

LET'S GO
over the
EDGE
for Seniors
SATURDAY, JUNE 13



Join us at noon at Huntamer Park for our ground party featuring VFW hot dogs and a sign-making station. Come out, join the party and support us with your feet firmly on the ground!

If you're looking for a little more excitement, there's still time to sign up to rappel and support seniors in our community! Visit southsoundseniors.org/ote to register.

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Brian's View

A Message From the Executive Director



Here at the onset of summer weather many of us are resuming activities we enjoy in the sun. At this moment in time I'm happy to say that **our mission shines brightly, meeting the near-solstice sun in a concert of light.** I hope you are enjoying the different pastimes and pursuits made possible by light, dry and longer days.

I'm starting a new activity myself, some time in the yearning. This summer **I'm becoming a licensed paragliding pilot**, the kind where you have a wing and no motor and launch from hillsides to fly around with wind and thermals. To me it's the most birdlike, simple and elegant of the ways we can leave the ground and take flight. Since childhood I've dreamed of flying. Ask me and I'll happily engage you in conversation on the topic! So this fulfills a lifelong dream to soar like the birds.

Am I too old for this new activity? My boys and people younger than me might think, maybe he's a bit past his prime? I've been a "boomer" and a "geezer" to my sons since they were spuds, never mind reality. I often hear from older folks that I'm a pup in their eyes; when I tell them I'm 57 they laugh and say, "Oh, I wish I were still 57!" Aren't we always somewhere near the middle of the perception of others? **When is the right time for a new thing? Usually...it's NOW!**

Senior Services for South Sound's mission is to enhance quality of life as folks age. Simple and elegant, like my paragliding system. **We exist to encourage new adventures, maintain fitness and build strong relationships.** I'm in the right organization to take on a new activity that does all these things for me!

I'll close by turning my attention from the skies aloft to the soil of my garden. My peas are hand-high, my radishes are nearing harvest, and my darn cats are staying out of my veggie beds, as I've given them other soft dirt places to do their business. Rassmfrassm! However you till soil, I hope your garden is growing well.

Check out our many offerings and try something new. Be a lifelong learner, stay fit, make new friends and keep the old! **Together we make the South Sound a fantastic place to live and age well.**

A handwritten signature in blue ink that reads "Brian Windrope". The signature is fluid and cursive, with a long horizontal stroke at the end.

Brian Windrope, Executive Director



Welcome Liza!

Senior Services Staff

Please join us in giving a warm welcome to **Liza Purdy, the new Lacey Senior Center Activities Manager!** Liza joins us following Jill's

retirement and brings with her a passion for community-building, lifelong learning and creating spaces where everyone feels they belong.

Originally from the Pittsburgh area, Liza recently relocated to Olympia with her family after spending eight years in Santa Clarita, California. There, **she worked as a children's librarian and in branch management**, developing programs designed to enrich lives and connect people of all ages.

"I have a really deep love for the mission of **making sure everyone in a community feels included and inspired to keep learning and growing,**" she said.

Throughout her career, Liza has focused on programming that addresses the needs of the whole person and creates opportunities for meaningful connection. **She believes community spaces play an important role for people navigating life's transitions.**

"People at sort of the loose ends of the spectrum—before school starts, after work is done—where are you? How do you fit in with the community? How can we bring everybody together?" she said.

As she settles into her new role, Liza is eager to honor the strong foundation already in place at the Lacey Senior Center.

"I'm so excited to be here. I want to build on the wonderful work that Jill has done already," she said. "She is her own unique wonderfulness, but hopefully I'll be able to step in and bring my own energy and appreciation."

Looking ahead, Liza is excited to become part of the Lacey community and continue fostering opportunities for connection, learning and engagement.

"I'm so excited to start this journey with this organization and this community," she said. "I love to be a part of a community, and to work serving a community is such a profound joy for me. To get to step into this spot at Lacey and Senior Services, I'm just beyond thrilled."

See page 12 for more exciting activities news!

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: Monday, June 8

Occasion: Apostles' Fast

Menu: Mediterranean Fish with Quinoa, Roasted Vegetables, Fresh Fruit

Date: Wednesday, June 17

Occasion: Islamic New Year

Menu: Middle Eastern Lentil Soup, Rice, Sauteed Vegetables, Mandarin Oranges



World Elder Abuse Awareness Month

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

For June, purple ribbons are available in recognition of World Elder Abuse Awareness Month. This annual observance raises awareness about the abuse, neglect and exploitation that many older adults experience. Elder abuse can take many forms, including financial, emotional, physical and sexual abuse, as well as neglect and self-neglect. By promoting awareness, respect and support for older adults, we can help protect vulnerable individuals and create safer, more compassionate communities for everyone.

Visit worldelderabuseawareness.com for tips on how to protect yourself or report elder abuse.

