

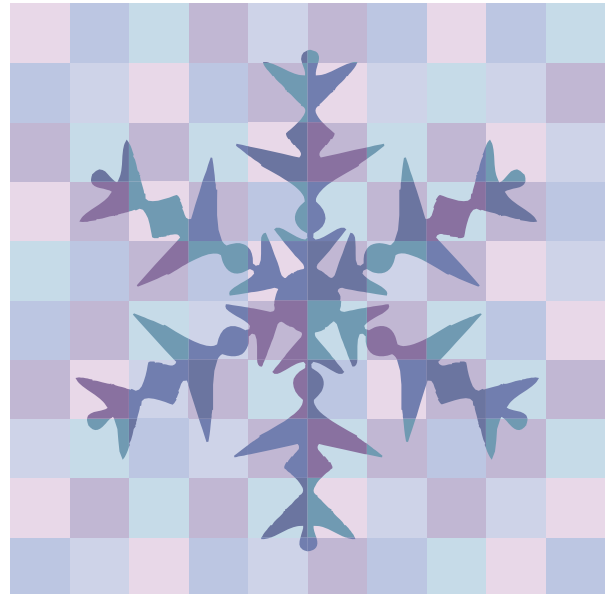


# Senior Services for South Sound Winter Quarter 2010 CLASSES, CLUBS & WORKSHOPS

Life Long Learning  
Book Clubs  
Fitness, Exercise &  
Wellness Classes  
Computer & Internet  
Instruction

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## Winter Quarter Registration

**January 6, 7 and 8  
9-3 PM at the  
Olympia Senior Center  
222 Columbia St. NW  
Classes begin week of  
January 11th  
Unless otherwise noted**

## Services at the Olympia Senior Center 2009

### New Support Group at the Senior Center!

#### Aging Gracefully: Exploring Issues of Aging

...includes grief and loss, chronic health conditions, and life style changes. A problem-solving support group facilitated by a mental health therapist. Free. Frequency, dates, time, TBA. **Meets every 1st and 3rd Thursday, 1-2 pm. Facilitated by Bill Stoner, who holds a Master of Arts in Counseling Psychology.**

### New Service!

#### Reflexology

Reflexology is an ancient healing art which involves using rotating pressure on the feet, stimulating 6 Meridians in the toes and 7000 nerve endings and inner organs at the sole of the feet. All of this activates the body's inherent healing power. Reflexology is a holistic way of cultivating good health, enhancing relaxation, and alleviating pain and increasing quality of life. **Fridays, 1-3, by Certified Reflexologist Monika Conte. \$20 suggested donation for a 20-minute treatment**

### Services for Members

**Coffee Bar:** Coffee Service, Espresso and Sweets, M-F 8:00-2:00. Volunteer opportunities!

**The Daily Lunch:** M-F 11:45-12:30. The program offers those 60 or older the opportunity to donate up to \$2.50 per meal. Guests under 60 are welcome to enjoy lunch at the cost of \$5.53 per meal. Volunteer opportunities.

**The Boutique Upstairs:** M-F, 9-3 pm gently used clothing, books, movies and household items. Donations accepted. Volunteer opportunities.

**Seated Chair Massage by Patrick Morris LMP:** Drop-in any Monday/Wednesday 10-2pm with Patrick Morris by the Coffee Bar. \$10.

**\$5.00 Haircuts with Pat!:** by appointment Thursdays 10-12:20. Please have clean hair.

**Blood Pressure Check:** Drop-in Wednesdays 10-11, usually in Room 208.

**Foot care** with Mariam Barringer: Foot soak, nail trimming, in-growns, removal of corns and calluses. Diabetics welcome. Cost:\$25.00. Bring your own towel.

**Acupuncture:** Fridays 1-3 pm with Gianna McManus, L.A.c, \$10.00.

**Table Massage with Merey Kate Grearson, Lic. Massage Practitioner:** Fridays 1-3, \$10.00

**Reflexology:** Fridays 1-3 pm with Monika Conte. \$20.00 for 20-minute Treatment.

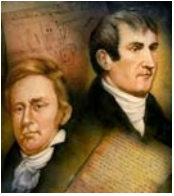
**Commodities:** Last Monday 10:30-11:30. Federal Program through Thurston Co. Food Bank.

