



Life Long Learning

CLASSES, ACTIVITIES, PROGRAMS & SERVICES



Fall Quarter • September 25 - December 29, 2023

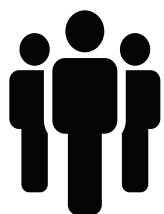
REGISTER TODAY!

**OLYMPIA
SENIOR CENTER**
222 Columbia St NW
Olympia, WA 98501
360.586.6181

**VIRGIL CLARKSON
LACEY SENIOR CENTER**
6757 Pacific Ave SE
Lacey, WA 98503
360.407.3967

southsoundseniors.org

How to Register:



IN PERSON

Register for any class in person with the friendly staff at the Olympia Senior Center located at 222 Columbia St NW in Olympia, or Virgil Clarkson Lacey Senior Center located at 6757 Pacific Ave SE in Lacey, during normal business hours, 8:30 am to 4:00 pm. We accept MasterCard, Discover or VISA credit/debit cards, checks and cash.



OVER THE PHONE

Call 360.586.6181 ext. 100 (Olympia Senior Center) or 360.407.3967 ext. 200 (Lacey Senior Center) to register for classes, during normal business hours, 8:30 am to 4:00 pm.

Use your MC/VISA credit/debit card to pay.



ONLINE - SENIOR ACADEMY ONLY

Please visit our Senior Academy page online at southsoundseniors.org/courses. We accept MasterCard or VISA credit/debit cards. Cancellation policy: refund requests must be submitted before the start of the second day of class.

Schedule Guide:

Members Only: You must be a member of Senior Services for South Sound to participate.

Open to the Public: You do **not** need to be a member of Senior Services for South Sound to participate.

Class Registration Fee Required: You pay a \$20 fee in advance for the quarter; this covers **ALL** classes that require registration. **Registration is not required for all offerings (see descriptions).**

Instructor Fees: If applicable are paid directly to the Instructor.

Date Format: Month/Day.

HOLIDAY CLOSURES FALL & WINTER 2023:

Monday, September 4: Labor Day

Friday, November 10: Veterans Day

Thursday, November 24 and Friday, November 25: Thanksgiving Break

Monday, December 25 and Tuesday, December 26: Christmas Break

CONTENTS OF CATALOG SUBJECT TO CHANGE

Please feel free to confirm status, day and time of any listing by calling our Olympia location at 360.586.6181 or our Lacey location (Virgil Clarkson Lacey Senior Center) at 360.407.3967.

To diminish the chance of class cancellation, please register at least a week before your class begins.

SCHOLARSHIPS AVAILABLE

Limited scholarships are available to low income seniors who meet the criteria for membership and registration fees. Ask for a Financial Assistance Form at the reception desk, you will be notified of the decision.

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Dates and times are subject to change. Please contact us if you have any questions or visit us online at southsoundseniors.org

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50th Anniversary

Gala

Celebrating Seniors

October 7, 2023
Lacey Community Center
5:00 pm | Tickets \$150



Scan with your phone
to buy your tickets
or make your gift
of support today!

Membership Levels & Benefits



Membership with Senior Services for South Sound supports our mission of improving the quality of life for people as they age. Membership provides critical support for our programming, monthly activities, scholarships, and maintaining our facilities. Join Senior Services for South Sound and come visit us soon!

| | SEASONAL | SILVER | GOLD | LIFETIME |
|--|----------|---------------------|---|--|
| Individual | \$20 | \$60 | \$120 | \$1000 |
| Couple | N/A | \$100 | \$200 | \$1800 |
| Expires | 3 Months | 1 Year | 1 Year | Never |
| Discount on Designated Trips | NO | \$20+ off day trips | \$20+ off day trips | \$20+ off day trips |
| Discount on Senior Academy Classes | NO | 20% or more | 20% or more | 20% or more |
| FREE Coffee Card (Olympia location) | NO | YES | YES | YES |
| Percentage Off Lacey Rentals | NO | NO | 10% Discount (value varies, but based on a 4 hour weekend rental of dining room = \$56) | 20% Discount (value varies, but based on a 4 hour weekend rental of dining room = \$112) |
| Registration Fee Waived for Quarterly Classes | NO | NO | 1 Quarter/year (an annual value of \$20) | All Quarters Waived (an annual value of \$80) |
| Discounted Rates for Services | YES | YES | YES | YES |
| Annual Membership Renewals | YES | YES | YES | NO |



- All member benefits must be used within the year issued.
- Financial Assistance available for Silver Membership only.
- Please see Reception Desk for more information.

updated Jan 2023

HEALTH + WELLNESS

SEATED ZUMBA®

LACEY WITH DIANA YU

Wednesdays -
11:00 am to 12:00 pm

Seated Zumba® is a seated version of the Latin inspired dance fitness program. It is ideal for folks with mobility or balance concerns who enjoy music and dance. Come join the fun – this very low impact class works on muscle tone, coordination, flexibility, and offers some cardio workout too. As this class is so popular that we need to limit new students – **Please send an email to Diana Yu at zumbayu@gmail.com and she'll decide if room is available.** **Members Only + Registration Fee**



ZUMBA® AFTER HOURS

LACEY WITH DIANA YU

Tuesdays and Thursdays - 5:30 pm to 6:30 pm

Zumba® After-Hours is a fun energizing dance fitness program to international and latin music. It's exercise in disguise with easy to follow steps. Just be ready to meet new friends and have fun while you move.

Members Only + Please Send an Email to Diana in Advance at zumbayu@gmail.com, as Space Is Extremely Limited.

CHAIR EXERCISE

OLYMPIA WITH SUE GALLAGHAR

Mondays and Wednesdays -
10:30 am to 11:15 am

In Chair Exercise, you will follow along to a video by Anne Pringle Bunell. This is a gentle exercise.

ZUMBA GOLD®

LACEY WITH DIANA YU

Tuesdays - 9:30 am to 10:15 am

Zumba Gold® is a fun, energizing, low impact dance fitness program to international and latin music. It is exercise in disguise with easy to follow steps. No experience needed. Just be ready to meet new friends and have fun while you move!

New students must get permission to join from Diana (zumbayu@gmail.com) as this class is very full. Members Only + Registration Fee

DANCE SOCIALS

LACEY WITH GERRY JORGENSEN

Tuesdays - 1:30 pm to 3:30 pm

This exceptionally popular weekly event has returned at the Lacey Senior Center! Dance and/or listen to Swing Stuff, a live band who know how to get your feet moving! No partner necessary. Due to the nature of this event, face masks are highly recommended. All skill levels welcome. Coffee and snacks provided.

Members \$7 + Public \$10

TAI CHI

LACEY WITH STEVE MARTINEZ

Mondays - 5:00 pm to 6:00 pm

Tai Chi is a low impact type of exercise that requires 20 minutes a day and rewards your efforts. It is an internal Chinese martial art in that it focuses on mental and spiritual aspects that are integrated into a series of movements. Relieves stress, promotes deep breathing, helps arthritis pain, and much more!

Members Only

Dates and times are subject to change. Please contact us if you have any questions or visit us online at southsoundseniors.org

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LINE DANCING

LACEY WITH LIZ

WOODARSKI

Beginners:

Mon 12:30 pm to 1:15 pm

Advanced Beginners:

Mon 1:15 pm to 2:15 pm

Intermediate:

Wed 1:30 pm to 3:00 pm

Fri 12:30 pm to 1:30 pm

A fun and exhilarating form of group exercise. Dances line-up, without partner, and follow choreographed pattern of steps to various genres of music. Learn a wide variety of dances like the Electric Slide and Cupid Shuffle; Latin dances like the Cha-Cha, Mambo, Rumba, and Tango; Waltzes; and Country like the Cowboy Boogie, and more!

