

Active Living



Monday thru Thursday 8 am to 4 pm, Friday 8 am to 3 pm

Mason County Senior Activities Center

April/May 2020

News Flash

At the Mason County Senior Activities Center the Coronavirus, Covid-19 pandemic has not only impacted our social activities it is impacting our business bottom line. We have had to cancel many fundraisers and events during the next two months. We don't know when the virus will be gone but to keep our members, volunteers and staff safe, we find it necessary to close through the end of April.

Unfortunately, sales at our thrift store Nifty Thrifty, are being impacted by the virus and depending on the severity of the virus in Mason County our store may also have to close. Nifty Thrifty is the major funding source of the Senior Center. During the closure of the Senior Center and possibly Nifty Thrifty we are losing much-needed funds that not only help us in our day to day operations but help ensure our longevity.

We are reaching out to each of our members and our community and asking you to donate what you can to us. We want to make sure that the Senior Center continues to be a safe place for our members in the future.

We hope that you stay safe and healthy during these uncertain times and we are looking forward to seeing you at the Senior Center once we reopen.

This newsletter will be for April and May we will resume our monthly issues in June.

Thank you in advance for your generosity,

MCSAA Staff and Board of Directors

Upcoming Events!!!

All April events have been canceled

May 7 Japanese Gardens

May 17 Viking Fest

May 27 Pike Place Market

June 2 Rainier's Game Party

July 11 Danny Vernon,

Illusions of Elvis,

Dinner - Fund-raiser

Center Holidays

2020

January 1	New Year's Day
January 20	MLK Day
February 17	Presidents Day
May 25	Memorial Day
July 3	Independence Day
September 7	Labor Day
November 11	Veterans' Day
November 26-27	Thanksgiving
December 25	Christmas

Find the three Leaves

We have three leaves hidden throughout the newsletter. If you find all three, come in and show the receptionist that you have found them and enter for a drawing to win a certificate for a free movie or lunch.

Last month's winner: Marilyn P.



Mason County Senior Activities Association

Annual membership dues are \$40

Activities Center "50 and Better Activities Center"

Address: 190 W. Sentry Dr., Shelton

Phone: (360) 426-7374

Email: info@mcsac.net **Web:** www.mcsac.net

FB: [https://www.facebook.com/](https://www.facebook.com/MasonCountySeniorActivitiesAssociation)

[MasonCountySeniorActivitiesAssociation](https://www.facebook.com/MasonCountySeniorActivitiesAssociation)

Staff:

Executive Director: Patricia Vernie

Event, Activities & Volunteer Coordinator:
Val Wedman

Bookkeeper & Data Coordinator: Penny Wilson

Volunteers: Contact Receptionist to help.

Receptionists:

Bob & Susi Edwards	Patt Matsen
Janna Yorke	Janice Rozzano
Kathleen Blanchette	Ella Kowalski
Phyllis Glisson	

Center Hosts:

Doris Fredin	Jill Neil
Irene Moffatt	Bill Bezanson
Ella Kowalski	Linda Bostwick

Gift Shop: Janice Rozzano & Jill Neil

Sunshine: Jill Neil

Van Drivers: Clay Long, Glenn Harper,
Trent Palmer, Wayne Souza

Newsletter and Layout: Patricia Vernie and
Penny Wilson

Editorial Committee:

Terry Nelson	Julie Whaley
Gale Glenn	Val Wedman
Avis Ross	

Photographer: Glenn Harper

Mailing Team: Gil Palmer, Al Lawrence,
Bill Bezanson & Ann Olli

Distribution: Nila LeGault, Reiko Mauer and
Steve Mutoli

Web-master: Dave Pierik

2020/2021 Membership Bonuses

Nifty Thrifty Discount

In store, receive 20% off regular priced items of \$5 or more with some exceptions. Your 2020/2021 membership paper card must be shown before the cashier starts to ring up your order.

Free Bingo Karaoke Birthday Packet

Receive one free Bingo Karaoke packet at the door on your birthday month good for 8 regular Bingo games. (A \$15 value) Non-transferable. Photo ID and 2020/2021 cardboard membership card required at check-in.

Nifty Thrifty Store

Your Hometown Thrift Store
Voted Mason County's Favorite Thrift Store
826 W. Railroad Ave., Shelton, WA 98584
(360) 427-0858

E-mail: niftythrifty@hcc.net or

eBay ID: [niftythriftythriftstore1](https://www.ebay.com/str/niftythriftythriftstore1)

FB: <https://www.facebook.com/nifty.thrifty.shelton>

MCSAA

Members receive 20%
off regular priced items
in store \$5 or more, with some
exceptions.

Members: **Remember to show your
cardboard 2020/2021 membership card
before cashier starts ringing up your order.
Your plastic key card is not proof of
current membership. Contact the
Center if you need another
cardboard card.**

Open Monday-Friday 9:30-5:30, Saturday 10-5

Donations Monday – Saturday 10-4:30

Your quality donations are needed!

Call for Free Pickup: 360-427-0858

Store Manager: Michelle Marks

Staff: Linda Trail, Richard Sawyers, Cathy Jones and
Krystal Perez

Dedicated Volunteers:

Adelheid Krohne	Cynthia Middleton	Monika Dod
Aloma Perez	Doug Kreklow	Pamela Johnson
Arlyn Skarich	Gary Yuan	Rachel Sedlaek
Axel VanWormer	Irene Moffatt	Reda Keller
Betty Thompson	Jan Kallinen	Ruth Coots
Bev Pittman	Jane Donahue	Vivian Bentkowski
Carole Pelela	Keith Jennings	Marilyn Olson
Conner Harris	Kyle Dimisillo	
	Maxine Neese	

Additional volunteers are always needed.

Call Michelle at 360-427-0858 to volunteer.

This institution is an equal opportunity provider and employer.

Mission Statement

To enhance the quality of life of senior adults in our community through recreation, information, education and nutritional services, including health and wellness programs.

Meetings

MCSAA Board Meeting Tuesday, May 10th at 9:30 am Conference Room

The MCSAA Board meets the second Tuesday of each month at 9:30 am. If a member desires to bring something before the board, he or she should make the request in writing and give the request directly to MCSAA Board President Clay Long or Executive Director Patricia Vernie, 24 hours in advance so the member can be added to the agenda. Please include your name, member number and phone number so Clay can contact you if there are any questions.

MCSAA 2020 Board
President: Clay Long
Vice President: Bill Bezanson
Secretary: Terry Nelson
Treasurer: Marilyn Olson
Glenn Harper Bill Young

MCSAA Member General Meeting Tuesday, May 19th at 10:45 am Dining Room

The General Membership meeting for MCSAA is on the third Tuesday of each month at 10:45 am. All members in good standing (membership paid for 2020) are invited to the General Meeting. You will hear updates on Center, Nifty Thrifty and Pavilion activities. We encourage you to attend, it's your business!

Receptionist Meeting

We will have a receptionist meeting the last Wednesday of the month at 1:00 pm in the conference room. This is a monthly meeting for our up front receptionists with ongoing training and communication.

Inclement Weather

In case of inclement weather, the Center follows the Shelton School District's weather policy. Lunch is still served at 11:45am (11:30 on Fridays) as long as we open by 10:00 am. Please listen to our local radio station, KMAS 1030 AM & 103.3 FM or Seattle TV stations for details.

Center Wish List

We would greatly appreciate donations of:

Regular and Decaf Coffee
Coffee Mate
Plastic Spoons & Forks
Napkins
Small Paper Plates
12 Oz. Paper Coffee cups-no lids

Nifty Thrifty needs:

Clear Packing Tape
1" Masking Tape
Large Padded Envelopes
Plastic Grocery Bags
Bubble Wrap

Packing Peanuts
Charity Sewing and Knitting

Group needs:

Cotton Batting (at least 45"x45")
100% Cotton Sewing Thread (any color)



Thank you very much for your donations!

Bulletin Board - Please, if you want something posted on our bulletin board, you *MUST* give it to Val, our Activities Coordinator.

Please keep in mind that the regularly scheduled activities will resume once the Senior Center reopens. We will reopen as soon the Coronavirus pandemic is over and the Health Department gives us their word that it is safe to open. This is unfamiliar territory to all of us and we want to do our part in helping stop the spread of the Covid-19 virus. Please stay safe during this time.

Volunteer Appreciation Party

You are a crucial part of what makes the Senior Center a wonderful place! We want to celebrate all our volunteers who give so generously of their time. We have live music and will be serving ice cream sundaes the third Wednesday each month in the MCSAC dining room. From 12:30-1:00 Please attend!



Senior Services for South Sound & Meals on Wheels
 Congregate (group) meals are available at the
Senior Services for South Sound
At the Pavilion

190 W Sentry Drive, Shelton, WA 98584
 (360) 426-3697
 Monday - Thursday @ 12 noon
 Friday @ 11:30 am

Home Delivered Meals

Services are available which provide nutritious meals to older and disabled adults who are homebound and meet assessment criteria.

Senior Services for South Sound Olympia
 Food Service Manager-Debra del Bosque
 Food Service Asst. Manager-Justin Mitchell
Serving Mason County Residents
 (360) 586-6181 Ext 124

www.SouthSoundSeniors.org

Drivers Wanted

Meals on Wheels is seeking compassionate volunteers with the desire to serve others in need and donate a few hours every two weeks as meal delivery drivers. Must have

- * Valid Washington Drivers License,
- * Auto insurance
- * Background check.

Mileage reimbursement is available.



Memory Cafe

4th Thursdays, 2:30 to 4:30 pm, Sisters Restaurant

You are welcome to join us for lively conversation, refreshments and music at Memory Cafe. All with dementia or Alzheimer's and their loved ones are welcome to attend and connect with peers in a relaxed, unstructured environment. No RSVP necessary.

Brighter Days Adult Day Program

Mon Wed & Fri, 9:00 am to 2:00 pm. Faith Lutheran Church, 1212 Connections St., Shelton.
 Brighter Days Adult Day Program offers respite to caregivers while ensuring their loved one is in a safe, fun and nurturing community.

Benefits of Attending Brighter Days

- * Opportunities to Socialize with peers
- * Expanded support network
- * Increases self-esteem-- combats apathy
- * Increases cognitive stimulation
- * Enhanced life experience through humor, Reminiscing, and creative expression
- * Caregiver respite
- * Nutritious snacks and lunch provided
- * Possible delay or prevention of placement in a long term care facility

For more information about any of these programs, please contact Paul Taylor, STARS Director, at 360-407-3967, ext. 107.

Services for All Seniors at Mason County Senior Activities Center

Current MCSAC Membership is NOT required for the following Services.

Senior Nutrition Lunches

Monday -Thursday, 11:45 am & Friday, 11:30 am

The nutritious full course meals are prepared by Senior Services for South Sound's Senior Nutrition Program in partnership with the Lewis-Mason-Thurston Area Agency on Aging. Although not required, suggested donation is \$3 for seniors 60 years and older based on your ability to pay. Those under 60 are required to pay \$7.50.

