

# Active Living



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

Mason County Senior Activities Association

501(c)3 Non-profit

August 2023

## Association News:

Our annual members only picnic is on Tuesday, August 8th this year. Please no guests.

Now is the time to start thinking about running for our Board of Directors. If you are interested, please see Clay or Penny to see what the job entails.

## Senior Center News:

Our boxing group is in full swing thanks to generous donors who have paid for all of our new equipment. Join us to improve your balance, coordination and cardio health.

A Low Vision Support group will be starting on Tuesday August 22nd at 1pm. This group will continue to meet on the 4th Tuesday of the month.

We have planned our big trips  
Fall 2024 Trip will be to: Eastern Canada  
Spring 2025 Trip will be to: Ireland  
Please see Teresa for more information about signing up for these trips. Our hope is to plan one international trip in the spring every year and a domestic (North America) trip in the Fall.

Mark your calendars for our Health Care Day on Wednesday Sept. 6th. 10am-noon. A flyer with more information is on the bulletin board.

## Nifty Thrifty News:

Nifty Thrifty is on summer donation hours of 11am-4pm. This applies to members as well as the public. When donating please be kind to our staff and drive slowly and carefully. There have been too many close calls from fast drivers and we do not want our employees injured.

## Upcoming Events!!!

- Aug. 4 Woodland Park Zoo Trip
- Aug. 8 Board Meeting
- Aug. 8 Annual Members Only Picnic
- Aug. 10 Birthday Party
- Aug. 11 Friday Fun Night
- Aug. 15 Board Meeting
- Aug. 16 Lady Alderbrook Cruise
- Aug. 23 Kite Festival in Long Beach
- Aug. 26 Garlic Festival in Centralia

## Center Holiday Closures 2023

January 2	New Year's Day
January 16	MLK Day
February 20	President's Day
May 29	Memorial Day
June 19	Juneteenth
July 4	Independence Day
September 4	Labor Day
November 10	Veterans' Day
November 23-24	Thanksgiving
December 25	Christmas

## Contents

Center Calendar.....	10-11
Community Services.....	4-5
Classes/Activities Schedule.....	12-13
Friday Fun Night.....	6
Meetings.....	3
Menu.....	19
<b>News and Updates.....</b>	<b>8-9</b>
Nifty Thrifty Calendar.....	20
Sponsors.....	14-16
Trips.....	7
Walkers.....	6

# Mason County Senior Activities Association

Annual membership dues are \$50

## Activities Center

### "50 and Better Activities Center"

Address: 190 W. Sentry Dr., Shelton

Phone: (360) 426-7374

Email: [info@mcsac.net](mailto:info@mcsac.net) Web: [www.mcsac.net](http://www.mcsac.net)

FB: <https://www.facebook.com/>

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

### Staff:

**Senior Center Director:** Penny Wilson

**Activities and Volunteer Coordinator::** Teresa Sanders

**Bookkeeper/Event Supervisor:** Hiring

**Kitchen Manager:** Debra del Bosque

### Kitchen Volunteers:

Judy Siegel Denise Murchison

### Receptionists:

Denise Avery-Baeten Wendy Price

Carla Trantum Stacey Dickinson

### Center Hosts:

Doris Fredin Shirley Schober

**Gift Shop:** Open

**Sunshine:** Open

**Van Drivers:** Glenn Harper, Bill Price, Gary Miner,

Mike Mosberger, Mat Taylor, Gil Palmer

Ava Taylor, Wayne Souza

**Newsletter and Layout:** Penny Wilson

### Editorial Committee:

Gale Glenn, Steve Mutoli, Dave Pierik

**Photography:** Gale Glenn and staff

**Mailing Team:** Gil Palmer, Bill Bezanson,

Mike Mosberger, Dorothy Harper

**Distribution:** Reiko Mauer, Steve Mutoli,

Doris Fredin

The Senior Center is always looking for volunteers.

If you are interested, please see Teresa Sanders, our  
Volunteer Coordinator.

*Greatest needs right now:*

*Volunteer Drivers, and Hostesses, Back Up  
Receptionist, Newsletter Editors*

## Mission Statement

Create and nurture opportunities for senior residents of rural Mason County to maintain optimal physical, emotional and spiritual health by helping them to maintain connections with necessary clinical, nutritional and social-emotional support services as well as to each other.

## 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](mailto: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 2023/2024 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-Saturday 9:30-5:00

**Donations Monday – Saturday Hours Vary  
Please call to see if we are accepting donations that  
day. Each day varies. We fill up fast!**

**Your quality donations are needed!**

**Store Director:** Michelle Marks

**Assistant Manager:** Melissa Elliot

**Staff:** Linda Trail, Cathy Jones and Moriah Ward

### Dedicated Volunteers:

Aloma Perez

Axel Van Wormer

Betty Thompson

Cynthia Middleton

Doug Kreklow

Gary Yuan

Irene Moffatt

Jan Kallinen

Maxine Neese

Rachel Sedlaek

Reda Keller

Ruth Coots

Vivian Bentkowski

Marilyn Olson

Rich Sawyers

Cheral Cowsert

Wayne Souza

Denise Miner

John Skans

Rita Snow

Jess Snow

Additional volunteers are always needed.

