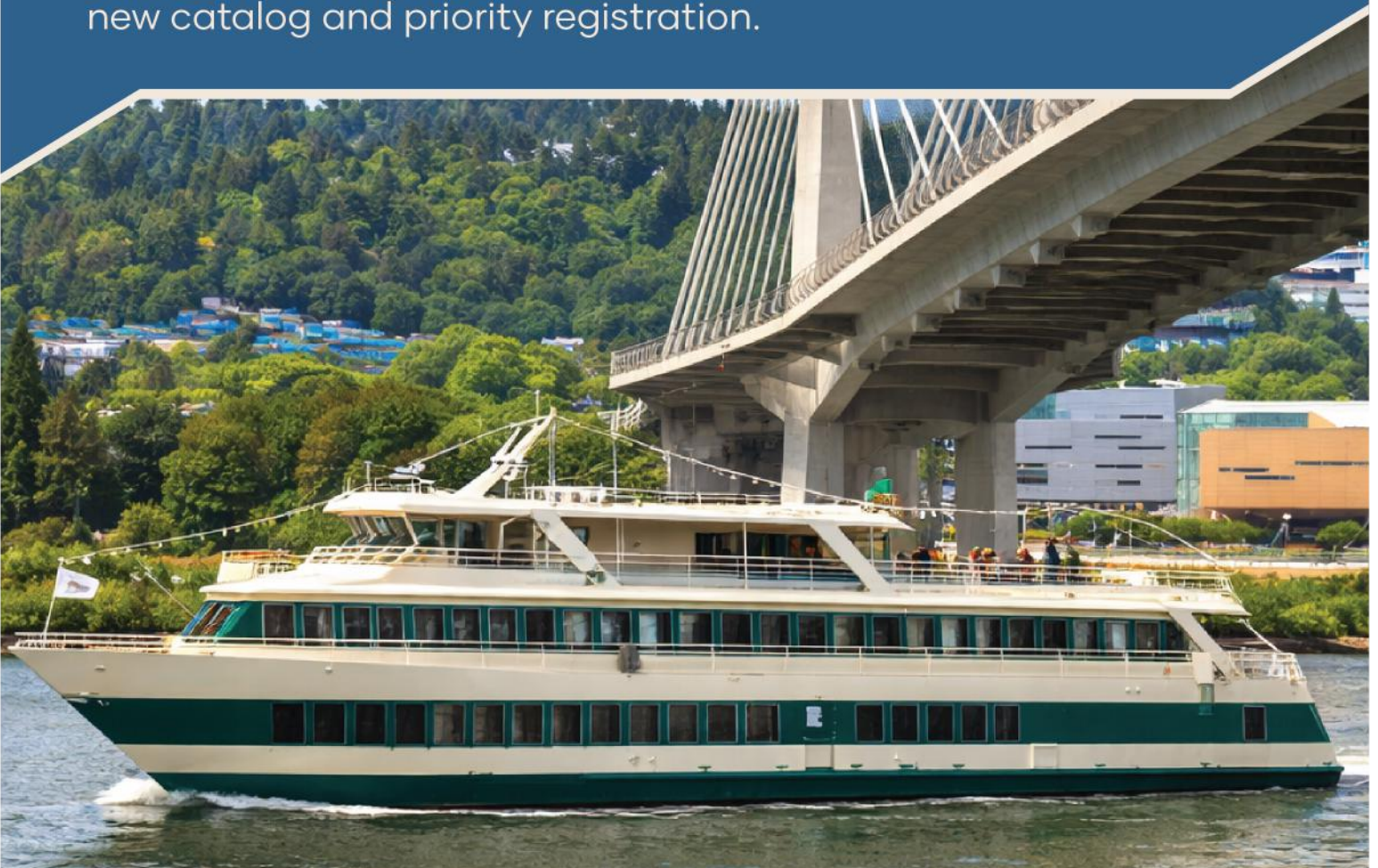
Senior Services for South Sound

Trips & Tours SHOWCASE

Friday, April 24  2:00 – 3:30 pm

● Virgil Clarkson Lacey Senior Center

Look forward to the season ahead at our quarterly Trips & Tours Showcase! This is your exclusive chance to get a first look at the exciting destinations this spring. Join us for a presentation of the new catalog and priority registration.





Love Medicare? Become a SHIBA Volunteer!

Navigating Medicare can be confusing—and for many people, the choices they make have a lasting impact on their health and financial security. That's where SHIBA (Statewide Health Insurance Benefits Advisors) comes in.

SHIBA provides free, unbiased Medicare information to help community members understand their options and make informed decisions. Our trained volunteers offer guidance, clarity, and reassurance at a time when it's truly needed.

We are currently seeking volunteers in Thurston and Mason counties who want to give back and support their neighbors.

What Do SHIBA Volunteers Do?

Depending on interest and availability, volunteers may:

- Enter information into computer systems
- Answer phones and assist clients
- Learn the intricacies of Medicare to help others understand their choices
- Present Medicare classes to the community

You don't need prior Medicare experience. We provide comprehensive training and ongoing support, along with a welcoming team environment and the satisfaction of making a real difference.

If you enjoy learning, sharing information, and helping others navigate important decisions, volunteering with SHIBA may be a great fit.

Apply today: southsoundseniors.org/volunteer

SHIBA Help 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 1	11:00 am - 1:00 pm	ZOOM
Medicare - Getting Started	April 8	11:00 am - 1:00 pm	Olympia Senior Center 222 Columbia St NW Olympia, WA 98501
Medicare One-on-One	April 9	10:00 am - 12:30 pm	Prosperity Grange, Steamboat Island 3701 Steamboat Loop NW Olympia, WA 98502
Medicare - Getting Started	April 16	10:00 am - 12:00 pm	ZOOM
Medicare - Getting Started	April 16	11:00 am - 3:00 pm	Mason County Senior Activities Association 190 W Sentry Dr Shelton, WA 98584
Medicare - Getting Started	April 21	6:00 pm - 7:30 pm	ZOOM

Over the Edge



southsoundseniors.org/ote

June 13 • Noon
Huntamer Park



Scan to Register

**ONLY 40
SPOTS
AVAILABLE!**



PARANORMAL BINGO
 APRIL 25 @ VIRGIL CLARKSON LACEY SENIOR CENTER

RAINBOW BINGO **JUNE 6**
OLYMPIA SENIOR CENTER

! IMPORTANT INFORMATION

EARLY CLOSURE APRIL 10
 Olympia Senior Center: 1:00 pm
 Lacey Senior Center: 2:00 pm

Thank you to our Local Partners:



LEWIS-MASON-THURSTON
AREA AGENCY ON AGING



SUBARU

Olympia Subaru