June 2026 Newsletter



Celebrating *Diversity* June 2026

Monthly Observances:

- LGBTQIA+ Pride
- Immigrant Heritage
- Caribbean American Heritage
- PTSD Awareness
- Alzheimer's and Brain Awareness
- Black Lives Matter

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Intergenerational Day Madaraka Day Gawai Dayak (-2)	2 Native American Citizenship Day Republic Day (Italy)	3 Eid al-Ghadir (-4)	4	5 Thank You Day	6 Memorial Day (South Korea)
7	8	9 Filipino-Chinese Friendship Day	10 Portugal Day	11 King Kamehameha Day	12 Loving Day Chaco Armistice Day (Paraguay)	13
14 Dia Del Niño	15 World Elder Abuse Awareness Day	16 Amun Jadid (-17) Eid al-Adha (-20)	17	18	19 CLOSED Juneteenth	20
21 National Indigenous Peoples Day Father's Day	22	23	24 Jāņi (Latvia)	25 Ashura (-26) Early Closure 2:00 pm	26	27 Helen Keller Day National PTSD Awareness Day
28 Pride Day	29	30				

Volunteer Spotlight: Peggy Barry

By Scott Schoengarth



Peggy Barry spent 34 years as an elementary teacher and librarian, 29 of those years with the Yelm Community School District. She grew up in the Seattle and Tacoma area with an older sister and younger brother, living on Bainbridge Island and then attending Seattle University. After five years in Illinois, she and her husband moved back to Western Washington where she has lived ever since.

As it turns out, her children Kevin and Erin were in daycare with my wife, Maggie, over 40 years ago! During our interview, Peggy and Maggie exchanged pictures of Kevin sharing a birthday party (and cake) with Maggie's daughter Mandy. Kevin now lives in Vancouver, BC, where Peggy needs a passport to visit him! He's a social worker helping homeless folks in Vancouver and has three children of his own. Older sister Erin, an elementary school teacher like her mom, lives in Federal Way with her two children.

After retirement Peggy stopped by the Olympia Senior Center to learn and watch a group of ladies playing mah jongg. It's a game that originated in China but they were playing the American version. The group had to stop playing during the pandemic, but when it was time to return, their leader Carolyn Burtner had passed. **So they asked Peggy if she would take over, and she's been doing it ever since.**

She teaches mah jongg classes in January and again in March, and now the center is encouraging her to add a fall class to her schedule. The class is limited to 12 players, so they fill up quickly and have a waiting list. The rest of the year **she hosts players on Wednesday afternoons who are just there to play. Normally they play from 12:40 to 4:00 p.m., allowing plenty of time for socializing while also challenging the brain.**

During her spare time she likes to travel, garden, play more mah jongg, read, dabble in yoga and spend time with her family and friends. As you can see, she is a very active senior! She also would like to play Liverpool Rummy, but no one else seems to play the game.

She likes being a part of the senior center because of **the socialization opportunities, the feeling of purpose, the sense of satisfaction** and the friendly, supportive staff. She has no set time to stay as a volunteer, as long as she continues to enjoy it as much as she does now.

If you have a special skill you honed while raising children or working full-time or traveling the world, and you would like to volunteer, may we suggest you contact Volunteer Manager Theresa Ziniewicz at 360.586.6181 ext. 120, or by email at volunteers@southsoundseniors.org. She's great at finding volunteer opportunities that match your work and life experiences. It's usually just half a day a week. Why not get off the couch and come on down to Senior Services for South Sound and join in the fun!



Protect, Detect, Report: Safeguard Your Benefits During Medicare Fraud Prevention Month

June 2026 marks the fifth annual Medicare Fraud Prevention Month, a national effort to protect the Medicare Trust Fund—which loses an estimated \$60 billion annually to fraud, waste and abuse. As your local SHIBA (Statewide Health Insurance Benefits Advisors) team for

Thurston and Mason counties, we want to ensure you have the tools to be a “fraud fighter” in our community.

The “6-5” Rule

National Medicare Fraud Prevention Week kicks off the week of June 5 (6/5)—a date chosen because most people become eligible for Medicare when they turn 65. This year’s theme, “Fraud: The Hidden Game,” emphasizes that medical identity theft often goes unnoticed until it’s too late.

Learn more on our website at southsoundseniors.org/news

SHIBA Help in June

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

CLASS	DATE	TIME	LOCATION
Medicare - Getting Started	June 3	11:00 am - 1:00 pm	ZOOM
Medicare - Getting Started	June 10	11:00 am - 1:00 pm	Olympia Senior Center 222 Columbia St NW Olympia, WA 98501
Medicare - Getting Started	June 16	6:00 pm - 7:30 pm	ZOOM
Medicare - Getting Started	June 18	10:00 am - 12:00 pm	ZOOM
Medicare - Getting Started	June 18	11:00 am - 3:00 pm	Mason County Senior Activities Association 190 W Sentry Dr Shelton, WA 98584

SHIBA (Statewide Health Insurance Benefits Advisors) is staffed by a dedicated group of highly trained volunteers who provide free, unbiased Medicare assistance. We offer in-person appointments at our office in the Olympia Senior Center, as well as assistance by phone. You can reach us at 360.586.6181 ext. 134 to schedule a time that works for you.