Members Only + Registration Fee

CHAIR YOGA

WITH SHARON HONG MAURMANN

and KELLY ZINIEWICZ

Olympia: Tuesdays - 1:00 pm to 2:00 pm

Lacey: Mondays - 11:00 am to 12:00 pm

Relaxation, breath work, flexibility, and strengthening through Yoga poses modified for practice while seated in a chair. No standing work is required, but students may opt to stand for part of the class.

Members Only + Registration Fee + \$5 Per Class



YOGA

OLYMPIA WITH SHARON HONG MAURMANN

and KELLY ZINIEWICZ

Tuesdays and Thursdays -

10:00 am to 11:00 am

OLYMPIA WITH WALT GARFIELD

Mondays and Wednesdays -

10:30 am to 11:30 am

For new or experienced yogis who want a safe, gentle practice. Work at your own pace and level of ability. Includes restorative and beginning poses, breathing, body awareness, relaxation, and meditation. Increase your strength, flexibility, balance and range of movement. Need your own yoga mat.

**Members Only +
Registration Fee + \$5
Donation Per Class**

GENTLE YOGA

LACEY WITH ELIZABETH

SWANSON

Tuesdays -

11:00 am to 12:00 pm

Thursdays -

9:00 am to 10:00 am

This yoga class is a gentle practice. Students would benefit most from this class, if they can get up and down off the floor unassisted, spend some time on their back on the mat and do some work seated on the floor. Please bring your own yoga mat and a yoga blanket or towel.

Members only + Registration Fee + \$5 Per Class



Dates and times are subject to change. Please contact us if you have any questions or visit us online at southsoundseniors.org

IMPROVE YOUR BALANCE WITH TAI JI QUAN: MOVING FOR BETTER BALANCE™

LACEY WITH MARIE WRIGHT

Mondays and Thursdays - 3:00 pm to 4:00 pm

OLYMPIA WITH WALT GARFIELD

Tuesdays and Fridays - 10:30 am to 11:30 am

This is a research-based balance training regimen designed for older adults and people with balance disorders. Program aims to improve strength, balance, mobility and daily functioning, and prevents falls in older adults and individuals with balance disorders. Enrollment in class after the first month is at the discretion of the instructor.

Members Only + \$4 Fee Per Class (Olympia Only)

ENHANCEFITNESS®

WITH OUR FITNESS STAFF

OLYMPIA

Beginning: Mon, Wed, Fri - 1:30 pm to 2:30 pm

Advanced: Mon, Wed, Fri - 9:00 am to 10:00 am

LACEY

Beginning: Mon, Wed, Fri - 9:45 am to 10:45 am

Advanced: Mon, Wed, Fri - 8:30 am to 9:30 am

EnhanceFitness®, a low-cost, evidence-based group exercise and falls prevention program, helping older adults at all levels of fitness become more active, energized, and empowered to sustain independent lives. This class can improve your "overall health, balance, flexibility, bone density, endurance, coordination, mental sharpness, and decrease the risk of falling."

Members Only + \$4 Per Class *Seniors with Kaiser Permanente's Medicare Advantage Plan members do not need to pay for EF classes.



EXPLORE OLYMPIA WALKABOUT

OLYMPIA WITH CANDY BRAILLARD AND

BETSY MINKOFF

2nd Thursdays - 10:00 am

Meet in the lobby of the Olympia Senior Center at 10:00. Wear weather appropriate clothing, sturdy walking shoes, and bring a water bottle if you like. This group walks approximately a mile and a half to two miles per walk, and sometimes there may be trip hazards, etc. — plan accordingly. Join us as we explore our home town and surrounding areas!

Open to Public

REIKI HEALING TOUCH

OLYMPIA WITH Carmen Coleman

Tuesdays - 2:00 pm to 3:00 pm

Always wanted to try Reiki? Come and invite physical, emotional and spiritual well-being into your life with a 15-minute Reiki session. Participants will receive approximately 15 minutes of hands-on healing, while seated, and fully clothed. No special preparation is necessary. This will be a one-on-one session, however, we will be in a shared space so privacy is not guaranteed. Free for members.

Members Only

This is a drop-in offering and will be available on a first-come, first-serve basis. There will be 4, 15 minute slots each week.

Dates and times are subject to change. Please contact us if you have any questions or visit us online at southsoundseniors.org

"DANCE AS YOU ARE PARTY!"

OLYMPIA

Every 1st Thursday - 2:00 pm to 3:30 pm

Come and dance at The Olympia Senior Center, on the first Thursday of each month, beginning October 5th! Partners not necessary.

Come and groove to the music, move your body, and make new friends! Please always be respectful of others' personal space, and join us for some good times and good tunes!

Members Only! Donations gratefully accepted.

DISC GOLF

LACEY

Tuesdays in September - 11:00 am

Learn how to play disc golf—a sport rapidly gaining popularity in the senior community! Simple rules coupled with rest and non-strenuous activity make disc golf a perfect solution for those who want to get out in nature and enjoy a game with friends. As an added bonus, the disc golf course located in Woodland Creek Community Park is just steps away from the Virgil Clarkson Lacey Senior Center!

Join Dave Wilkens who will show you all the ins and outs of the sport. All supplies are included, but be sure to wear a sturdy pair of shoes.

Open to the Public. Call 360.407.3967 ext. 200 or visit the Lacey reception desk to register.

**Disc golf could continue into October and November depending on the weather! Check in with Lacey reception to see if we're still playing.*

WONDERFUL WEDNESDAY WALKERS

LACEY WITH PAT LAZAR

Wednesdays - 9:30 am



PERSONAL GROWTH

AMERICAN SIGN LANGUAGE

LACEY WITH CATHERINE BRANNAM

Wednesdays - 2:00 pm to 3:00 pm

It can take up to two years to be fluent in American Sign Language, but this is a step in the right direction. Catherine is volunteering her knowledge and time in hopes that the opportunity to learn this unique language is accessible to our members.

Members Only + \$4 Per Class

DEATH CAFÉ

WITH GLENN HARPER

LACEY

Every 4th Thursday - 2:00 pm to 4:00 pm

OLYMPIA

Every 2nd Wednesday - 2:00 pm to 4:00 pm

What is a Death Café? At a Death Café people, often strangers, gather to eat cake, drink tea and discuss death. Our objective is 'to increase awareness of death with a view to helping people make the most of their (finite) lives.

A Death Café is a group directed discussion of death with no agenda, objectives or themes. It is a discussion group rather than a grief support or counseling session.

Death Cafés are always offered:

- On a not for profit basis
- In an accessible, respectful and confidential space
- With no intention of leading people to any conclusion, product or course of action
- Alongside refreshing coffee, tea – and cake!

Death Cafés are taking place both nationally and internationally, so come find out about this popular program!

Open to the Public

FRENCH CLASS

LACEY WITH CURTIS CUSHMAN

Beginners: Mondays - 11:30 am to 12:30 pm

Advanced: Mondays - 12:30 PM to 1:30 pm

A step by step learning program; an introduction to grammar and vocabulary, which is engaging and enjoyable for all. Class will be based on teaching what you want to learn, and therefore student input is "clé" (key)! **Members Only**



KOREAN ELDERS

LACEY WITH YONG CHISENHALL

Wednesdays - 10:00 am to 1:00 pm

Group meets to socialize, exercise, laugh, and share lunch.

Members Only + Free



CURRENT ISSUES

OLYMPIA WITH ALBERTA HAGAN

Tuesdays - 10:00 am to 11:30 am

Discussion of world, national, state and local issues. Add to your knowledge, broaden your perspectives, and recognize diversity of viewpoints. Examine positions and comments of public figures.

Members Only

SPEAKER SERIES

OLYMPIA

Most Wednesdays - 10:00 am to 11:30 am

Join us as we gather Wednesdays from 10:00 to approximately 11:30. Various topics are presented by different Speakers and the content of each talk's goal is to educate, inform and enliven the minds of our audience. Our Speaker Series is open to the public and all ages are encouraged. **Check out the schedule on our website, as we may not have a speaker every Wednesday of the month.**
Open to the Public

TED TALKS PLUS

LACEY WITH JAY
WALLERSTEDT

4th Fridays -
12:30 pm to
2:00 pm

Technology, Entertainment and Design (TED Talks) typically consist of three presentations about cutting edge information going on in any part of the world. Topics range from human behavior to technology. In this discussion we take a look at three individual talks on topics that cover a theme for discussion. Previous topics have included Bikers Against Child Abuse, the roots of racism, global megalithic architecture, and technology addiction. See our monthly activities guides for topics.
Open to the Public



WORLD GEOGRAPHY: COME EXPLORE!

OLYMPIA WITH JEAN MEAD

Mondays - 12:00 pm to 1:00 pm

With the wealth of experience and interests of class members and ample maps and videos we explore the geography, culture, history and politics of our world. We began in 2017 and, to date, have covered most of the world. We will soon begin our exploration of North America with emphasis on native cultures. When we finish this, we will start anew. There is no beginning or end to this class, so feel free to join in at any time. Feel free to bring your lunch!

Members Only

OWNING THE AGE I AM

LACEY WITH MARTY WORCESTER

4th Wednesdays -
1:30 pm to 3:00 pm

Come listen, learn and share. A weekly ongoing discussion for persons in late life — the older you are the better. Share what you are doing and learning, your joys and challenges. Learn more about the age you are. You can drop in and out as it fits your ability to attend. There is no charge for the group.
Open to Public



Ready to start your adventure?

Book your trip today! Call 360.586.6181 ext. 126



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Dates and times are subject to change. Please contact us if you have any questions or visit us online at southsoundseniors.org

COFFEE AND CONVERSATION

LACEY WITH JOE CAREY

Thursdays -
10:30 to 11:30 am

Join other savvy thinkers for interesting current event conversations over coffee. Stimulating and intriguing subjects will blow your mind!

Open to Public



DINE OUT!

HOSTED BY OUR LACEY LOCATION

2nd Tuesdays - 5:00 pm
(360) 407-3967

- October 10: Well 80 - 514 4th Ave E, Olympia
November 14: Red Lobster - 4504 Martin Way E, Olympia
December 12: El Sarape - 4043 Martin Way E, Olympia

HOSTED BY OUR OLYMPIA LOCATION

2nd Thursdays - 5:00 pm
(360) 586-6181

- October 12: Valentina's Restaurant and Tequila Bar (formerly Koko's) - 325 4th Ave E, Olympia
November 9: Uptown Grill - 514 Capitol Way S., Olympia
December 14: Octapas 610 Water St. SW, Olympia

Everyone is invited to join us for friends and food. For Dine Outs hosted by the Olympia Center, please call by 2:00 pm the week of for reservations.

Open to the Public

MEDITATION, WEEKLY DROP-IN

OLYMPIA WITH CARMEN COLEMAN

Tuesdays - 12:45 pm to 1:45 pm

Our hour together will start with a guided relaxation meditation leading into 20 minutes of silent sitting. We will then read from contemporary Buddhist authors on the art of meditation, and conclude with voluntary group introductions and mindful sharing. All activities are offered with light instruction. Suitable for beginners and advanced meditators. Inclusive and respectful. No religious affiliation required.

Open to Public

DEATH JOURNALING

LACEY WITH AYPRIL PORTER

September 21, October 19, November 16 and December 14 - 10:00 am to 11:30 am

Come spend 90 minutes with Death Doula and Grief Coach Aypril Porter, creating your personal death journal. A death journal is a notebook that you will use to record your thoughts, wishes, memories, and more. You can use it to explore your thoughts on end-of-life topics and what kind of funeral or memorial service you'd hope for so your loved ones can understand and fulfill your wishes. This is also a legacy project where you can share your favorite memories, quotations, scripture, or anything important to you. Please bring a notebook to work on. We'll have pens, markers, paints, and inspiration for things to write about or consider as we spend time together discussing and sharing thoughts, ideas, and memories and creating. You can start this at any age and add to it as things come up, or thoughts change. Feel free to bring any magazines, articles, pictures, or other mementos you'd like to include.

Open to Public

Dates and times are subject to change. Please contact us if you have any questions or visit us online at southsoundseniors.org

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THE ARTS

WATERCOLOR GROUP

LACEY WITH MICHAEL SHEURICH

Mondays -
1:00 pm to 3:00 pm

Open to anyone interested in watercolor painting. Please bring your own supplies and projects. This is a synergistic group and not an instructional class.

Members Only



ART MIXED MEDIA GROUP

LACEY WITH PAT MCAULEY

Fridays -
9:00 am to 11:00 am

Express yourself artistically through a variety of mixed art forms—pencils, pens, watercolor, acrylics, yarn, string, etc. While there is no formal instruction, there is a lot of helpful guidance, friendship and exchange of ideas.

Members Only



WATERCOLOR: PROCESS, PERMISSION AND PLAY

OLYMPIA WITH DAISYE ORR

Tuesdays - 1:00 pm to 2:30 pm

Explore your creativity through watercolor! No experience is necessary and all materials are provided. Each week we will focus on a different lesson - from the basics of pigment and how to put color on paper to techniques for using watercolor to express yourself. This is a low-pressure class with plenty of time to experiment and play!— plan accordingly.

Members Only + \$20 Materials Fee + \$5 Instructor Fee Per Class

WOODCARVING

WITH DENISE TAYLOR

LACEY
Tuesdays -
8:30 am to 11:00 am

OLYMPIA
Fridays -
8:30 am to 11:00 am

Learn the skill and art of woodcarving and some are members of the Capitol Woodcarvers. All levels welcome.

Members Only



NEEDLE CRAFT/TATTING GROUP

LACEY WITH PATTI LOGAN

Tuesdays -
1:00 pm to 3:00 pm

Learn a new skill or share your talent and skills with others. Make new friends, learn a wonderful meditative craft, and share ideas and enthusiasm for the fastest growing crafts in America. Bring your own projects.

Members Only



HAND CRAFTED CARDS!

LACEY WITH ELIZABETH HOLMAN

Mondays - 1:00 pm to 3:00 pm

Bring your own supplies - let's get creative and show your heart-felt love through this wonderful art form!

Open to the Public

ZENTANGLE®

OLYMPIA WITH SISTER MONIKA ELLIS, OSB

Tuesdays, October 3 through 24 -
1:00 pm to 2:00 pm

If you can write your name, you can tangle! Zentangle® is an art form using slow, deliberate strokes which form patterns. Using only a fine felt tip pen, a pencil, and a tortillon (smudger) the Zentangle® miniatures are sometimes intricate, sometimes simple, and always beautiful. It is relaxing, slow, deliberate, built on simple strokes, and it enhances focus and reduces pain. I will provide the tortillon.

Participants should bring a fine tipped black marker and a preferred paper to draw on.

Open to the Public + \$5 Instructor Fee Per Class

MEMOIR WRITING CLASS

LACEY WITH CAROL DUFFY

Fridays - 10:00 am to 12:00 pm

This incredibly popular class will be led by class members in rotation. Learn how to let your written words become an heirloom for generations to come. Limited class size.

Members Only + Class Registration Required

MUSIC MENDS MINDS

OLYMPIA WITH EILEEN MCKENZIESULLIVAN

Thursdays -
12:30 pm to 2:00 pm

This music group of instrumentalists play familiar songs and all are welcome to join the singing. This group particularly reaches out to people with cognitive impairment to help stimulate memories and help the right and left sides of the brain to work together. It is a fun group for everyone. If you like music, you'll have a great time. Come join us!

Open to the Public



MOSAIC CROCHET

OLYMPIA WITH LI CLINTON

Thursdays - 2:00 pm to 4:00 pm

Come learn the fascinating technique of Mosaic Crochet! These intricate and beautiful designs are amazingly, and according to Li, amazingly easy to learn. Participants must bring their own yarn and crochet supplies

Members Only

Dates and times are subject to change. Please contact us if you have any questions or visit us online at southsoundseniors.org

SING-A-LONG

LACEY WITH BRIGHTER DAYS STAFF

Fridays - 1:00 pm to 2:00 pm

Come sing some familiar songs and learn a few new ones! Each week we sing a variety of classics and folk songs, often on a theme, accompanied by piano and/or guitar. A guaranteed great time to be had by all who love to sing. Song sheets are provided. No RSVP necessary.

Open to the Public

ACOUSTIC JAM

OLYMPIA

Tuesdays beginning September 26 -
2:00 pm to 3:30 pm

Join others in the lobby of the Olympia Senior Center for an acoustic jam. Bring your acoustic string instruments and plan to play and sing some of your favorite tunes! If you have sheet music, feel free to bring some and we can copy a limited number of pages. Come on down and make some beautiful noise!

Open to the Public

UKULELE OHANA

LACEY WITH LUMAN HOHAIA

Thursdays - 6:30 pm to 9:00 pm

Come and join our ukulele ohana (family) playing island-style Hawaiian & traditional music. This is an intermediate level group of players who already know basic chords and some strumming styles. Bring your ukulele and we will play, eat, and sing together.

Members Only

BEGINNING UKULELE

ALLEN MOTE PH.D.

Tuesdays,
September 26 -
November 14 -
2:00 pm to 3:45 pm
8 Sessions



This interactive, fun-filled, relaxed-pace class will get you playing and smiling on your first day! Beginning with the basics, you'll soon be strumming easy chords and playing a wide range of songs. Lots of tips for safe and easy playing will be introduced and we'll also take time to "feel the music," which can be soothing, energizing, healing, empowering, and inspiring. No previous musical experience is needed. This class is about participation, learning by playing, and sharing; not perfection. All adult ages and skill levels are welcome. More advanced players looking for a group and ukulele community are welcome to join this class and play at a level harmonious with the class.

Teaching materials and sheet music included. Additional resources and song books will be suggested. THE DAILY UKULELE song book is recommended.

Bring a soprano, concert, or tenor ukulele; tuner, pencil ... and your smile. Pick and music stand (optional).

**Open to the Public + Registration Fee: \$60
Members; \$90 Non-members**

Registration Required

ADVANCED BEGINNER & INTERMEDIATE UKULELE

ALLEN MOTE PH.D.

Thursdays,
September 28 - November 16 -
2:00 pm to 3:45 pm
8 Sessions

This interactive, fun-filled, collaborative, practical, relaxed-pace class is designed for advanced BEGINNERS and intermediate players of all ages, as a safe and comfortable place to play with a group, at your own level, while refining skills and learning new chords, strums, and about 25 songs from many genres. More advanced players are welcome to play along with the class. This class is about participation, learning by playing, and sharing; not perfection. You'll be most comfortable if you know 9 chords (C F G7 Am Dm G D7 A7 C7) and can transition fairly smoothly between them; or have the instructor's permission. Bring your ukulele (GCEA tuned), tuner, picks (optional), music stand (optional), Olympia Senior Center Ukulele Music Book from previous classes (if you have one—if not one will be provided), a pencil ... and your smile. Additional songs will be provided and contributed by participants as the class evolves. The DAILY UKULELE is a recommended music book. November 16 is a jam session in a public setting (location to be determined).

**Open to the Public + Registration Fee: \$60
Members; \$90 Non-members
Registration Required**

READER'S THEATER

OLYMPIA WITH JUDY OLIVER

Tuesdays - 12:00 pm to 4:00 pm

Act without the necessity of memorizing lines. The plays performed are one-act or brief adaptations of longer productions. No acting experience necessary. We hold a business meeting on the first Tuesday of the month, and an **additional script reading and discussion from 1:00 pm to 3:00 pm on second and fourth Mondays.**
Members Only



Dates and times are subject to change. Please contact us if you have any questions or visit us online at southsoundseniors.org

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SUPPORT GROUPS

LOW VISION GROUP

OLYMPIA WITH MARTY WORCESTER

2nd Mondays -
10:00 am to 11:00 am

Discussion topics include low-vision services, new products, local community resources and letting go of fear and embracing life with confidence.

Open to the Public



BEREAVEMENT SUPPORT GROUP: LIFE AFTER LOSS

OLYMPIA WITH JILL KOMURA &
KATHLEEN KING

LACEY
2nd Fridays -
2:00 pm to 3:30 pm

OLYMPIA (VIA ZOOM)
4th Fridays -
2:00 pm to 3:30 pm

A mental health professional will ensure a safe place of sharing for those who have experienced the loss of a loved one. Resources and education about ways to cope and integrate the journey through grief will also be provided. These are free, ongoing drop-in groups. To learn more, please contact: EssentialSpiritCounseling@protonmail.com

Open to the Public



DEMENTIA CAREGIVER SUPPORT GROUP

LACEY WITH JENNIFER WATSON, MSW

1st Mondays and 1st
Fridays -
12:30 pm to 2:00 pm

This support group will lift up Caregivers of those who have all forms of dementia, providing the type of support these unsung heroes need and deserve.

Jennifer is extremely well versed in leading this group, with years of experience working with those with memory loss, dementia, and Alzheimer's in California.

Open to the Public



BRAIN INJURY ALLIANCE OF WA MEETINGS

LACEY WITH CONNIE

1st Tuesdays - 6:00 pm to 8:00 pm

For those interested in learning about brain injuries, along with others who may be coping with or caring for a person who suffers from one.

Open to the Public



ALS SUPPORT GROUP

OLYMPIA

2th Tuesdays - 11:00 am to 1:00 pm

This support group will lift up those struggling with ALS and those with loved ones living with ALS.

Open to the Public

MUSIC FOR PARKINSONS AND PARKINSON'S DISEASE SUPPORT GROUP

OLYMPIA WITH TROY FISHER AND DIANE HUTCHINS

Wednesdays -

Music: 10:00 am to 11:00 am

Support Group: 11:00 am to 12:00 pm

Separate meeting room available for caregiver discussion. For more information please contact Diane Hutchins genneken22@gmail.com

Open to the Public



PALS

Pet Assistance for
Low-income Seniors

Need help paying veterinary bills?

From routine preventative care to emergency procedures, the PALS Fund is here to your furry friends get the care they need.

Visit: southsoundseniors.org/pals

NOW RECRUITING

Independent Providers

Caregiver benefits of joining our team:

- Earn higher pay per hour
- Set your own schedule
- Choose your own clients
- Build a rapport with your clients
- Meet and support interesting people

Visit southsoundseniors.org to learn more about the Care Connection program and fill out an application.

 **CareConnection**
your home care



Dates and times are subject to change. Please contact us if you have any questions or visit us online at southsoundseniors.org

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GAMES + HOBBIES

FLY TYING

LACEY WITH GROUP

Wednesdays - 12:45 pm to 3:00 pm

All levels are welcome. Bring your own fly tie project to work on while you socialize with others interested in this sport.

Members Only

MAH JONGG

OLYMPIA WITH PEGGY

BARRY

Wednesdays -
1:00 pm to 4:00 pm

LACEY WITH ELLIN
GOLDENBERG

Fridays -
1:00 pm to 4:00 pm

Play American Mah Jongg following the National Mah Jongg League of New York rules. Studies have shown that mahjong is a great game for keeping the mind sharp and it is recommended as a means of keeping brains in good health.

Members Only



NW GARDENING GROUP

LACEY WITH PERRY

MCCOY

1st and 3rd Thursdays -
1:00 pm to 3:00 pm

Perry McCoy is our Chess Master, but is also an INCREDIBLE gardener! He is facilitating this interest group.

Open to the Public



CHESS ESSENTIALS

LACEY WITH PERRY MCCOY

Wednesdays -
1:00 pm to 3:00 pm

Learning chess is fun, but Perry makes it revolutionary! Already know how to play? Come enjoy some great competition!

Open to the Public

PINOCHLE

OLYMPIA WITH JUDY COMMISARIS

Thursdays - 12:30 pm

LACEY WITH

JAMES HENDRICKS AND DARLYS LEICHT

Tuesdays -
12:30 pm to 3:30 pm

Fridays -
9:00 am to 12:00 pm

Join us for pinochle and fun. These groups continues to grow and has a wonderful enthusiasm for the game. Lacey does Pinochle with aplomb!

All levels of play are welcome.

Members Only

CRIBBAGE

LACEY WITH TABLE GAMES

2nd and 4th Wednesdays -

12:30 pm to 1:30 pm

OLYMPIA

Mondays - 12:00 pm to 4:00 pm

Do you find yourself counting by fifteens? 15-2, 15-4, 15-6, etc.? Do you have visions of pegs being stuck in little holes? Is your image of perfection a 31 hand? Then join our Cribbage Group. All skill levels are welcome.

Members Only

BINGO (DAYTIME)

WITH SUE GALLAGHAR AND LILLIAN BARBER

OLYMPIA

2nd and 4th Wednesdays - 12:30 pm to 1:30 pm

LACEY

Fridays - 9:15 am to 11:00 am

Fun, friends, suspense, and small BINGO prizes await you!

Members Only

TABLE GAMES

LACEY WITH MIKE STOKES

Wednesdays - 12:30 pm to 3:30 pm

OLYMPIA WITH GROUP

Mondays, Wednesdays, Fridays -
12:00 pm to 3:00 pm

Play various table games. Bring a game to share if you like! Meet in the lobby.

Members Only

POOL AND PING PONG TABLES

OPEN ACCESS AT OLYMPIA SENIOR CENTER

Weekdays - 10:00 am - 2:00 pm

Pool tables and ping pong tables are open to Senior Services for South Sound members. The key for the equipment cabinet is available at the reception desk and must be returned by the person who picks it up no later than 1:30 pm. **Members Only + Additional Guests Pay \$3 to the Olympia Arts, Parks and Recreation Kiosk.**

ROCK PAINTING

WITH SUE GALLAGHAR

LACEY

Thursdays - 9:30 am - 11:15 am

OLYMPIA

Tuesdays - 10:00 am to 11:30 am

Painting rocks a relaxing experience and a wonderfully creative outlet! Many of our Inclusion Members partake in this creative outlet. We often place them around the building pathways for all to enjoy.

Open to the Public

PARTY BRIDGE GROUP

OLYMPIA WITH SANDY NOVACK

Mondays beginning September 25 -
1:00 pm to 3:00 pm

Love Party Bridge? Come play with us! Please understand that this is NOT an instructional class, but a group for experienced players only.

Members Only

SERVICES

BLOOD PRESSURE CHECKS

LACEY WITH FREDERICK IAM

Mondays - 10:30 am to 11:30 am

Please call to confirm the nurse is on-site on days indicated

Open to the Public

DIABETIC SHOE FITTINGS

WITH DANA

By Appointment Only

Dana is with Priority Footwear. Shoes are covered by Medicare and other insurance companies. Contact Dana for appointment at 206.957.7772

Open to the Public

PLANNING GUIDANCE

LACEY WITH MARTY WORCESTER

Tuesdays - 10:00 am to 2:00 pm

Discover how to plan your life as you age. Drop-in or make an appointment by emailing Marty at mworcester@southsoundseniors.org. She also collects your ideas for educational events to be offered here - events/classes which you think would be good for our Lacey/Olympia seniors.

Open to the Public

FOOD BANK AND COMMODITIES DISTRIBUTION

OLYMPIA

3rd Fridays - 10:30 am to 11:30 am

Food Bank for low-income Seniors. Must sign-up with the Food Bank for commodities.

Open to the Public

FOOT CARE

LACEY WITH NURSE JULIE

3rd Thursdays - By Appointment

Julie Lundstad is an RN with a passion for foot care. This includes, but not limited to toenails, skin, or just helping feet to be in as good a condition as possible. Whether you have diabetes, neuropathy, thick or elongated nails, calluses, severe dry skin, or none of these conditions, she treats each client's feet individually and with care. Call 360.407.3967 ext. 200 to set up an appointment.

Members Only + \$30 Per Appointment

FREE NOTARY SERVICES

LACEY WITH TERRI CARRILLO

Every 3rd Monday - 11:00 am to 1:00 pm

Blessings Mobile Notary Services is donating their time to provide free notary services. Come with your photo ID. Service provided on a first come, first served basis.

Open to the Public

DIGITAL LITERACY

OLYMPIA WITH THURSTON COUNTY
CHAMBER OF COMMERCE

1st and 3rd Thursdays -
10:00 am to 11:30 am

The Thurston County Chamber of Commerce will be back with free computer classes. Come join us as we explore a variety of topics, including Microsoft Word, Excel, PowerPoint, Outlook, and as we explore ways to protect your privacy while navigating online.

Open to the Public

DIGITAL LITERACY

LACEY WITH THURSTON COUNTY CHAMBER
OF COMMERCE

Session 1: Registration Begins September 1
Mondays, September 11 through October 16 -
9:00 am to 11:00 am

Session 2: Registration Begins November 1
Mondays, November 6 through December 11 -
9:00 am to 11:00 am

The Thurston County Chamber of Commerce will be hosting free Digital Literacy classes. This is a course to help you feel more comfortable and capable when using your laptops, smartphones and other tech devices.

**Open to the Public. Drop-ins welcome
depending on space. Bring your own devices.**



TECH HELP

WITH RICH PALLECHIO

LACEY
Every 1st Thursday -
10:00 am to 12:00 pm

OLYMPIA
3rd Thursdays -
10:00 am to 12:00 pm

**WANT TO HELP SENIORS WITH THEIR TECH?
CONTACT JILL RECTOR AT 360.407.3967
EXT. 205 AND VOLUNTEER TODAY!**

If you have questions, issues or need trouble-shooting with any of the following portable devices: smartphones, laptops, tablets, iPads or readers, please bring your device and drop-in for Rich's assistance.

REFLEXOLOGY

LACEY WITH MARCIA
Wednesdays afternoons by appointment only

Reflexology is the application of pressure to areas on the feet or hands. Many find reflexology a great way to alleviate stress and relax. The theory is that areas of the foot and hand correspond to organs and systems of the body.

Open to the Public + \$30 for 30 Minutes

DAILY LUNCH

OLYMPIA
Weekdays - 11:45 am to 12:30 pm

LACEY
Weekdays - 11:30 am to 12:15 pm

This program offers those 60 or older a lunch for a suggested donation of \$4 - \$8 per meal, depending on ability to give. Guests under 60 are welcome to enjoy a lunch at the cost of \$10 per meal.

Open to the Public

Dates and times are subject to change. Please contact us if you have any questions or visit us online at southsoundseniors.org

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TRANSPORTATION

Schedule by Email or Phone:

transportation@southsoundseniors.org
360.586.6181 ext. 128

The Transportation Program offers seniors aged 60 and above with rides to medical appointments and essential errands, such as grocery shopping, visits to the pharmacy or other professional appointments. Rides are available Monday – Friday from 8:00 am – 5:00 pm, excluding holidays. To inquire about eligibility or to arrange an appointment, please email or call. Please call us at least two weeks prior to your appointment or errand in order to ensure a ride.

Open to the Public



INTERCITY TRANSIT/BUS BUDDIES

OLYMPIA

1st Wednesdays – 10:00 am to 12:00 pm

LACEY

2nd Wednesdays – 10:00 am to 12:00 pm

Find out what fun programs are available with FREE bus transportation in our tri-city area. Ask any questions about our award winning bus system at the table they staff at our Centers once a month. IT buses are looking very sharp and those who take advantage of them are the sharpest amongst us!

Open to the Public

HAIRCUTS

WITH LISA CALDWELL

OLYMPIA

1st and 3rd Wednesdays – 10:00 am to 3:00 pm
(except for 12:00 pm to 12:30 pm)

LACEY

1st and 3rd Mondays – 12:30 pm to 3:30 pm

Members Only + \$10 By Appointment

STATE HEALTH INSURANCE BENEFIT ADVISORS (SHIBA)

OLYMPIA

Advisors are available by phone, Zoom or email the following times:

Tuesdays, Wednesdays and Thursdays
9:00 am to 3:00 pm

Mondays and Fridays: Volunteer hours vary
(by phone)

Call 360.586.6181 ext. 134 for appointment.

SHIBA volunteers can help you with your Medicare questions. This is a free program of the Office of the Insurance Commissioner staffed by volunteers. They provide unbiased and confidential information about Medicare and other health insurance. This is an educational service. They don't sell anything. When you call, please leave your name, phone# and a brief description of why you are calling and one of our volunteers will get back to you as soon as possible. If you require an in person appointment, there are limited times available each week.

To find out if there is a time slot available at the Olympia location, please call us or email jrich@southsoundseniors.org.

Open to the Public

MONTHLY MEDICARE ZOOMS

ONLINE WITH SHIBA TEAM

1st Wednesdays - 11:00 am to 1:00 pm:
Welcome to Medicare

1st Thursdays - 1:00 pm to 2:00 pm:
Senior Medicare Patrol-prevent and detect
Medicare Fraud

2nd Thursdays - 1:00 pm to 2:00 pm:
Programs to help pay out of pocket costs with
Medicare

3rd Thursdays - 10:00 am to 12:00 pm:
Welcome to Medicare

3rd Tuesdays - 1:00 pm to 3:00 pm:
Welcome to Medicare

4th Wednesdays - 6:30 to 8pm:
Welcome to Medicare

In-person options at the Olympia Senior
Center, no registration is necessary, but space
may be limited:

2nd Wednesdays - 11:00 am to 1:00 pm
3rd Wednesdays - 4:00 pm to 6:00 pm

Contact the SHIBA Volunteer Coordinator by
email or phone to obtain the pre-registration
link and information at 360.586.6181 ext. 134,
or jrich@southsoundseniors.org
Open to the Public



TRAVELERS TEA

LACEY WITH SKY MYERS

Fridays, September 8 and November 17 -
2:30 pm

Enjoy a sip of tea and watch a video
presentation about Senior Services for
South Sound's Trips & Tours upcoming trips.
Designed with the senior traveler in mind,
you'll be amazed by the diversity of offerings
including concerts, hikes, festivals, plays,
sporting events, cruises and more. We
also offer group tours to places like Sedona
Arizona, New York City, Scotland, Croatia,
Nova Scotia and Egypt! Our team can even
help you plan YOUR bucket list trip! For the
new or seasoned traveler, Senior Services Trips
& Tours will have the perfect adventure for
you! Attend the Tea to get a discount on day
trips.

Open to the Public

SENIOR DRIVING WORKSHOPS

LACEY

Sundays, September 17, October 22,
November 19 and December 17 -
9:30 am to 4:00 pm

Feel safer on the road! Join this interactive
workshop covering topics such as texting,
driving in bad weather, handling emergencies,
freeways, reference points, what to do in case
of a collision, and more. After attending, you
will receive a certificate that will apply a 5 -
10% discount on your auto insurance over a
two-year period.

**Open to the Public + Register at the Virgil
Clarkson Lacey Senior Center + \$20 Per
Student**

Dates and times are subject to change. Please contact us if you
have any questions or visit us online at southsoundseniors.org



Travelers Tea

Fridays, September 8 and November 17

2:30 PM

Virgil Clarkson Lacey Senior Center

**Enjoy a sip of tea and watch a video presentation about
Senior Services for South Sound's Trips & Tours upcoming
trips!**

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Dates and times are subject to change. Please contact us if you have any questions or visit us online at southsoundseniors.org

Senior Academy



Your Life, Your Story: Writing Your Autobiography Two Pages at a Time, Level I

with Pam Toal

Thursdays from 1:00 pm - 3:00 pm | October 5 - November 9

Sessions: 6 | Olympia | Registration Fee: Members - \$100;

General Public - \$130 | Limit: 9 Participants

Have you ever wanted to write your memoir or leave a legacy for your loved ones? This is your chance.

This introductory six-week course includes activities and resources to help you write, share and preserve your life stories. Each week you'll receive prompting questions to write two-pages at home on a particular theme of your life history. You'll bring your writing to class the following week to share in a warm, supportive group environment. No writing experience is necessary, just an openness to appreciate and share the unique life that is yours.

Your Instructor: Pam Toal is a published writer, coach, and certified Guided Autobiography facilitator. Her professional background in non-profits, higher education, and consulting led her to discover the rewards of writing and sharing life stories.

Your Life, Your Story, Level II

with Pam Toal

Wednesdays from 1:00 pm - 3:00 pm | October 4 - November 8 | Sessions: 6

Olympia | Registration Fee: Members - \$100; General Public - \$130

This six-week course is for students who participated in Your Life, Your Story, Level I or another memoir writing course. New activities and themes are introduced each week to help you continue writing your autobiography, two-pages at a time.

Class requirements: pen and paper

Prerequisite: Your Life, Your Story, Level I or instructor permission



Micro Social Psychology: Self Through Society

with Bruce Lerro

Tuesdays from 2:00 pm - 4:00 pm | September 26 - November 21

Sessions: 9 | Olympia | Registration Fee: Members - \$120;

General Public - \$180

When in a group, are people more likely to conform when amongst strangers or among friends? What are the optimal conditions in which a minority within a group can win over a majority? Why is it that people sit in the same seats week after week without anybody telling them they have to sit there? Why do people get pushed out of shape when someone who is not visiting them parks outside their house even though it is a public street? Unravel the hilarious mysteries of how people act and react in small groups settings.

Your Instructor: Bruce Lerro has been a night-school college teacher for 27 years. He has taught in alternative college settings, in prisons, in the Air Force and in the Navy. Bruce has taught in community colleges in the San Francisco Bay Area. Bruce has written eight books, including three on the application of Russian Lev Vygotsky's work on word history. Bruce is also a pen-and-ink- artist.



A Call to Action: Finding Hope and Purpose in Critical Approaches to the Vital Issues of Contemporary Life

with John Rapano, Ph.D.

Thursdays from 1:00 pm - 2:30 pm | October 5 - November 9

Sessions: 6 | Olympia | Registration Fee: Members- \$100; General Public - \$150

One of the major political controversies that has grown out of America's "culture wars" is over critical race theory, which holds that racism is systemic and that it is perpetrated by structural forces. Critical theory has been applied to other vital issues of contemporary life, including such areas as Gerontology, Feminism, Education, Religion, and Politics. Critical theorists agree that a primary goal of philosophy is to understand and to help overcome the social structures through which people are dominated and oppressed. While this is anathema to defenders of the status quo, in this course, we will look at how, properly understood, critical approaches can lead to finding hope and purpose in life and contribute to human flourishing.

Your Instructor: John is retired from teaching Human Development and Family Studies at Pennsylvania State University. John also worked in a variety of human service roles: early childhood education, community mental health, aging services, and geriatric partial hospitalization programs. John earned a Ph.D. in the Administration and Leadership Studies for Nonprofits program at Indiana University of Pennsylvania in 2010. John "fully" retired and relocated to Olympia in 2019 but continues to be involved in a variety of volunteer activities.



Math for Everyone

with Steven Kant

Mondays from 10:00 am - 12:00 pm | November 13 - December 4

Sessions: 4 | Olympia | Registration Fee: Members - \$60;

General Public - \$90

Steven Kant will offer a class that offers a combination of activities including visual algebra, logic games, puzzles, and other hands-on activities. Be prepared to dust off those cobwebs and have fun with math!

Your Instructor: Steven Kant is a retired math teacher, software developer, and business owner. He has taught math in secondary schools and at the college level. He is currently teaching math as a volunteer in elementary school, middle school, and summer day camp. He also has a website to provide math materials for students to continue their studies.

Math Puzzles and Games Workshop

with Steven Kant

Monday from 10:00 am - 12:00 pm | October 2 | Sessions: 1 | Olympia | Registration Fee: \$10 everyone

Steven Kant will offer a one-session workshop to introduce students to math puzzles, logic games, and building math models. The workshop is intended as an introduction to the longer class—Math For Everyone—that is offered later in the quarter.

Visual Algebra Workshop

with Steven Kant

Monday from 10:00 am - 12:00 pm | October 16 | Sessions: 1 | Olympia

Registration Fee: \$10 everyone

Steven Kant will offer a one-session workshop to introduce students to Visual Algebra. You will learn some basic algebra concepts using special math chips rather than memorized formulas. This curriculum, Flip-Chip Algebra, is appropriate for people of all ages and experience. The workshop is intended as an introduction to the longer class—Math For Everyone—that is offered later in the quarter.



Introduction to Astrology

with Maia O'Brien

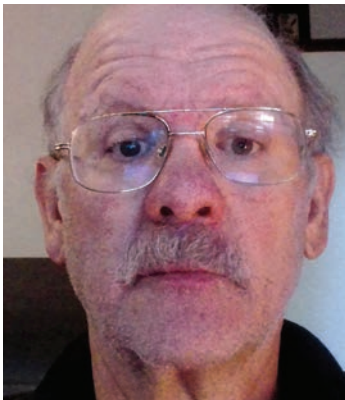
Thursdays from 11:00 am - 12:00 pm | October 5 - 26 | Sessions: 4
Olympia | Registration Fee: Members - \$60; General Public - \$90

Join Maia O'Brien as she offers an introduction to the fascinating world of astrology. The basic foundations of astrology will be presented including planets, signs, houses and planetary cycles. We will explore the many ways astrology is reflected in our own lives and the lives of those

around us. It can give us a broader perspective on world events as well. Join us for lively and enlightening conversations about the beautiful, ancient, mystical art and science of astrology!

Your Instructor: Maia O'Brien is a physical therapist who uses dance, the creative arts therapies and astrology to help facilitate personal growth to enrich our connections with the world around us.

Class requirements: Please bring a printed copy of your birth chart to the classes, based on the time, date and place of your birth. Use the Whole Sign House system. Look this up on Time Passages or Astro.com apps.



Mute Stones and Madmen- Art, Archaeology, and Culture of Ancient Italy

with Tony Usibelli

Tuesdays from 10:00 am to 12:00 pm | September 26 - October 31
Sessions: 6 | Olympia | Registration Fee: Members - \$90; General Public - \$120

What was the land we now call Italy like during the 1,500-year period from c. 1000 BCE to 500 CE? This six-week class will examine the "mysterious" Etruscans and their cities of the dead. It will look at the colonization of south Italy and Sicily by the cities of mainland Greece. We will then turn to the rise of Rome from a small settlement on the Tiber to the ruler of the ancient world. We will explore archaeological remains, selections from ancient literature and philosophy, and modern scholarship all within the context of social, political, and cultural history. As a class we will try to better understand how these civilizations have influenced our modern world, for better or worse.

Your Instructor: Tony Usibelli is an avid student of the ancient world and has a B.A. in classical archaeology and art history from the Univ. of Missouri and the Intercollegiate Center for Classical Studies in Rome. He is an active member of the Puget Sound chapter of the Archaeological Institute of America, the Puget Sound Ancient Numismatic group and has taught classes at Evergreen and SPSCC. Tony taught an Ancient Italy class in Fall '22 and an Ancient Greece class in Spring '23 through Senior Academy.



It's Time to Write That Novel!

Diane Chiddister

Mondays from 1:00 pm to 2:30 pm | October 2 - 30 | Sessions: 5

Olympia | Registration Fee: Members - \$70; General Public - \$100

This class aims to prepare us for National Novel Writing Month (NaNoWriMo), which is coming right up in November. NaNoWriMo offers a strategy for getting the first draft of a novel done in a month; I've used this strategy four times, and it works! (I'll be using it a fifth time, this year.)

But to be successful in NaNoWriMo, it's important to have a clear idea of character and some notion of plot before we begin: that's what this class aims to do. We'll use writing prompts to help us know our characters, and to deepen them. We'll also look at structure/plot and point of view. We'll spend lots of time writing, and some time talking and sharing our writing with other class members (if we wish).

Writing classes tend to be a rich mix of inspiration, learning, community and fun. I expect this class to be all of these!

Your Instructor: Diane Chiddister is a lifelong journalist and the former editor of the Yellow Springs News in Yellow Springs, Ohio where she lives. But she also lives part-time in Olympia, where her daughter and baby granddaughter live. After retiring from the News in 2018, she decided to return to her first love of writing fiction, and to write her first novel. She's a 1981 MFA graduate of the University of Iowa Writers' Workshop. That first novel, "One More Day" was published in October, 2021. The book recently was named a finalist in the First Novel category of the Next Generation Indie Book Award, which is the largest award program for small presses, university presses and self-published authors.

Class requirements: writing materials



Home Share

Visit us at:

southsound seniors.org/homeshare

Or call:

360.586.6181 ext. 111

Dates and times are subject to change. Please contact us if you have any questions or visit us online at southsound seniors.org

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Design Your Time with Marty Worcester

Wednesdays from 10:00 am to 12:00 pm

October 18, 25 and November 1 | Sessions: 3 | Olympia

Registration Fee: Members - \$60; General Public - \$90

In our late-life we all want the time we have remaining to be enjoyable for ourselves and others we care about. We want to find meaningful ways to contribute to our community and to continue learning. Becoming aware of the possibilities is the first step. The three sessions are:

1. Ways to enrich our minds and maintain health as we age to meet the challenges of late life.
2. Ways to give, receive, and create a legacy with others during the upcoming holiday seasons.
3. Ways to stay connected to the larger world through involvement in our community.

Your Instructor: Martha Worcester is a Consultant for Aging with a background in Nursing and in Growth and Development in Late Life. She serves older adults and agencies assisting them in developing designs for adapting to changes occurring in late life. She provides key information and tools for finding balance through the sorrows, challenges, and rich joys of late life. Questions? Contact keysaging@gmail.com or phone 206-915-6335.



Designed to Thrive: Building Resilience with Mindfulness

with Margo Benedetto

Thursdays from 10:00 am to 12:00 pm

September 28 - November 16 | Sessions: 8 | Olympia

Registration Fee: Members - \$100; General Public - \$130

Our ability to adapt to challenges and cohabit with our own fears and judgments is the secret to our fulfillment, but such mental athleticism is far easier said than done! In this course, we'll learn how to plug in the skills of mindfulness to build a neurobiological support system that gives us the resilience we need to truly thrive. We'll have weekly opportunities to learn about our brains' tricks and superpowers, to practice mindfulness in meditation and in daily life and to discuss our experiences. New and returning students welcome!

Your Instructor: Margo Benedetto is a certified mindfulness instructor and veteran classroom teacher in Washington State. She was a leader in bringing mindfulness education to Centralia School District from 2015-2020 and continues to provide personal and professional development on mindfulness for individuals and groups. She enjoys the variety of classroom setting she finds for her work, including Thurston County Dog 4-H, Olympia Senior Services and North Thurston Public Schools.

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Dates and times are subject to change. Please contact us if you have any questions or visit us online at southsoundseniors.org



Northwest Nations: Art and Story

with Ron Johnson

Fridays from 2:00 pm to 4:00 pm | October 6 – November 17

(No Class November 10) | Sessions: 6 | **Via Zoom**

Registration Fee: Members – \$100; General Public – \$150

Welcome to the discussion on Northwest Nations: Arts and Stories with Professor Ron Johnson. Collectively, we will explore the rich heritage of the Northwest Nations through the lens of art and storytelling, examining how these expressive forms shape and reshape a sense of place and cultural foundations.

One of the central themes of Our conversation will be the concept of formlines, the unique artistic style commonly found in the art of the Coast Salish peoples. We will explore how these formlines are not merely artistic designs but also carry significant cultural and spiritual meanings. Through art, the Northwest Nations have passed down their traditions, histories, and beliefs, forming a powerful connection to their ancestors and the natural world.

Similarly, storytelling plays an essential role in the cultural preservation and continuity of the Northwest Nations. Storytelling serves as a guiding force, imparting wisdom, values, and teachings from one generation to the next. As we delve into the stories, we will come to understand how they reflect and reciprocate with the art, reciprocating a harmonious interplay of these two forms of expression.

Our collective examination of artworks and storyworks aims to foster Our contemporary and collective understanding.

Your Instructor: Professor Ron Johnson is an enrolled member of the Makah Nation in Neah Bay. His mother Julie is an enrolled member of the Lummi Nation. Ron has worked in a variety of natural resource fields, has three beautiful children, and is currently pursuing his Doctorate degree. Ron Johnson has taught courses at The Evergreen State College and currently teaches at Northwest Indian College.

**LET'S
DO
LUNCH!**



**NOW SERVING IN:
OLYMPIA, LACEY,
ROCHESTER & TENINO**
southsoundseniors.org

Dates and times are subject to change. Please contact us if you have any questions or visit us online at southsoundseniors.org

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Beautiful Lies/Beautiful Truths I

with Keith Eisner

Tuesdays from 2:00 pm to 4:00 pm | September 19 - November 7

Sessions: 8 | Olympia | Registration Fee: Members - \$120 + \$10 materials fee; General Public - \$150 + \$10 materials fee | Register in-person at the Olympia Center only

For writers and would-be writers of fiction, memoir and essays. Expect to write at least seven pages a week.

Improve your writing through short craft assignments, weekly "Wild Pages," in-class exercises, and by critiques of your own work and work of fellow students. You'll also be encouraged to participate in a public reading at the end of the quarter. Enrollment limited to 10. This class fills quickly! **MUST REGISTER IN PERSON AT THE OLYMPIA SENIOR CENTER.**

Your Instructor: A local writer and actor, Keith holds an MFA in Creative Writing from Goddard College. A former spokesperson for Thurston County and The Evergreen State College, Keith likes to write while listening to baseball on the radio. He's honored to have had one of his short stories included in the 2017 O. Henry Award Stories. He also won the 2019 Mighty River Short Story Contest, held by Southeast Missouri University.

"I write to discover what I know." Flannery O'Connor

Beautiful Lies/Beautiful Truths II

with Keith Eisner

Wednesdays from 2:00 pm to 4:00 pm | September 20 - November 8 | Sessions: 8

Olympia | Registration Fee: Members - \$120; General Public - \$150

+ \$10 materials fee

This is a continuation of Beautiful Lies/Beautiful Truths 1. The focus of the class is increased involvement in student-to-student critiques, as well as explorations of points of view and metaphors.

Prerequisite: Beautiful Lies/Beautiful Truths I



Mask Making, An Ancient Art of Storytelling

with Barbara Young

Thursdays from 1:00 pm to 3:00 pm | October 5 - November 2

Sessions: 5 | Olympia | Registration Fee: Members - \$60;

General Public - \$90

Class One: Introductions of class members. Stories and pictures of Native American masks of the Pacific Northwest Coast.

Class Two: With a partner, construct a facial mask with plaster of Paris gauze strips.

Class Three: Paint and decorate the mask to express a story from the heart.

Class Four: Using the mask as a guide and prompt, compose the story of the mask. Convene a Talking Circle and share the mask's story.

Class Five: Gather to celebrate the masks and their stories.

Your Instructor: Barbara has facilitated mask-making workshops for twenty-six years. Her illustrious career includes public health and serving as a faculty member at the University of Washington, St. Martin's, West Seattle, and South Puget Sound Community Colleges. She earned a master's degree in Community Health Planning at the University of Cincinnati and Nursing Education and Curriculum at the University of Washington.

Class requirements: All mask-making materials are provided. You are invited to bring extra materials for embellishments. Participants are encouraged to wear paint clothes.

MAKE A DIFFERENCE

in the lives of
seniors and
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**Brighter Days**

Dates and times are subject to change. Please contact us if you have any questions or visit us online at southsoundseniors.org

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Upcoming Bingo Nights

Oktoberfest Bingo

Friday, September 29

Virgil Clarkson
Lacey Senior Center

Doors Open 6 pm
\$25 Cash to Play

ROCKY HORROR BINGO

Saturday
October
28

Olympia
Senior
Center

DOORS OPEN 6 PM | \$25 CASH TO PLAY



UGLY SWEATER BINGO

Saturday, December 16
Olympia Senior Center
Doors Open 6 pm | \$25 Cash to Play



Open to the public! Doors open at 6:00 pm. Must be 21+. \$25 cash at the door to play. Also available: snack bar, 50/50 raffle, special game tickets & daubers. Enjoy a cash bar and costume contest! CASH ONLY. For more information on our bingo events, visit us online at southsoundseniors.org.