**Senior Food Bank Distribution:** 3rd Friday 12-1 pm. Low-income seniors.

**Bread Distribution:** Wednesdays & Fridays 12:30-1:30, next to coffee bar. Get a number and wait to be called. No income requirement.

**Senior Info. and Assistance:** 2nd Wed. 10-11 with June Moore, Lewis-Mason-Thurston Area Agency on Aging.

# New classes and clubs for Winter Quarter



## History of the Pacific Northwest

Take a light-hearted trip through time in the Pacific Northwest from the native peoples to the twentieth century. **Instructor: Diana Redecker, Fridays 1-2 pm**



## Memoir Writing Workshop

You've had a life unlike any other. Learn to preserve memories for your family and the larger world to enjoy and learn from. Instruction and group critique. Be prepared to write and rewrite 250 or more words each week.

**Instructor: Roger Dickey, Mondays and Wednesdays 2-4 pm**



## Playback Theatre Class

Playback theatre is storytelling and theatre rolled into improvisational or spontaneous performance. People share stories or moments from their lives and actors retell the story using dialogue, movement, music and song. This class needs participants who want to learn the playback forms for telling stories and audience members who want to share stories or people who want to do both. Don't let words like improvisational performance scare you!

Anyone can learn playback theatre forms. No previous acting or performance experience necessary. **Thursdays 10-11:30. Facilitators: Sara Rucker Thiessen (The Heartsparkle Players) and Chris Quimby (Forever Young Chorus, Senior Center Activities Staff) Questions? Sara Rucker Thiessen 360-586-6181, ext. 105.**

## Arts and Crafts Club

In this small class participants learn how to make a simple craft, step-by-step. Crafts are then displayed at the Senior Center or taken home to enjoy. Past crafts include leaf magnets, toilette paper roll turkeys, and painted fall leaves. For examples of our work, check out the crafts hanging in the hallway near the dining room. **Tuesdays 10-11:15 AM, Facilitated by Shannon Hodge, Inclusion Coordinator**

## Games Day

Participants choose from a variety of games, Dominos, Sorry, Skip-Bo, and UNO being the most common, although we're always excited to try something new. We adjust games according to the skill level and preference of those participating. **Wednesdays 12:30- 2:00 PM, Senior Lobby, Facilitated by Shannon Hodge.**

## Computer Club

Learn some very basic tasks on the computer. Learn how to play games, use e-mail, and write letters. Play computer games while in the club. Lots of choices! This is a very basic club with Shannon, who will be facilitating. For formal instruction and for more in-depth topics, please refer to pages 8-9 to find out about Robert Lovitt's computer classes and workshops. **Thursdays 3-4:30 pm**

## BINGO by the Lake

Every Thursday we take a field trip to the Lacey Senior Center to play BINGO. We play BINGO from 10:30-11:30, have lunch, and then return to the Olympia Senior Center by 1:00pm. To reserve your seat in the van, contact Shannon Hodge at (360) 586-6181 x 102. **Thursdays 10am- 1pm**

## Winter Quarter Classes and Clubs

Please note, an asterisk (\*) denotes a club, which does not require a \$20 registration fee.

### Newer Classes!

#### Meditation -Bringing the Mind Home

This is a secular (non-religious) approach to being awake and present. Meditation can help reduce stress while increasing awareness and relaxation. You will be seated comfortably in chairs while your teacher guides you through this centuries-old method for being here, now. No cost.

**Fridays 12:45-1:30 for 6 weeks (JAN 15 - FEB 19), No Instructor Fee**

#### Regional and International Cuisine Cooking Class

Join us each week as we prepare and taste a wide range of regional and international dishes.

**Mondays 2-4, No Instructor Fee, \$15 Ingredients Fee.**

#### Forever Young—Senior Rock-N-Roll Chorus

This class is based on the recent award-winning documentary, “Young at Heart”. We will watch the documentary the first meeting, and also learn some history of rock-and-roll. Please note that, yes, you will be singing in this class! **Facilitated by Stephanie Claire and Chris Quimby. Tuesdays 1-3 pm, No instructor fee, \$5 fee to cover music and cd costs.**

#### Beginning Hawaiian Dance Class

This fun social class provides low impact exercise as it teaches basic hula steps and hand movements. All routines can be adapted so that they can be done from a sitting position. You will warm up, learn technique and practice dance each class. Instructor: Sunny Okena. No experience necessary. **Fridays 1-2, \$15 Instructor Fee per quarter**

### Other Classes and Clubs...

#### Bible Study\*

This club is a study of the gospels and other books. Discussions are passionate and thought-provoking. Led by Jerry Witte. **Mondays 10:30-11:30 am**

#### Current Issues\*

Join a group discussion of world, national, state and local issues. Examine positions & comments of public figures. Add to your knowledge, broaden your perspectives, and recognize diversity of view points. Everyone’s political preference and opinions are respected. **Tuesdays 10-11:30**

#### Let’s Dance!\*

Come dance to the big band sound. This is a wonderful opportunity to get you dance thirst quenched, meet some amazing delightful folks, and listen to some unbelievably good music. Refreshments provided at “halftime” (3:00). Hope to see you there!

**Every Wed. 2-4 pm. Fees: \$5 per dance for members; \$6 for non-members.**

## Winter Quarter Classes and Clubs

### Senior Pageturners\*

In partnership with the Timberland Regional Library, PageTurners Book Club welcomes new readers at any time. The next three book discussions are: **Jan. 12:** *The Year of Magical Thinking*, by Joan Didion ; **Feb. 9:** *The Professor and the Madman*, by Simon Winchester; **March 9:** *Team of Rivals: The Political Genius of Abraham Lincoln* by Doris Kearns Goodwin .

**2nd Tuesday of every month, 1 –2:30 pm**

### Newcomers and Community Awareness\*

Do you want to learn about Olympia? This group explores all aspects of our community from culture to politics to communications to medicine to whatever catches our fancy. If we get curious about something we invite in a speaker or take a field trip to find out the information first hand. Facilitated by our own Sara Thiessen. **Wednesdays 10:15-11:30am**

### Poetry Club\*

Express yourselves! Write your thoughts, emotions and memories in poetry form. Use words to color our world. Come join our group. Great creative fun! **Tuesdays 10-11:30am**

### Reader's Theater

Readers' Theater Unlimited was formed to provide its members with an opportunity to act without the necessity of memorizing lines. The plays are one-act or brief adaptations of longer productions. No acting experience necessary.

**Tuesdays 1-3pm; Intro to Reader's Theater: Tuesdays 12-1, except for 1st Tuesday**



### Reading Group\*

This dynamic group reads stories out loud to each other and periodically has performances throughout the year (for example: Holiday readings, Labor Day reflections, etc.) This group will read aloud poems and share short stories. Members bring contagious enthusiasm and a vast library to this club. Bring one of your favorite writings (either your own or from your favorite author) and join us. **Thursdays 1-2 pm**

### Low Vision Support Group\*

Third Tuesday of each month. Topics include low-vision services, nutrition, new products, services and local community resources. **Third Tuesday of each month 10-11:30**



### Thursday Party Bridge Club\*

This club is not your normal bridge club! We are a community of bridge players that emphasize community over competition. Not a drop-in bridge club however; facilitator, Lynda Thompson emphasizes that this club is for folks committed to attend every week, however, if there are extenuating circumstances, contact Lynda if you need to miss. New club members will be contacted by Lynda prior to attending their first day, so we have a foursome best for your level of play. **Thursdays 12:30-3 pm**

### Tuesday Bridge Club\*

This is Party Bridge, and all levels are welcome here. Facilitated by Dale Spiegel. **Tuesday's 9-3.**

## Winter Quarter Classes and Clubs

### Games and Cards (cont'd)

#### Pinochle Club\*

Join us for a Tuesday afternoon of Pinochle and fun. This group has grown since last year and has a wonderful enthusiasm for the game. All levels of play are welcome. **Tuesdays 1-3:30 pm**



#### Dominoes 42\*

Forty-two is a trick taking game played with dominoes. It is especially popular in Texas, USA.. There are basically two forms of 42: it can be played for points or for marks. Facilitated by Clara Murdock. **Fridays 12:30-2:30**

### Language Classes

#### ~~Spanish Language- Beginning **CANCELLED**~~

~~This class is for students who want to continue their process of learning and speaking Spanish. Learn the basics and have fun doing it. Taught by the patient and ever inspiring Marita Herrera.~~

~~**Thursdays 1:30-2:30, \$12 Instructor fee per quarter**~~

#### Spanish Language-Intermediate

Taught by Marita Herrera, this course includes advanced level grammar. Students must have instructor's permission to enroll. Students that have successfully completed Marita's beginning class may also enroll.

**Wednesday 1:30-2:30 pm, \$12 Instructor fee per quarter**

#### Spanish Language-Advanced

Join Marita Herrera and other Spanish-speaking friends for conversation & light instruction. This class is for students currently studying Spanish who want to strengthen their skills.

**Tuesdays 1:30-2:30 pm, \$12 Instructor fee per quarter**

#### Sign Language Club\*

Meet us in the Lobby every Monday from 1-2 pm. This Club is for all levels of sign, so even folks that have never tried will learn!

**Mondays 1-2 pm. No Instructor Fee**

### Arts and Crafts

#### Watercolor Classes

Please join us to explore the beauty of watercolors. A materials list will be provided on the 1st day of class. Taught by Anita Ellison.

- **Beginning: Mondays 9:30-11:30 am    Intermediate: Wednesdays 9:30-11:30 am**  
**Advanced: Mondays 1-3 pm**  
**\$12 Instructor Fee**



#### Woodcarving Club\*

Come learn the skill and art of woodcarving. Beginning and advanced carvers are welcome.

No official instructor, but lots of advice and encouragement offered. **Fridays 9-11 am**

#### Pencil Drawing

Artist Mark Coleman brings his talent to help you learn to draw. All levels, including beginners, are most welcome! Bring in pencils, paper and photographs for inspiration. **Wednesdays 1-3 pm, \$20 Instructor Fee**

## Knitting and Crocheting Club\*

Come 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 craft in America. Facilitator: Shirley Reed. **Fridays 9-11 am**



## Documentary Film\*

Discover the world of documentary film. Always educational, many times visually awesome, this film club investigates and celebrates the world around us. Most of the documentaries shown have won prestigious awards, such as the top film at Sundance, the Academy of Motion Pictures, and others. Facilitated by our own Chris Quimby. **Fridays 9:30 am-11:30 am**

## Fitness and Exercise



### EnhanceFitness©

An exercise class designed by the University of Washington and Group Health to help seniors improve “overall health, balance, flexibility, bone density, endurance, coordination, mental sharpness and to decrease the risk of falling”. \$25.00 a month. Group Health pays for their members age 65 or older. Sign up anytime at our Front Desk. Trained instructors Anna and Sandy have fun and offer unique classes using hand weights, stretch bands and enthusiasm. The class meets every Monday, Wednesday, and Friday year ‘round.

**9:00-10:00 am Advanced**

**1:00-2:00 pm Basic**

**2:30-3:30 pm Intermediate**

### Healthy Steps: Tuesday/Thursday Walkers\*

Come walk around Capital Lake. This club is targeted at Seniors of all ages and levels of fitness. This program requires no fee, except Senior Center membership. Led by our own Anna Schrier, the walk is at your own pace, and you will always be paired up with at least one other walker. Wear sturdy shoes and comfortable clothing. **Depart from the Senior Center Lobby Tuesdays & Thursdays at 9 am**

### Tai Chi for Seniors

Tai Chi, an ancient Chinese exercise for health, focuses on slow, fluid movements that improve balance, muscle tone and flexibility. Learn simple techniques renowned for stress reduction, pain management, and excellent support for preventing or treating conditions of the heart, respiration, joints, bones, circulation, metabolism and the immune system. You can literally be more comfortable in your own skin and feel refreshed from the inside out. A great compliment to EnhanceFitness or other fitness regiments. Instructor Harry Bowron has been teaching for over 20 years **Thursdays 10-11:30am; \$6 instructor fee per session**

### Friday afternoon Tai Chi Club\*

This variety of Tai Chi is the Yang Family long form as currently taught by Yang Jun, a sixth generation member of the Yang Family. The Yang Style Long Form is taught in three sections (Section #1 consists of movements 1 through 19, section #2 movements 20 through 57, and section #3 movements 58 through 105). Currently, you can sign up for beginning (Section 1) or intermediate (section 2). Large Frame Yang Style can be described as comfortable, extended, and graceful and with slow, relaxed steady tempo and gentle, stable, flowing movements.

**Beginning: Fridays 5-6**

**Intermediate: Fridays 6-7**

**Instructor: Earl Hanson**



## Winter Quarter Classes and Clubs

### Gentle Yoga Class

Come join Maureen Oar and Nancy Roberts, certified yoga instructors from Wild Grace Arts, who will guide you through gentle yoga movements. This class is for new or experienced yogis who want a safe, gentle practice. Includes restorative and beginning poses, breathing, body awareness, relaxation and meditation. Work at your own pace and level of ability. Increase your strength, flexibility, balance and range of movement.

**Tuesdays and Thursdays 10:00-11:00 am**

**\$5 Instructor fee per session**

**You will need your own yoga mat.**

### Wii© Fitness\*

Come check out our Nintendo Wii...baseball, tennis, bowling and golf to name just a few of the games we have for our game system. Come see and feel how realistic the Wii is. Are you a former bowler, but can't any longer due to a heavy ball? No problem with the Wii. It's fun, interactive, and believe it or not, you actually get some exercise while doing it! It also helps with improved hand/eye coordination. Facilitated by our own Shannon Hodge. **1<sup>st</sup> and 3<sup>rd</sup> Mondays, 12:30-3:00 pm**

### Winter 2010 Computer Classes/Workshops with Robert Lovitt

**THESE CLASSES USE WINDOWS XP (BUT MUCH IS THE SAME IN VISTA/WINDOWS 7)**

**Classes: (\$50 payable to SSSS at registration)**

**Basic Computer Use: An Introduction –New to computers, thinking about buying one, or just want to see what the rest of the world is up to?** This gently paced class will acquaint you with the basic functions of a computer including using it to type a letter, “surf” on the Internet and send an E-mail. You'll get plenty of non-threatening hands on experience!

**6 sessions (2-hour classes twice a week) Wed. & Fri. 10:00-12:00 (JAN 13 - 29) \$50 payable to SSSS**

**Intermediate Computer Use: A Bit Deeper** (for those with some computer experience). After reviewing the basics, we will explore in more depth some of the useful tasks that a computer can help us with. We'll practice word processing, file management, safe surfing on the Internet, virus shields and more.

**6 sessions (2-hour classes twice a week) Wed. & Fri. 10:00-12:00 (FEB 3-19) \$50 payable to SSSS**

**Workshops (must sign up at registration – \$25 payable to instructor at workshop)**

- A) **JAN 20 – Introduction to Internet Workshop: Don't know how to drive on the *Information Highway*? What are people talking about with strange words like: EBay, Craigslist, Google and Yahoo?** In this workshop you'll learn how to: do general research, genealogy, read/watch/listen to the news, tune in radio from around the world, get driving directions, check your stocks, make on-line purchases safely and more! You'll practice navigating the Internet, learn about the pros and cons of Internet providers and get proficient at finding the information you need.

**Wednesday, 1/20 from 1:00-3:30 \$25 payable to instructor**

**(MORE WORKSHOPS ON NEXT PAGE)**

## Workshops (cont'd)

### **B) JAN 27- Computer Maintenance Workshop: Let's Save You Big Bucks!**

**Computer repairs are costly and frustrating but avoidable** - if you apply the straight forward maintenance tips that you'll practice in this workshop. We'll eliminate cookies, temporary files and temporary Internet files, dump files and programs, do Windows updates, defragment and scan the disk for errors, clean the mouse, eliminate dust from the computer as well as practice updating Virus shields, anti-spyware programs and firewalls.

**Wednesday, 1/27 from 1:00-3:30 \$25 payable to instructor**

### **C) FEB 3 - User Friendly Computing! - Impossible you say? Unheard of? No- we can do it!**

Learn many tricks to **tame the beast**- to make setting changes so your computer will be easier to use. Make the icons bigger, make the pointer bigger and darker, get the print in Word documents and Email to always be large, simplify the desktop- and more!

**Wednesday, 2/3 from 1:00-3:30 \$25 payable to instructor**

**D) FEB 10 - Excel** – Learn to use this Microsoft program to make a simple spreadsheet. Excel is like an electronic ledger, only it will do the math for you! We will look at using it for a checkbook register, for a home budget, to create a work timesheet and more.

**Wednesday, 2/10 from 1:00-3:30 \$25 payable to instructor**

**E) FEB 17 - Introduction to Digital Cameras Workshop: Discover this new popular and affordable hobby!** Should you buy a digital camera? What are the advantages over a regular camera? How do you get images into your computer; adjust them, send them as email attachments or print them out? Come find out! This focuses on “point and shoot” (simple) Digital Cameras (not SLR's)

**Wednesday, 2/17 from 1:00-3:30 \$25 payable to instructor**

**F) FEB 24 - ADVANCED Internet** - We'll look at creating and organizing your favorites, using the “links” bar, sending a link by email, using SKYPE (talking long distance for free over the Internet) and check out some other fun , creative and informative websites that we didn't have time to cover in the Basic Internet workshop.

**Wednesday, 2/24 from 1:00-3:30 \$25 payable to instructor**

## **Class & Club Registration Procedures 2010-2011**

**Thank you for participating in one of Senior Services for South Sound's life-enhancing classes and clubs! Everyone participating in a class, workshop or club must register and be a member of Senior Services.**

**Membership is \$30/year, \$55/year for couples.**

**\$20 registration fee is required for all classes. There is NO registration fee for CLUBS or computer workshops. Classes fill quickly and registration is on a first come first serve basis.**

**Class and club registration will be held Wednesday, Thursday and Friday, January 6, 7 and 8, from 9am to 3pm at the Olympia Center.**

**Fall Classes begin the week of January 11 and end the week of March 8, unless noted otherwise.**

**Fall Classes run approximately 9 weeks, unless noted otherwise.**

**We will be closed Monday, January 18 for Martin Luther King Day and Monday, February 15th for President's Day.**

**Clubs run continuously throughout the year with a possible break in the summer months.**

**You may register by CREDIT CARD or BY MAIL IF YOU ARE GOING TO BE OUT OF TOWN during registration week. Mail your name, phone number, membership number and registration fees, if required.**

**You may register a friend. Be sure you have the payment and their SSSS membership number.**

**Although we will be happy to answer your questions over the phone, we are unable to conduct registration by phone except in special circumstances. Please call Chris or Sara at 586-6181 for further information.**

## **Class & Club Registration Procedures 2010-2011 (continued)**

**We welcome those under 55 who want to take a class or club, however seniors are given priority. Non-seniors may be enrolled in a class depending on capacity and availability.**

**This brochure is for informational purposes only and may change periodically. Call Chris or Sara in our Activities department for questions or additional information.**

**It is our policy that NO ONE be denied enrollment in classes if you cannot afford the fees. Any requests regarding scholarships will be handled confidentially. Please ask to talk to Chris Quimby or Sara Thiessen, Activities Staff.**

**Several classes and clubs charge an “instructor or materials fee”. The individual instructor determines these fees and payment is made directly to them. These fees are often charged to offset the cost of supplies and/or to reimburse the instructor for their time and services. Senior Services for South Sound neither receives nor collects any part of these “instructor fees”.**

**For questions regarding classes and clubs, please contact  
Chris Quimby at 586-6181 ext 123  
[activitiesdir@southsoundseniors.org](mailto:activitiesdir@southsoundseniors.org)**



# Upcoming Happy Hours

One of the things we do here at the Senior Center is have fun! In the spirit of having fun, the Activities Department will once again be putting on Happy Hours in 2010. This is an opportunity to socialize, have a drink or two, taste some amazingly good appetizers and listen to some great entertainment. Please note the following dates on your calendars for 2010. And if you have friends new to the area, this is a wonderful way to introduce them to the Senior Center. We hope to see you there!

Friday, February 5th, 5:30 pm, at the Olympia Senior Center

Friday, May 7th, 5:30 pm, at the Olympia Senior Center

Thursday, August 5th, 5:30 pm, at the Lacey Senior Center

Friday, December 3rd, 5:30 pm at the Olympia Senior Center



We'd like to thank Cindi Murr and Merrill Gardens for their continued support with our Happy Hour sponsorship! They will be continuing to sponsor us this coming year, so be sure to help us thank them! , so please let us know if you have any