Foot care — with Michelle Gamber - (by appointment only) 1st & 3rd Wed., 2nd & 4th Tue., & 4th Thurs & Fri. From 8 am to 3 pm, Cost: \$19.

Foot care room is located by the front restrooms.

Free Medical Supplies Lending Library — Borrow walkers, toilet seat boosters, wheel chairs, etc., from our lending library. Limited supplies fluctuate. Please see the receptionist.

Abundance Table — We continue to offer bread and other items, as available, on our table near the dance floor.

Area Agency on Aging —2nd Wed., 12 noon to 1:00 pm, Brandon will be available to answer questions and provide assistance in the dining room.

Priority Footwear- The 4th Monday of every month. Provides easy access to comfortable, custom fit, therapeutic footwear for the diabetic community.

Walmart Vision Center -Second Wednesday at lunch-time. Eyeglass cleaning and adjustment.

Commodity Supplemental Food Program

There is a sign up for the Commodity Supplemental Food Program – CSFP. This is a program for seniors over the age of sixty who meet federally regulated income guidelines. CSFP participants receive a 40-pound box of food once per month. For questions, or to get your application call **Debra in the kitchen** for pick up information.360-426-3697.

Changes at the Center

After years of volunteering at the Senior Center, **Gary Miner** retired from the MCSAA Board. He said it's time to spend more time with his wife, children, and grandchildren. Gary has been instrumental in guiding us through the state grant funding for our ADA remodel and seeing that the work was on track and completed. He also was active in many behind the scenes programs at the Senior Center. We wish to thank Gary and especially his wife Denise for loaning him to us!

With Gary Miner's departure, the MCSAA Board voted Bill Bezansen as our new Vice President. Bill has years of volunteering experience with other nonprofits and their boards. We're sure that with his background and knowledge that the MCSAA Board will continue operating smoothly. Thank you, Bill, for stepping up!

Lastly, Patti Vernie will be retiring soon. We don't have the date yet due to the Coronavirus, Covid-19 pandemic causing uncertainty in our world. She will be staying on until a replacement can be found and trained. This process is slow and needs to be handled without the pressure of having an empty office.

Patti wants to spend time with her family and traveling. She did have a trip to Spain set for mid-June, but that is canceled. Once the threat of the virus is gone its lookout world for her, she's hitting the road!



Weekend Senior Nutrition Program

This program will provide one nutritionally sound meal for each weekend day. Meals will be a packaged meal that Senior Services for South Sound uses for the Meals on Wheels program. Meals are frozen, packaged in a microwavable container and from available and prepared stock.

This meal program is available to current members of the Mason County Senior Activities Association. The cost is a suggested donation of \$3.00 per meal. We have scholarships available for those unable to pay and will be grateful for any donations to further this program.

To order a weekend meal, call the Senior Center by Thursday noon for the following week's pick up. Provided meals must be picked up Friday by 2:00pm. No special orders accepted.

Please see Patti or Debra for information on ordering your meals or call 360-426-3697.

Shelton Senior Center Walkers

"It's the friends we meet along the way that helps us appreciate the journey."

Please consider joining the Shelton Senior Center Walkers group to enjoy nature, build strength, meet new friends and get more involved in life and our beautiful Northwest.

We walk/hike April through most of October. See the bulletin board at the Senior Center for walk details as walks do change weekly. Happy trails to you.

The April and May walks are not condoned by the senior center due to the coronavirus outbreak. We understand you want to continue life as usual, but the senior center is encouraging everyone to be cautious and follow guidelines set up by the World Health Organization.



An Evening With Elvis!

July 11, 2020

For our 39th anniversary we are having a fundraising auction. The evening will include dinner provided by Alpine Way, cash bar and auction with entertainment by Danny Vernon.

Tickets \$35.00

On sale now at the Senior Center.

Must be 21 to attend.

If you are interested in volunteering for this event see Val or Patti.

Danny Vernon as Elvis Bio

Winning many awards over the last 10 years, including being endorsed as top 10 Elvis tribute artists in the world by Elvis Presley Enterprises 2010. His favorite achievement was being voted "Best Young Elvis" by Elvis' own friends and stage entourage in Palm Springs, CA. With the voice, look and passion of the twentieth century icon, Danny Vernon strives to re-capture Elvis Presley's appeal of an ever-growing audience.



The Spring Bazaar is canceled. Unfortunately, we aren't able to have the bazaar but the vendors who signed up have been given the chance to have their vendor fee applied to the Fall Holiday Bazaar. So far most have accepted this option and the Fall Bazaar looks like it will be a huge success. Fall Bazaar applications are available by emailing to Director@mcsac.net and requesting the information.



Here are just a few of our winners from the March Sunday Bingo and Spaghetti Feed. We raised over \$345 for our greenhouse fund and over \$300 for our mortgage Fund. Join us May 10th and bring your mother to bingo for Mother's Day!

Activities Open to the Public

Friday Fun Night

Friday **May 8th** from 6-9 pm at the Pavilion. Dance or listen to music provided by our own DJ Glenn (requests happily taken!) Eat, drink and be merry! Word is out that Friday Fun Night is the place to be. Limited bar and food available. 21+

Donations are greatly appreciated.

Square Dancing

May 15th from 7-9pm

\$7.00 per person and open to the public. Dust off those dancing shoes and join The Salty Sashayers for an evening of fun. Not for beginners.

Bingo Karaoke

May 29th. Doors open at 6pm, Bingo starts at 7pm. Cost \$15. Must be 21 or over. This is the best Bingo Karaoke Party EVER!!!

Sunday Bingo & Spaghetti Feed

No Bingo or Feed in April

Second Sunday of the month,

May 10th. Doors open at 11:00

Spaghetti Feed beginning at 11:30

Bingo played from 1:00 till 3:00ish

\$10 for 10 plays of shape bingo and three

50/50 games at \$5 per game. Proceeds

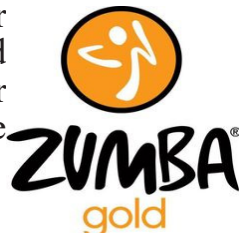
benefit the Greenhouse Fund and Mortgage Reduction Fund and Beyond

Have some extra time?

The Senior Center needs volunteers for various jobs around the center.
Contact Val, 360-426-7374

Nifty Thrifty needs volunteers.
Contact Michelle 360-427-0858

Every Tuesday, Wednesday & Thursday
From 5:30-6:30 pm \$5 per class required. Punch card available from the teacher Sarah Martin. Open to the public.



For Your Musical Enjoyment



John Schwennesen
May 1st and 15th
Lunchtime Music



Richard Shatto &
Dennis Schosboek
May 8th
Lunchtime Music



Dan Washburn
Fills in where he can



Sarah Huey
Friday May 22nd
Lunchtime Music

New to Medicare Free Presentation

May 28th 11 am-11:45 am.

Conference Room

Statewide Health Insurance Benefits Advisors (SHIBA) offers free unbiased and confidential service provided through the Office of The Insurance Commissioner. SHIBA provides a free overview of Medicare. Free individual Medicare consultations are also available by advance reservation on May 28rd from 12:00 to 3:00pm. Call SHIBA at 1-800-562-6900 or 360-586-6181 ext.134 for an appointment.

Located in our Conference Room

SHIBA provides individual consultations by advance reservation. Call SHIBA at 360-586-6181 ext.134.

Kindness

We would like to remind everyone that this is a senior center, a place where our members should be able to socialize and feel safe. Rudeness, mean gossiping and bullying have no place here. Remember what your mother said,

"If you can't say anything nice, don't say anything at all".

Grief Support Group

The Providence Sound Grief Support Group meets at the Senior Center. This group will meet the 1st and 3rd Tuesdays each month from 2:00 to 3:30 in our carpeted room. Open to the community. Free to attend.

Center Van Trips

Advance purchase is required to reserve your spot. Costs are per person and include round trip van transportation, admissions and/or ticket to the venue as advertised. Most require a minimum of 8 people. (Meals are not included unless listed.)

Cancellations occurring prior to 2 weeks of travel will be refunded. After that, there will be a \$5 cancellation fee. However, if venue tickets have already been purchased by MCSAA, we will be unable to refund that cost. You may find another to take your place. Exceptions may be possible due to illness. Please contact Val directly for these circumstances. **No refunds will be issued if cancellation occurs within 3 business days of the trip.**

We keep our trip prices very low. **Trips cannot operate if there are last minute cancellations or changes.**

Casino shuttle trips are open to the public, advertised as being 21+ and the casino expects you to have ID with you

All trips are also available to nonmembers, provided they accompany a paying, current MCSAA member. There is generally an additional charge to nonmembers. Please be aware that there is a 2-guest maximum for each MCSAA member.

April Center Van Trips

**All April Trips are canceled.
Most will be rescheduled later in
the year.**



Senior Walkers

Meeting place for the walks TBD. Walks are on your own and can't be sanctioned by the Senior Center during its closure. Can't wait to see you all there. \$2 suggested donation

April 7. Huff and Puff

April 14 Capital Lake

April 21 Theler Nature Preserve (no dogs)

April 28 Lake Isabella State Park

Future Trips

May 7 Seattle Japanese Gardens

Cost: \$27 (member) \$32 (nonmember)

Leaves MCSAC at 10:30

Lunch on your own

May 17 Viking Fest

Cost: \$18 (member) \$23 (nonmember)

Leaves MCSAC at 8:30 am

Price includes transportation only

May 27 Pike Place Market

Cost: \$20(member) \$25 (nonmember)

Leaves MCSAC at 8:30 am

Bring money for lunch and return ferry.



June 2, Rainier's Game Party Deck

Cost: \$59 (members) \$64 (nonmembers)

Leave MCSAC at 9:15 am

Includes: transportation, private deck space, lunch (BBQ Buffet), personal deck attendant and group video board announcement

Casino Shuttle Trip

For adults 21 years and older.

MCSAA Membership is not required. Sign up and pay at the reception desk to get on the shuttle list.

Cost: \$5 per person-needs 10 passengers

Red Wind Casino Shuttle Trip

Every other month on the 3rd Wednesday,
Next shuttle June. 17th 9:00 am to 4:00 pm.



Pictures of a few of our fun memories. We are looking forward to more happy times ahead.

Holy Catwomen! Look who's here to save us!



That's some Femur bone. Friends at the Burke Museum.



Dancers at Maple Glenn. We sure do miss these dancers!



The charity sewing group is growing and having fun making items for our gift shop.



Clay Long, Dave Brown and Terry Knobloch laying the foundation of the garden Shed.



Dan Gagnon in his top hat at Bingo Kareaoke.

Every Monday	Every Tuesday	Every Wednesday
<p>8 & 8:45 Gentle Tai Chi 8:00 Cribbage 9-10 Begin Line Dance 9:00 Mexican Train Dominoes 10-11 Int./Adv. Line Dance 12:30 Pinochle (Int, Adv) 1:00 Art Workshop</p>	<p>8:00 Gentle Yoga 8:00 Cribbage 9:00 Line Dance-Int./Adv. 10:00 Machine Knitting 10:00 Senior Center Walkers 12:00 Bridge 12:45 Gentle Tai Chi 1:30 Charity Sewing 5:30pm Zumba Gold</p>	<p>8 & 8:45 Gentle Tai Chi 8:00 Cribbage 9-10 Beginning Line Dance 9:00 Mexican Train Dominoes 10:00 Int./Adv. Line Dance 12:30 Pinochle (Int, Adv) 1:00 Beading Social 1:00 Hand & Foot Card Game 5:30pm Zumba Gold</p>
Monday	Tuesday	Wednesday
<p>The lunch menu for May is not ready at time of printing. We will have copies available once we reopen and also post it on our website.</p>		
<p>4 6:00 Square Dance Lessons 11:45 Lunch</p>	<p>5 10:00 Walkers -Nisqually 1:30 Charity Sewing 2:00 Grief Support Group 11:45 Lunch</p>	<p>6 Foot Care by Michelle 11:00 Free Eye Glass Adjustment and Cleaning 1:00 Beading Social 11:45 Lunch</p>
<p>11 6:00 Square Dance Lessons 11:45 Lunch</p>	<p>12 Foot Care by Michelle 9:30 Board Meeting 10:00 Walkers-Marhut Falls 1:30 Charity Sewing 11:45 Lunch</p>	<p>13 9:00 Joy of painting 12:00-1:00 Area Agency on Aging 1:00 Beading Social 11:45 Lunch</p>
<p>18 6:00 Square Dance Lessons 11:45 Lunch</p>	<p>19 10:00 Walkers-Oakland Bay Co.Park 10:45 Member meeting 1:30 Charity Sewing 2:00 Grief Support Group 11:45 Lunch</p>	<p>20 Joy of Painting Foot Care by Michelle 12:30 Volunteer Appreciation 1:00 Beading Social 11:45 Lunch</p>
<p>25 Priority Footwear 6:00 Square Dance Lessons 11:45 Lunch</p>	<p>26 Foot Care by Michelle 10:00 Walkers -Priest Point Park 10:00 Book Club 1:00 Bingo with Shelton Health 11:45 Lunch</p>	<p>27 8:30 Pike Place Market 1:00 Reception Meeting 11:45 Lunch</p>

Activities		
Every Thursday	Every Friday	Every Weekend
8:00 Gentle Yoga 8:00 Cribbage 9:00 Line Dance - Int./Adv. 9:00 EZ Crafters 9:00 Jokers Rule 9:00 Woodcarvers 9:30 Knit & Chat 12:00 Bridge 12:45 Gentle Tai Chi 1:00 Bingo 1:00 Mahjong 4:00 Quilt Block of the Week Class 5:30 Zumba Gold	8 & 8:45 Gentle Tai Chi 8:00 Cribbage 9:00 Mexican Train Dominoes 9:00 Open Line Dance 12:00 Pinochle (begin/all) 1:00 MCSAA Goes to the Movies 12:30 Chorus	
Thursday	Friday	Saturday/Sunday
	1 Lunchtime Music: John Schwennesen 11:30 Lunch	2/3
7 10:00 Matter of Balance 10:30 Japanese Gardens 4:00 Beginning Quilting 11:45 Lunch	8 Lunchtime Music: Richard Shatto & Dennis Schosboek 12:00 April Birthday 6:00 Friday Fun Night 11:30 Lunch	9/10 Sunday Bingo
14 10:00 Matter of Balance 1:30 Paper Crafting 4:00 Beginning Quilting 11:45 Lunch	15 Lunchtime Music: John Schwennesen 7:00 pm Square Dancing 11:30 Lunch	16/17 17th Viking Fest Lv at 8:30 am
21 10:00 Matter of Balance 4:00 Beginning Quilting 11:45 Lunch	22 Foot Care by Michelle 9:30 Artist Trading Cards Lunchtime Music: Sarah Huey 11:30 Lunch	23/24
28 Foot Care by Michelle 10:00 Matter of Balance 11:00 SHIBA 11:45 Lunch	29 11:45 Lunch Bingo Karaoke - Crazy Hats	30/31



May 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Sales Color Orange	We Pick up your left over garage sale items!!!!	Shop local Support small businesses	Donations M-F 9:30-4:30 Sat. 9:30-4pm	Let the sun shine in!	1 50% off Orange Tag	2 Clothing 50% off
3 Closed	4 Electronics 25% off	5 Seniors & Military Receive 25% Off	6 Shoes 25% off	7 Craft and fabric 25% off	8 Books 50% Off	9 Kitchen Plastic Wear 25% off
10 Closed	11 White Tags 25% off	12 Seniors & Military Receive 15% Off	13 Clothing 25 %off	14 Craft and fabric 25% off	15 75% Off Orange Tag	16 Books 50% off
17 Closed	18 Linen 25% off	19 Seniors & Military Receive 15% Off	20 Electronics 25% off	21 Kitchen Items 25%off	22 Jewelry 25% off	23 90% off Orange tag
24 Closed	25 Closed	26 Seniors & Military Receive 15% Off	27 Knickknacks 25% off	28 Children Clothes 25% off	29 Shoes 25% off	30 Artwork 25%off
31 Closed	We pick up donations Call us at 360-427-0858	Make new friends, volunteer!	We are always looking for jewelry.	Recycle!!! Reuse !!! Repurpose!	Nifty Thrifty is the major funding source for the MCSAA	Hours M-F 9:30-5:30 Sat 9:30-5:00

Our goal is to provide quality merchandise at fair prices. Nifty Thrifty Store is the major funding source of the Mason County Senior Activities Association. Please call 360-427-0858 and ask about donation pick up services.



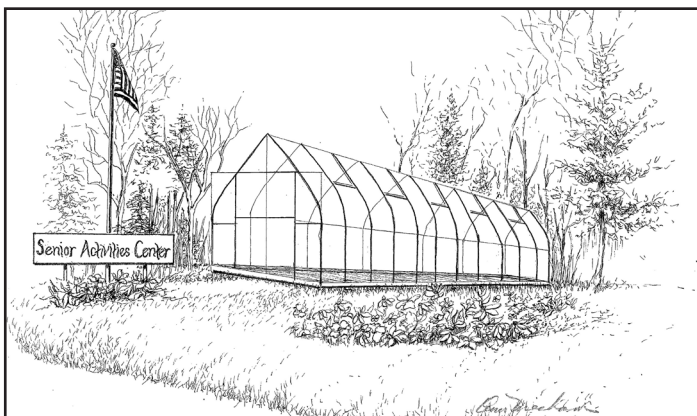
Happy Birthday to All!

As always, for those of our members who are having birthdays this month, we wish you the very best birthday and would love to see you at our regular birthday celebration on the 2nd Friday of the month. Sue Puls provides a beautifully decorated cake to enjoy. April and May birthday celebrants are entitled to a free lunch on that Friday. Please bring your current membership card and photo ID. Lunch will be regu-

Our March Birthday Partier, Pat Ayers!



The March Birthday cake made and donated by Sue Puls.




Gary Miner

We want to thank Gary for his many years of volunteering as a board member and in other capacities around the center. He made going through the remodel a breeze, at least for us. His attention to detail and knowledge of contracts made the grant paperwork flow and because of this we received our state monies on time and all contractors were paid. Gary loves his Pinochle games when he's not busy helping around the center. Until recently Gary was our board's Vice President. He retired this month and will be spending time with his wife and family. When you see Gary, make sure to thank him!

Our Future Greenhouse

Here is a rendering of our plans for the greenhouse. We are raising money with our Sunday Bingo and Spaghetti Feed. If you don't play bingo but want to donate, you can. We have a greenhouse fund and anything helps. Art by Ann Mecham.

Classes and Activities for Members

Payments for all classes are to MCSAA and go through the Center reception desk. Due to the cost of business, donations for activities are suggested and are greatly appreciated.

Joy of Painting Landscape Class "Fisherman's Paradise"

3rd Wed. of the month,
9:00 am to 3:30 pm.
Join Certified Instructor
Tony Lirette for his
Joy of Painting class where
you complete a beautiful
16"x 20" oil painting each
class using the Bob Ross
method.



Cost: \$52. (\$7 to register;
\$45 before the first day of class.)

All materials are provided. **Minimum** class size of
4 people, so please register early or class could be
canceled.

Monday Art Workshop

Mondays, 1:00 to 3:00 pm, Dining Room.

Need a place to paint? This workshop offers you a
great spot to paint with friends and coffee... and it's
only \$2.00 every Monday afternoon 1:00-3:00 in
the MCSAC dining room. Bring your own supplies
and work on your project.

Fitness Classes

**\$1 donation per class is requested
except where listed**

Tai Chi: M, W, F; 8:00 to 8:45 am & 8:45 to
9:15 am, T & Th. 12:45 pm

Gentle Yoga: T and Th. 8:00 to 8:50 am

Line Dance: Beginners: M & W, 9:00 – 10:00 am;
Int./Adv.: M & W 10:00 – 11:00 am; Int./Adv., T &
Th 9:00 – 10:30 am; all skills Fri. 9:00 – 11:00 am.

Zumba: Tue, Wed & Thu. 5:30pm to 6:30 pm \$5
required per class, punch cards available from
instructor for savings.

Weight Watchers: Tue. 11:45am, on-line
membership or weekly fee applies.



Friendly Reminder
Friday movies are
for *current* members only.
No exceptions.

MCSAA at Shelton Cinemas *Members Only*
Fridays, usually at 1:00 pm, but times may vary.
Call the Center for more details.

Enjoy an afternoon of fun seeing first run movies.
Current MCSAA membership is required. Prices:
\$3.50 per person with advance payment before 11:45
am at the reception desk and \$4.00 after noon at the
theater.

Beading Social Wednesdays 1:00-3:00pm

Bingo Thurs. 1-3 pm. \$1.00 for three cards

Bingo with Shelton Health & Rehab 4th Tuesday
at 1-3 pm

Book Club 4th Tuesday in the dining room

Bridge Tuesdays and Thursdays 12:00 pm

Chorus Friday 12:30pm

Cribbage Monday-Friday, 8:00 am

EZ Crafters Thursday 9:00 am to noon

Hand & Foot Wed. 1:00 pm. Fun card game

Jokers Rule! Thursday 9:00 am to noon. Learn this
fun, free game with cards & marbles.

Machine Knitting Tuesdays 10:00-1:00pm

Mahjong Thursday, 1:00 pm Come learn.

Mexican Train Dominoes M, W, F 9:00 am

Open Sew/Charity Sewing Tue. 1:30-6:15 pm, bring
your current projects, learn something
new from others, or work on projects for
the center to sell or give.

Pinochle Mon. & Wed. (Int., Adv) 12:30pm;
Fri (beginners/all) 12:00 pm. Please arrive
early to get a seat. \$1

Puzzles Mon. through Fri. during Center hours on
the white table in the dining room.

Quilt Class Thursday 4:00-6:15 pm Come learn
quilting techniques and fun projects.
Class fee \$5 per week.

Woodcarvers Thursdays 9-11am

Paper Crafting 101

Paper Crafting classes are a great way to get creative! Join Dorothy Skans on the second Thursday from 1:30 to 3:30 for this exciting class. Supplies are provided by our teacher. \$1 donation requested.

Upcoming Quilting Classes

Block of the Week Quilt as You Go

Members \$5 per week/non-members \$10 per week. Each week we will learn a new block and ideas on how to quilt it. Finished project size is up to you. This class will continue throughout the year. Classes will be drop in style so you do not have to attend or sign up for all of them. Blocks will get progressively more difficult as the year progresses. Baby quilt uses between 9-16 blocks and King size needs 72 blocks. Materials list available on the bulletin board in the sewing room. You can pay for your class ahead of time with the receptionist or during class.

May 7: Texas Flower

May 14: How to Put “*Quilt as You Go Blocks*” Together

May 21: Mosaic #20

May 28: Crosses and Losses

“Award Winners & Other Great Books” book club

Every 4th Tuesday from 10-11:30am in the MCSAC dining room. \$1.00 donation requested.

The April book is: *Orphan Train* by Christina Baker Kline. Set in present-day Mount Desert Island, Maine and in Depression-era Minnesota, it highlights the real-life story of the orphan trains that between 1854 and 1929 carried thousands of orphaned, abandoned, and destitute children from the East Coast to the Midwest.

Make sure you’ve read the book in advance.



Artist Trading Cards (ATC)

ATCs are 2.5 X 3.5” collectible pieces of art that are created and exchanged in different crafts community. The goal is to make 1 for yourself and enough for the rest of the group. All materials are provided. This class will be the 4th Friday of the month from 9:30 to 11:30am. Ideal class size is 9. \$1 donation requested.

Woodcarving

The Shelton chapter of the Capital Woodcarvers Club is meeting at Mason County Senior Activities Center every Thursday from 9AM to 11AM. The woodcarvers also meet in Olympia and Elma on other weekdays and can provide assistance, training and access to tools and wood supplies. We are grateful to the MCSAC for this opportunity to share our time and expertise demonstrating hand knife and gouge woodcarving techniques for anyone interested in learning this hobby. \$1 donation requested. Located in the back of the dining room.

Beading Social - Members Only

Wednesdays from 1-3pm in the Craft Room we are having a beading social for members only. In this class you will bring your own project and supplies. Share your beading knowledge and design ideas with others. There is no charge for this class.

Charity Sewing and Knitting

Tuesdays from 1:30pm to 6:15pm. We meet in the sewing room and work on sewn/knitted projects to sell in our Boutique, Bazaars or give to those in need (we have some ideas about the projects to give away.) You’re welcome to join the group and make items for the boutique or to give away also. We are always looking for donations of yarn, fabric, sewing supplies and batting. Call the Senior Center and ask for Penny for more information.

It’s never too late to make new friends or join a group like our Thursday Crafters, Tuesday Sewing Group, or our new Book Club. We have many groups doing many different activities. Don’t stay home and wonder if you should be part of something at the center. Come in and see for yourself how much fun we’re having!



Code of Conduct Reminder

The purpose of the Code of Conduct is to promote an atmosphere of harmony & understanding at the Mason County Senior Activities Center, assuring participants and staff alike, that the behavior of all in attendance will be guided by a common set of rules for the mutual benefit of all.

MCSAA supports the Activities Center and its Events by selling donated items through Nifty Thrifty & the Center's Gift Shop. **Everything** that is donated to MCSAA at either the Railroad Avenue location or the Sentry Drive location should be sent either to Nifty Thrifty for pricing and sale or approved through the Staff to be utilized for the Association. Items that are donated to MCSAA should not be taken home by anyone unless they have been purchased through Nifty Thrifty or the Center's Gift Shop.

Please remember: Once an item is brought to MCSAA with the intention of donating it to MCSAA, it becomes the property of the Mason County Senior Activities Association. That item's sale should go either towards the Center's events or the functioning of the Association. We provide free services such as the Abundance Table as well as the Medical Lending Library. Items that are not on the Abundance Table or part of the Medical Library should **NOT** be considered "FREE."

Become a Corporate Sponsor

Sponsorship is a great way for businesses throughout the community to support the Mason County Senior Activities Association and thus our Senior Center, Nifty Thrifty & Pavilion. Our Sponsors mean so very much to our Senior Center! Businesses can sponsor the many special events that are to benefit the Center's Members throughout the year. We have raffles that businesses can donate gift certificates, merchandise, or services to during our monthly member meetings and the Bingo Karaoke Party.

Sponsors donate in many special ways including:

- Providing activities for our Members (Like Bingo, Potlucks, Music)
- Bringing in meals and treats for our Seniors
- Buying ad space in our monthly newsletter and more!
- Each month the Center mails over 800 newsletters to its members and distributes another 400+ in the community. Advertising space is available to purchase in our newsletter, which also gives businesses the unique opportunity to give an informational presentation to our members during the year and to display business cards and/or brochures on our Sponsor Table.
- The balance of funds for ads that are canceled before the agreed upon time frame by sponsors will be considered a donation to the Senior Center.

If you are interested in becoming one of our valued Sponsors, please contact our Executive Director at info@mcsac.net or 360-426-7374 for more information about the benefits of becoming one of our Corporate Sponsors.

Please support our **Corporate Sponsors** who support us.



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Dinner 6:30 (Public Welcome!)
 Lodge 7:30 pm (Masons Only)

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 Questions: 360-280-9925
 unioncity27@gmail.com



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190 W. Sentry Drive
 Shelton, Washington 98584
 Phone: 360-426-7374 Fax: 360-426-1955
 www.mcsac.net



Last Name, First

2020/2021 Membership Application and Agreement

Welcome! We hope you enjoy making new friends and participating in our many activities, classes, trips and volunteer opportunities. MCSAA Members enjoy great benefits including:

- Our excellent Active Living Newsletter every month
- Free birthday Lunch on the third Friday in the month of your Birthday
- Birthday listing in the Newsletter and recognition on the Birthday Board the month of your Birthday
- Discounted Pricing on most trips and classes
- Exclusive access to some Center Classes, Trips & Functions
- Discount at our Nifty Thrifty Thrift Store
- Your emergency information on file in case it is needed

Annual Dues are \$30 per person. Membership is for those 50 or better, however, spouses of a 50+ member, that are not yet 50, may join as an Associate (non voting) member.

Make checks payable to M.C.S.A.A. (Mason County Senior Activities Association)

Please, PRINT all information CLEARLY

FIRST NAME: _____ MIDDLE _____

LAST NAME _____ NICKNAME _____

DATE OF BIRTH: ____/____/____ Male Female PHONE: _____

CELL _____ - _____ - _____ EMAIL ADDRESS _____ @ _____

MAILING ADDRESS: _____, _____, _____, zip _____

- Check One:
- I prefer to receive my monthly Active Living newsletter by Regular US Mail
 - Please save the cost of US Mail and email my Active Living newsletter
 - I want to save MCSAA Postage, I'll see Active Living on their web site

In Case of Emergency (Please fill this optional information out. Our members who have needed us to call for help have been thankful that they did)

Name: _____ Relationship _____
 Phone #: _____ Cell _____
 Physician _____ Phone #: _____

Ethnicity Circle One **Caucasian** **African American/Black** **Hispanic/Latino** **Asian**
Middle Eastern **Pacific Islander** **Native American/Alaskan** **Other**

*All Information is kept confidential but is useful for reporting anonymous statistics for Grant applications and other funding. Your cooperation is most appreciated.

Hold Harmless Agreement: I freely and knowingly assume the risks inherent in my participation in all activities, including all classes, travel and volunteer duties. I do hereby agree to indemnify, release, and hold Mason County Senior Activities Association, a WA non-profit corporation, doing business as Mason County Senior Activities Center & Nifty Thrifty, it's employees, volunteers, officers, board members and other persons or organizations harmless from and against any and all liability for any injury, loss of property, damages, or death, which may be suffered by me, or my Guests, arising out of, or in any way connected with volunteering or participating in any activities at the Center, Center sponsored activities at other locations, or while traveling with the Center, in the Center's bus or under it's auspices. Specifically, I understand that Mason County Senior Activities Association provides no medical insurance, and that I am responsible for the cost of treatment for any injury to me or my Guests.

Furthermore, I acknowledge that I am being strongly advised to consult a licensed physician prior to my participation in the activities that I have chosen, to determine their suitability and safety given my current medical condition. In addition, I acknowledge that MSCAA is not responsible for reminding me of activities that I have signed up for.

Photos/Video/Audio Release: I am aware that the Center activities are occasionally photographed by Center representatives the media and others, and that still photos, and/or audio and video recordings may be made to help promote the Center's non-profit mission, and fundraising efforts. I hereby give my permission for me to be photographed and recorded while participating in Mason County Senior Activities Association activities.

Thank you for joining... Your membership dues help provide services and programs to the Mason County Community. We are completely self funded by Nifty Thrifty, Pavilion Rentals, Members, Donors & Sponsors.

Signature _____ DATE: ____/____/20__

Member #

New Member

Renewal

Key Tag X

SCHEDULED

WSP Check Completed

MCSAA 190 West Sentry Drive, Shelton WA 98584 Phone 360-426-7374 Fax 360-426-1955 www.mcsac.net

Volunteers are the Heart and Soul of our Center.

If you would like to volunteer your talents to our organization, please check those areas where you would like to help below.

Volunteer Questionnaire

Activities of interest or Skills you Possess– Please check all that apply & fill in any blanks that apply.

- Serve on the MCSAA Board
- Newsletter Publication
- Newsletter & Flyer distribution
- Newsletter folding, sealing & mailing
- Teaching Computer Classes: Beg/Inter or Adv
- Teach _____ Class (fill in your skill)
- Teach Genealogy Class
- Teach a Health/Diet/Nutrition Related Class
- Teach a writing class
- Teach a _____ exercise class
- Reception Desk (answering phones, taking money, trips, registering new members)
- Host (Make Coffee/tea/ maintain treats & utensils)
- Cook/clean/prep for Friday Lunches
- Volunteer to help with Special events
- Cook/clean/prep for Special Events
- Decorate/Set up for Special Events
- Provide entertainment
- Bingo Caller/set-up/take down/Karaoke Host
- Potluck Help
- Decorate the Center for seasonal cheer
- Make Crafts to sell or decorate to our fundraisers
- Photography (take pictures at events and of Members)
- Trip Driver (must have clean driving record)
- Facility Management
 - a. Electrical
 - b. Plumbing
 - c. Carpentry
 - d. Handyman/Repairs
 - e. Painting
 - f. Janitorial
 - g. Garden/Grounds
- Clerical/Secretarial
 - a. Data Entry
- Are you computer literate? Y N
- Miscellaneous
 - b. Grant Writing
 - c. Fundraising

Your Ideas: _____

I hereby authorize a background check to be done by the W.S.P. Watch for the purpose of working with vulnerable adults and our insurance. This is required for any and all positions.

Signature _____ DATE: ____ / ____ / 20 ____

PHONE # _____

Print Name: _____ DOB: ____ / ____ / ____

Any other names used? _____

Additional information we might find useful? _____

Last Name, First _____ Member # _____ New Member Renewal Key Tag X _____