● Lacey Senior Center Activity Spotlights

NEW! Threadworks! with Kim

1st Wednesdays

By Appointment | ● **LACEY**

This is a new service by a talented hand-seamstress. Kim will darn, patch, hem, etc, minor injuries to your clothing or other textiles. Free, but no fear; there will be a donation jar for the Activities Department of Senior Services for anyone interested in showing their appreciation!

Public Welcome

Intercity Transit Talks About New Bus Routes with Erik

Thursday, June 4

12:30 - 2:00 pm | ● **LACEY**

Baffled by the new bus routes? Maybe Erik can make some sense out of them for you! He's the travel training coordinator for Intercity Transit.

Public Welcome

Senior Driving Workshop with Gerry

Monday, June 8

8:30 am - 3:30 pm | ● **LACEY**

Sign up in advance to take this interactive Driving Workshop and maybe qualify for a discount on your auto insurance. \$20 to register in person or by calling the Lacey Senior Center. We need a minimum of 6 students, so bring a friend!

Public Welcome

Dine Out

Tuesday, June 9

4:30 pm

Fatso's Bar & Grill

3205 Martin Way E

Olympia, WA 98506

Join a group of friendly seniors for a delicious meal at our monthly Dine Out at Fatso's Bar & Grill! Meet at the restaurant and everyone pays for their own meal.

Public Welcome

Bereavement Support Group with Jill

Friday, June 12

2:00 - 3:30 pm | ● **LACEY**

Grief is best shared in a safe and understanding place. Soul support is critical for anyone experiencing a loss. You will find both at this support group by trained professional counselors.

Public Welcome

Puzzle PALOOZA!

Tuesday, June 23

1:00 - 3:00 pm | ● **LACEY**

This is the competition of the ages as teams of two puzzle it out for bragging rights and gift certificates. Great cunning and even better eyesight are needed to be the fastest Puzzle Palooza Team. Come cheer on your favorites (but don't help them by pointing out where you think a piece should go)! **Teams must register by June 9.**

Members Only

Human Design with Cathrine

Thursday, June 25

12:30 - 2:30 pm | ● **LACEY**

This is about how Human Design can be lived. It's about using it as a tool to bring you back into the driver's seat of your life — to help you make choices, move forward and relate to yourself from a place of deep self-trust rather than mental noise or someone else's expectations. Cathrine Rivers is an amazing, engaging speaker with a wonderful sense of humor.

Public Welcome

TED Talks Plus: Riddle Me This with Dyana

Friday, June 26

12:30 - 2:00 pm | ● **LACEY**

What takes place once a month, is great for the brain, interactive with others and full of ENIGMAS? Come and find out at this intriguing TED Talk Plus presentation: *Riddle Me This: The Enigma of RIDDLES*

Public Welcome

■ Olympia Senior Center Activity Spotlights

NEW! Story Circle

Mondays

11:00 - 11:45 am | ■ **OLYMPIA**

Come and join our Story Circle and tell your tales! Participants will have 10 minutes to tell a story if they wish from their own lived experiences. This is not performance storytelling, rather a chance to deepen understanding of one's own self, and of others. This is not a time to question or engage in dialogue, but a respectful listening to another person's story. There will be a new theme each month, and no one may repeat telling until all who are gathered have had a chance to speak. There's no pressure to share - you can also just come and listen. The theme for June will be Vacation Stories!

Public Welcome

Cooking with Chef Mary

Tuesday, June 16

10:30 am - 12:00 pm | ■ **OLYMPIA**

Join Chef Mary for a fun and flavorful cooking class focused on Garden Harvest Cooking. She will demonstrate easy meals for summer produce, focusing on garden surplus and fresh ideas to use it up. Recipes will be distributed, and participants will enjoy tasty samples during class. Participants must be members, and a \$5 donation to the instructor is requested.

Members Only

Take a Plant, Leaf a Plant

Wednesday, June 17

12:00 - 3:00 pm | ■ **OLYMPIA**

Join us for a fun Plant Exchange at the Senior Center! Share the joy of gardening by bringing plant starts, cuttings, or garden seedlings from home and swapping with fellow plant lovers. Whether you have thriving houseplants, cheerful flowers, or mystery sprouts to share, this is a great chance to trade plants, gardening stories, and inspiration. To help keep the dirt mess to a minimum, please bring your plants in containers you're willing to part with.