Call Michelle at 360-427-0858 to volunteer.

This institution is an equal opportunity employer.

### 2023 Membership Bonuses

#### Nifty Thrifty Discount

In store, receive 20% off regular priced items of \$5 or more with some exceptions. Your 2023 membership paper card must be shown before the cashier starts to ring up your order.

Members receive a discount on Pavilion rentals. For more details please see a staff member or contact [pavilion@mcsac.net](mailto:pavilion@mcsac.net).

## Meetings

### MCSAA Board Meeting

**Tuesday, August 8th at 9:30 am**

The MCSAA Board meets the second Tuesday of each month at 9:30 am. If a member desires to bring something before the board, they should make the request in writing (mail or email) and give the request directly to MCSAA Board President Clay Long or Senior Center Director Penny Wilson, 24 hours in advance so the item can be added to the agenda. Please include your name, member number and phone number so the board can contact you if there are any questions. Meetings are open to the membership.

### MCSAA 2023 Board

**Clay Long, President**

**Bill Bezanson, Vice President**

**Synnove Pettersen, Treasurer**

**Lori Shipman, Secretary**

**Leona Osterman**

**Marilyn Olson**

**Patti Vernie**

**Irene Garavito**

### MCSAA General Membership Meeting Tuesday August 15th at 9:30 am

**Speaker:** The General Membership meeting for MCSAA is on the third Tuesday of each month at 9:30 am. All members in good standing and current paid membership are invited to the general meeting. As always it is incredibly important to attend.

### Front Entrance Bulletin Board

Remember if you want something posted on our front entrance bulletin board, you **MUST** give it to the Teresa or Penny.

## Center and Nifty Thrifty Wish List

We would greatly appreciate donations of:

### Senior Center needs:

Disposable Coffee Cups, paper preferred

Decaf Coffee

Napkins

6 inch paper plates



### Nifty Thrifty needs:

Clear Packing Tape

1" Masking Tape

Large Padded Envelopes

Plastic Grocery Bags

Bubble Wrap

Regular Coffee

Sugar and Creamer

Large Black Garbage Bags

Above is the QR code for our Amazon wish list. If you don't know how to use a QR code., the staff at the center can help.

**Thank you very much for your donations!**

## MCSAA at Shelton Cinemas Members Only

**Fridays, usually start at 1:00 pm, but times may vary. Call the Center.**

Enjoy an afternoon of fun seeing first run movies. Current MCSAA membership is required. Prices: \$3.50 per person with advance payment before 11:00 am on Friday at the reception desk and \$4.00 at the cinema. Doors open at 12:45 pm. Please follow the rules of the cinemas.

## Tuesday Movie at the Senior Center

The Senior Center presents a film very Tuesday afternoon, at **1pm**. Please see the bulletin board for the flyer.

## Inclement Weather and Closures

In case of inclement weather, the Center follows the Shelton School District's weather policy. Please listen to our local radio station, KMAS 1030 AM and 103.3 FM or Seattle TV stations for details you may also receive a robo-call from the center or text from 1-855-376-6215.

## Services for All Seniors at Mason County Senior Activities Association

*Current MCSAA Membership is NOT required for the following Services.*

### Senior Center Cafe

Hearty and healthy lunches are prepared by our kitchen staff and volunteers. Lunch is served Monday-Thursday at noon and Fridays at 11:30 am.

Suggested minimum donation is \$4 per meal for seniors 50 and older.

Lunches are \$8 per meal for persons under 50.

Meals are open to the public but rules of the building will be strictly enforced. Donations and grants are our only funding sources for this program.

### Prepaid Lunch Tickets

Did you know that the front office has prepaid lunch donation tickets? Our tickets are business card sized and are convenient for those who don't like to carry cash. The tickets are \$4 each. Instead of donating before lunch, you just use the card.

### Parkinson's Support Group --

The 2nd Wednesday of every month the local Mason County Parkinson's support group will meet here at the Senior Center at 1 pm. The next meeting is September 13th.

### Free Medical Supplies Lending Library

Borrow walkers, toilet seat boosters, wheel chairs, etc. from our lending library. Supplies fluctuate. Please call us at 360-426-7374.

### Legal Aid Clinic

Contact Thurston County Legal Aid Clinic and get scheduled for a legal aid appointment. 360-705-8194 or 1-844-211-6916.

**Abundance Table** — We are offering items, as available, on our abundance table near the dance floor. Some items may also be in the refrigerator in the back of the dining room. Reminder to take only two items please.

### New to Medicare

#### In person at the Senior Center in Shelton

**Thurs., August 17 from 11 am to 12:15 pm**

**Free Zoom Presentations.** