



Are you ready to go Over The Edge?

Find out how you can rappel for a cause on page 15!



Brian's View

A Message From the Executive Director

What does it mean to be resilient in turbulent times? As individuals, maybe we try to maintain a steady inner state, a balancing that achieves a net calm. Perhaps we use coping mechanisms like more exercise, more tea or more meditation!

We are certainly living in times of great uncertainty.

I've been reflecting that it seems to me these are the most uncertain times I've experienced in my lifetime. We are facing economic upheaval, political polarization, legal reckoning, environmental turning points and technological revolution, to name a few.

We have my wife's parents over for dinner pretty often, since they live nearby. Now in their mid-80s, we discuss current events. There have certainly been hard times before, with my father-in-law John having served in the Vietnam War, but we agreed that hard times are different than uncertain times. You can be in war and have certainty. [Not to make too fine a point, but the anxiety that comes from not knowing what is going to happen next is not constrained to financial markets.](#) We experience anxiety as people when the landscape around us is buzzing with change.

[I'm writing about this today because of how it impacts Senior Services for South Sound.](#) We are not immune to uncertainty and potential changes. I've written before that about 50% of our funding comes from federal appropriations for the Older Americans Act. This is very much in jeopardy. The other 50% of our funding comes from program revenue and from you and me through donations. When the stock market loses 15% in two days, that can make people hold onto their discretionary cash more tightly.

Our mission is never-ending. We have an enduring purpose to help seniors thrive. Generation after generation of people have supported our work, and each generation meets the challenges of their day. **I hope you are seeing all the light of today,** as well as recognizing the uncertainties.

[Thank you for being a part of our supportive community.](#) We need you now to help us weather the stormy world around us. Together, we will continue to ensure the joy, dignity and peace of seniors in our community.



Brian Windrope, Executive Director



Volunteer Spotlight: Lynda Duval

By Scott Schoengarth

From interviewing many different volunteers for this column over the past two years, I've found that most of them have worked in different areas at Senior Services, moving around and trying new things. **That's not the case for Lynda Duval, who for almost five years has volunteered every Tuesday morning as a receptionist at the downtown Olympia Senior Center.**

Lynda's mother was her influencer. *She unknowingly kindled Lynda's interest in caring for seniors by getting her a summer job at a nursing home at the age of sixteen.* At first it was somewhat of a rude awakening into reality, but Lynda soon developed an understanding of the older population and their needs. *As her mother joined that older population, she made use of the Senior Center resources* and travel, as well as being a Bus Buddy client, so it made sense to Lynda to check out the volunteer opportunities.

During her working life, Lynda was mostly a medical receptionist and office manager. She spent 17 years at one physical therapy business, and then moved on to another that she eventually retired from 26 years later. And that's what she does in the Olympia office. She welcomes people, makes appointments, takes payments, signs them up for classes, makes them feel warm and welcome and even tries to get them to sign up as a volunteer. **It's what she's always done, and she loves it so much that she keeps doing it for Senior Services.**

Lynda knows there is always the opportunity to switch to other positions, however, she has no plans to retire for a second time.

Lynda moved to the Olympia area when she was 12, so that's over 50 years in one community. While her two boys were growing up, she was very involved in volunteering at their school, extracurricular sports, boy scouts, etc.

At the Senior Center, besides working as a receptionist, she's taken advantage of the many different classes offered, and has also taken a number of trips. She loves people, so classes and trips just come naturally. *And like most center volunteers, she's also gotten involved in some of the larger events such as the Gala.* She says she is a constant person, which means if she likes what she is doing, you can count on her to stick with it. She is quite dependable — actually the perfect volunteer!

If you're newly-retired, or recently moved to Thurston County to retire and enjoy life, maybe it's time you thought about volunteering some of your time at the Senior Center. The best way to find out is to contact Theresa Z. at 360.586.6181 ext. 120, or by email at TheresaZ@southsoundseniors.org. The two of you can talk, and soon she will match you up with one of a number of volunteer opportunities that best make use of your skills and abilities and experience. Lynda only volunteers a half day a week. Lots of folks are like her. It's Theresa's job to book up all the slots using part time volunteers, and she loves working with so many wonderful people. Why not give it a try!

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 May

By Senior Services Staff

Spring has sprung and summer is just around the corner!

Each flower is uniquely different, just like each of us. Now is the perfect time to get out and smell the flowers and come share in a senior-friendly, healthy meal with us as we learn about what makes each of unique. Our Senior Nutrition Program has crafted a delightful menu to excite your taste buds as we learn a little bit about **Cinco de Mayo, Mental Health Awareness and Haitian Heritage**.

Cinco de Mayo – May 5: Choice of Protein, Taco Salad with mixed Greens, Salsa, Sour Cream, Avocado, Fresh Fruit

Mental Health Awareness – May 21: Pulled Pork Sandwich, Potato Salad, Coleslaw, Fresh Fruit Salad

Haitian Heritage Month – May 29: Pitimi with Haitian Stewed Chicken, mixed Garden Salad, 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.

Additionally, each month, Senior Services will help spread awareness via our ribbon campaign. Most months, Lacey and Olympia senior centers will be giving out free ribbons to raise awareness and curiosity.

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**.

Raising Awareness with Ribbons:



For May, red ribbons will be available at the reception counters to help spread awareness about the leading risk factor to developing heart disease, high blood pressure. This observance spreads awareness about the importance of regular checkups, regular blood pressure checks, and making healthy lifestyle choices to manage blood pressure and improve one's health.

Upcoming Ribbons:



• **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 May 2025



Celebrating *Diversity* May 2025

Monthly Observances:

- Asian American and Pacific Islander Heritage Month
- Jewish American Heritage Month
- Older Americans Month
- National Cancer Research Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Beltane	2	3
4	5 Cinco de Mayo	6	7	8	9	10
11 Mother's Day	12 Lag BaOmer Buddha Day (Wesak, Visakha Puja, Buddha's Birthday, Saga Dawa Duchen)	13	14	15	16 (CLOSED for staff training)	17 Armed Forces Day International Day Against Homophobia, Transphobia and Biphobia
18	19	20	21 World Day for Cultural Diversity for Dialogue and Development	22 Harvey Milk Day	23	24
25	26 Memorial Day CLOSED	27	28	29 Ascension Day	30	31



For more information and resources, scan or visit our blog at southsoundseniors.org/news



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 May

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

CLASS	DATE	TIME	LOCATION
Medicare - Getting Started	May 7	11:00 am to 1:00 pm	ZOOM
Medicare - Getting Started	May 14	11:00 am to 1:00 pm	Olympia Senior Center
Medicare - Getting Started	May 15	11:00 am to 3:00 pm	Mason County Senior Activities Center
Medicare - Getting Started	May 15	10:00 am to 12:00 pm	ZOOM
Medicare - Getting Started	May 28	6:30 to 8:00 pm	ZOOM

SHIBA Manager Kelly's Article of Interest: What does it mean when your health care and insurance providers are negotiating?

By WA State Office of the Insurance Commissioner via Medium.com

Health insurance companies and health care providers work together on a contract basis. Those contracts, occasionally, need to be re-negotiated.

When that happens, and there's a chance the negotiations don't result in an agreement to continue the contract, insurance companies are required to inform their members that their health care provider (like their doctor, or preferred clinic, or specialist) may be out of network on the day the contract ends.

[Read more at medium.com/commissioners-eye-on-insurance]

The Best Rummage Sale ON EARTH



Saturday, May 10
Virgil Clarkson Lacey
Senior Center

Early Bird Entry: 8 am

\$5 or FREE for Active Members — Bring Your Card!

Free Admission for All: 9 am to 3 pm

Want to Donate?

Bring on the stuff!

Starting April 28, take your treasures to **Olympic Moving & Storage** at 935 Poplar St SE, Olympia between 1 and 4 pm, Monday through Friday.

Please **DO NOT** take your items to either senior center, we do not have room to store them! Hurry, your last day to donate is May 8!

Why pay retail when you can score galactic deals on treasures of all kinds? From furniture to fashion, books to home goods—there's something for everyone at our biggest sale of the year!

Don't miss this one-day-only event—shop smart, save big, and support seniors!

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
9:00 - 11:30 Tech Help w/ Melinda	10:00 to 11:00 Gentle Yoga \$	10:00 to 1:00 Tech Help w/ Adam	10:00 to 11:45 Beginning Social Bridge	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	10:30 to 11:30 Gentle Yoga	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	10:30 to 11:30 Gentle Yoga	12:30 Pinochle	10:30 to 11:30 Tai Ji Quan \$
12:00 to 4:00 Cribbage	10:30 to 11:30 Tai Ji Quan \$	12:00 to 3:00 Table Games	12:30 to 2:00 Music Mends Minds	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	12:30 to 2:00 Euchre	1:00 to 2:00 Adaptive Creative Dance \$	12:00 to 3:00 Table Games
1:00 to 3:00 Party Bridge	12:45 to 1:45 Drop-In Meditation	1:00 to 4:00 Mah Jongg	2:00 to 4:00 Yarn Magic	1:30 to 2:30 Beginning EnhanceFitness® \$
1:30 to 2:30 Beginning EnhanceFitness® \$	1:00 to 2:00 *Zentangle® \$	1:30 to 2:30 Beginning EnhanceFitness® \$	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 \$			

* **Zentangle® ends May 27**

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

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
Check out page 13 for special presentations and activity highlights!				
			1	2
5 1:00 - 2:00 Reader's Theater Group Meeting	6	7 10:00 - 11:00 Low Vision Support Group 12:00 - 2:00 Read a Play, Engage and Have Fun	8 10:00 - 11:00 Explore Olympia Walkabout *Olympia Family Theater pg. 13 5:00 pm Dine Out @ *Row	9 *Secure your spot for Dine Out by Monday, May 5 by calling the Olympia Senior Center at 360.586.6181
12 1:00 - 3:00 Reader's Theater Script Readings and Discussion	13 11:00 am - 1:00 ALS Support Group 11:45 LGBTQ+ Lunch Bunch	14 2:00 - 4:00 Death Cafe	15 10:00 - 12:00 Tech Help with Rich 10:00 Senior Reads Book Club: <i>The Orphan Master's Son</i> *pg 13	16 Closed for staff training!
19	20	21 12:00 - 2:00 Read a Play, Engage and Have Fun	22	23 10:30 - 11:30 Food Bank 2:00 - 3:00 Bereavement Support Group: Life After Loss (via ZOOM)
26 Closed for Memorial Day!	27	28	29	30

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	10:00 to 11:30 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 to 11:00 Tech Help (by appointment only)	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 11:00 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® \$	10:30 to 11:30 Beginning Tai Ji Quan® \$	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®	11:00 to 12:00 Tech Help	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	12:30 to 3:30 pm Double Deck Pinochle	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	3:00 to 4:00 Advanced Tai Ji Quan® \$	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 6:30 ZUMBA® After Hours	2:30 to 4:00 Writing for Your Life (ends May 9)
2:30 to 3:30 Beginning Tai Ji Quan® \$	2:00 to 3:00 Conversaciones en Español	1:30 to 3:00 Intermediate Line Dancing \$	5:30 to 7:30 Ukulele Ohana	
3:30 to 4:30 Advanced Tai Ji Quan® \$	2:00 to 3:30 Art Mixed Media	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		
5:00 to 6:00 Tai Chi	5:30 to 6:30 ZUMBA® After Hours			

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

Virgil Clarkson Lacey Senior Center Monthly Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 10:00 - 12:00 Tech Help w/ Rich 1:00 - 3:00 NW Gardening Group	2 12:30 - 2:00 Dementia Caregivers Support Group
5 Haircuts (<i>by appointment only</i>) 12:30 - 2:00 Dementia Caregivers Support Group	6 6:00 - 8:00 Brain Injury Alliance of WA	7 1:30 - 3:00 Owning the Age I Am 6:00 - 7:00 Veteran's Support Group	8	9 2:00 - 3:30 Bereavement Support Group: Life After Loss
12	13 4:30 Dine Out @ River's Edge 4611 Tumwater Valley Dr SE, Olympia, WA 98501	14 10:00 - 2:00 Bus Buddies	15 11:30 - 12:50 Death Journaling 1:00 - 3:00 NW Gardening Group	16 Closed for staff training!
19 Haircuts (<i>by appointment only</i>)	20	21 2:00 - 3:00 Open Book Club 6:00 - 7:00 Veteran's Support Group	22 2:00 - 4:00 Death Cafe	23 12:30 - 2:00 TED Talks+ Stress, Anxiety & Peace of Mind
26 Closed for Memorial Day!	27	28	29 11:45 LGBTQ+ Lunch Bunch	30

Lacey Senior Center Activity Spotlights

Elder Edge: Seniors Workshop for Additional Income with Jay Wallerstedt and Linda Miles

Thursday, May 8
1:00 pm

This workshop will include jobs that are more suited for seniors, provide you with valuable knowledge and resources, including tax info for side work and how more income may affect your Disability, Medicare, or Medicaid. Free to all seniors 55+.

Public Welcome

Dine Out

Tuesday, May 13
4:30 pm

River's Edge - 4611 Tumwater Valley Dr SE,
Olympia, WA 98501

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

Public Welcome

NEW! Guardian Law Presentation with Kay King

Thursday, May 22
12:30 pm

This presentation will include conservatorship law as well as guardian law. How does the court process work? Find out about the responsibilities, rights, and concerns regarding these aspects of Washington State law.

Public Welcome

TED Talks Plus

Friday, May 23
12:30 pm

Topic: *Stress, Anxiety & Peace of Mind*. We'll watch 3 videos and discuss them as a Think Tank! Great topics to generate more brain neurons.

Public Welcome

Introducing Well Check!



A friendly phone call can go a long way.

Feeling isolated or living alone?

You're not alone and we're here to help. Well Check is a free phone assurance program offering weekly calls from trained volunteers. It's all about connection, compassion and support.

What You'll Get

- ✓ A weekly call from a friendly, trained volunteer
- ✓ Genuine conversation and emotional support
- ✓ A caring check-in to see how you're doing
- ✓ Monday - Friday scheduling available



Sign up today!

southsoundseniors.org/wellcheck
wellcheck@southsoundseniors.org

Olympia Senior Center Activity Spotlights

Unforgettable Art with Maureen Wells

Wednesday, May 7
10:30
Olympia Senior Center

Come and join the fabulous Maureen as she shares her knowledge and love of art.

Members Only

Explore Olympia Walkabout

Thursday, May 8
10:00 am
Olympia Senior Center

Come explore our hometown area on our monthly walkabout. This month we'll walk to the Olympia Family Theater and surrounding area. Please wear sturdy walking shoes and be aware that sometimes we walk over trip hazards and some distance.

Public Welcome

Dine Out

Thursday, May 8
5:00 pm
Row - 208 State Ave NW, Olympia, WA 98501

Join us for an evening of conviviality and good food at Row! 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, May 5 by calling 360.586.6181.**

Public Welcome

NEW! Olympia Senior Center Ukulele Mother's Day Lunchtime Performance

Friday, May 9
11:30 am
Olympia Senior Center

Come and enjoy music from Allen's Ukulele class, now in their fourth year. They have previously performed at Rhythms, Wild Child Restaurant, and were featured for Senior Services for South Sound's 50th Anniversary party in 2023. You won't want to miss this!

Public Welcome

NEW! Sleep Apnea Workshop

Wednesday, May 14
10:00 am to 12:00 pm
Olympia Senior Center

Join Neal Buckner, former Respiratory Therapist, as he shares his extensive knowledge of Sleep Apnea, health effects, and possible treatment options! Sleep Apnea affects many of us, and information can help you preserve your health, lessen the detrimental effects of sleep apnea, and help you cope!

NEW! Visit with Nurse Patty

Thursday, May 15 & 29
10:00 to 11:30 am
Olympia Senior Center

Join Nurse Patty in the Olympia Senior Center Lobby where she'll perform blood pressure checks and provide questionnaires. Drop by, chat with a friendly nurse and find out something about your health!

NEW! 3 of a Kind

Thursday, May 15
10:30 am
Olympia Senior Center

Come and learn a brand new game with the wonderful Keith Eisner! 3 Of A Kind is fun, easy to learn, and there will be a drawing for 3 games to be given away to participants!

NEW! Special Presentation by Marilyn Rottle on The Signers of the Declaration of Independence

Wednesday, May 21
10:00 am
Olympia Senior Center

Marilyn will speak about all of the signers of the Declaration of Independence, some of the history, and the upcoming anniversary of that important historical document.

Trips & Tours

Explore More with Extended Travel!

TROPICAL COSTA RICA

November 17 — 25, 2025

Lush forests and stunning waterfalls... rumbling volcanoes and endless coastlines... Costa Rica is a paradise teeming with exotic plants and incredible animals.

Enjoy the tranquil views of Arenal Volcano from your hotel. Explore part of the 20,000-acre nature preserve of Cano Negro on a riverboat adventure. Spend two nights in Monteverde's lush cloud forest. Experience the forest canopy on your choice of a hanging bridges nature walk or an exhilarating zip-lining tour. Luxuriate at a resort for two nights at Playa Carrillo, Guanacaste, known for its breathtaking beauty and fine sandy beaches. You will find a slice of paradise and so much more.

PRICE:

Double Occupancy: \$2,999 per person

Single Occupancy: \$3,499 per person

INCLUDED:

Round Trip Air from Seattle Tacoma Intl Airport, air taxes and fees/surcharges, hotel transfers.

Registration Deadline May 15!

MACKINAC ISLAND

April 30 — May 8, 2026

Experience luxury and historic charm in the heart of America.

This classic Midwestern tour features highlights of Illinois and Michigan. Savor two incredible nights amid the luxury of the Grand Hotel on Mackinac Island during the lovely annual Tulip Time, enjoying a horse and buggy tour of car-free Mackinac Island. Explore the wonderful city of Chicago with a local guide. Visit the Bavarian-influenced town of Frankenmuth. In Dearborn, experience the inspirational Henry Ford Museum and view historic homes at Greenfield Village including the famous American workshops of Thomas Edison, Henry Ford and Robert Frost.

PRICE:

Double Occupancy: \$4,499 per person

Single Occupancy: \$5,499 per person

INCLUDED:

Round Trip Air from Seattle Tacoma Intl Airport, Air Taxes and Fees/Surcharges, Hotel Transfers



**Find your
adventure
today!**

From day trips to extended travel options, there's something for everyone in our new Trips & Tours Catalog. See it now by scanning the code or visiting one of our centers!
southsoundseniors.org/trips-tours

LET'S GO Over the EDGE for SENIORS



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)

Suit up, lean back and take in the view as **you rappel down a four-story building**, all while making a real difference for local seniors.

Last summer, 30 everyday heroes did exactly that and raised nearly **\$80,000** for Senior Services for South Sound. This year, it could be your turn.

On June 28, 2025, the ropes are going up again at The Hub at Lacey. You bring the courage and the cause. We'll provide the gear, the training and a cheering crowd that won't let you forget it.

All it takes is a \$1,000 fundraising goal and the willingness to step outside your comfort zone. Are you ready to go **Over The Edge?**



**Centers and Administrative
Offices will be**

CLOSED

May 16 & 26

for staff training and Memorial Day.

Thank you to our Local Partners:



LEWIS-MASON-THURSTON
AREA AGENCY ON AGING



SUBARU

Olympia Subaru