Members Only

Senior Reads Book Club

Thursday, June 18

10:00 - 11:00 am | ■ **OLYMPIA**

This month we will be discussing *Tinkers* by Paul Harding.

Public Welcome



**Saturday,
June 13
Noon
Huntamer Park**

Come join the fun and cheer on our brave rappellers as they go Over The Edge for seniors! Enjoy food, a sign making station and more at this incredible event.

Reader's Theater Presents Performances

■ **OLYMPIA**

Tuesday, June 16

1:00 pm

● **LACEY**

Thursday, June 18

1:00 pm

These two comedies are sure to make you LOL! *The Accident* looks more like a communication snafu (on top of innuendo with an emotional subtext) than a fender bender. *The Incompatibles* will help you understand why women are from Venus and men are from Mars. Take a time out to enjoy live performances by talented seniors!

Public Welcome

■ Olympia Senior Center Speaker Series



Introduction to Meteors with Paul

Wednesday, June 3

11:00 am - 12:00 pm | ■ OLYMPIA

Almost everyone has seen a “shooting star” at some point in their life, otherwise known as meteors. This talk will discuss the basics of our solar system, its formation and the origin of meteors and what they are. It is intended for a general audience, no prior knowledge required, and questions and engagement by the audience will be encouraged so it’s both educational and fun. Hands-on examples will be included.

Public Welcome



Unforgettable Art with Maureen

Theme: Paris

Wednesday, June 10

11:00 am - 12:00 pm | ■ OLYMPIA

We’re bringing the museum to you! Take a lively trip to Paris through an engaging art appreciation discussion filled with beautiful artwork, poetry, music and conversation. Together, we’ll explore the sights, sounds and spirit of the City of Light while reflecting on Paris-inspired art in a relaxed and welcoming setting. No experience needed—just bring your curiosity and imagination!

Public Welcome



A Conversation for Compost and Garden Curious People with Mary

Wednesday, June 17

11:00 am - 12:00 pm | ■ OLYMPIA

Two like-minded Master Recycler Composter and Master Gardener folks would love to discuss these topics! We’ll discuss ways to compost regardless of the space you have available and discuss the springtime garden. We’ll also respond to your gardening and composting questions.

Public Welcome



Introduction to Ukulele with Allen

Wednesday, June 24

11:00 am - 12:00 pm | ■ OLYMPIA

Learn about this fun and easy to play instrument that’s capturing hearts and minds around the world. Following a brief overview, ukulele instructor, Dr. Allen Mote, will present easy chords, strums and techniques that we’ll use to play easy familiar songs. Handouts provided. No experience needed. All skill levels are welcome. Listeners too. Bring a ukulele and tuner (or we have loaners).

Public Welcome



Collette Tours

Special Presentation



Wednesday, June 17



1:00 pm



Olympia Senior Center

Start planning your 2027 Extended Travel adventure! Trips & Tours is teaming up with Collette Tours to bring several fun tour opportunities in 2027. Join us to learn about three exciting new tours: Canadian Maritime and Coastal Canada; Discover Switzerland, Austria and Bavaria; and Southern Italy and Malta.

Join Collette Tours and the Trips & Tours team for an informative session where you'll:

- Get detailed tour overviews of some of our 2027 Extended Travel tours
- Receive informational handouts
- Have your questions answered by travel experts

Everyone is welcome! Pre-registration is encouraged but not required.

RSVP or inquire by emailing wchurchman@southsoundseniors.org or calling 360.586.6181 ext. 126



Find Your Next Adventure!

Pick up your copy of the Trips & Tours Catalog at our reception desks, or find it online at southsoundseniors.org/trips-tours.

Senior Services for South Sound

Enchanted Forest

FALL GALA October 10, 2026

Senior
Services
FOR SOUTH SOUND

Steam Punk Bingo

August 22

Virgil Clarkson
Lacey Senior
Center

STAY AND PLAY WEDNESDAYS COMING SOON!

■ OLYMPIA

Wednesdays

July 8 -

August 12

4:00 - 5:30 pm

Join us for expanded hours on Wednesdays, July 8 - August 12 from 4:00 to 5:30 pm at the Olympia Senior Center! Enjoy concurrent activities including a 4:30 Enhance Fitness class or extended card and game play in the lobby.

New to the Center? Join us for a New Member Welcome event at 4:30 pm on July 15 or August 12. Light refreshments will be provided.

Public Welcome

Pre-register for EnhanceFitness at southsoundseniors.org/activities
Maximum 30 participants.

Centers and administrative offices closed:

Friday, June 19 - Juneteenth

Early closure 2:00 pm:

Thursday, June 25 - All Staff Meeting



IMPORTANT
INFORMATION

Thank you to our Local Partners:



LEWIS-MASON-THURSTON
AREA AGENCY ON AGING



SUBARU

Olympia Subaru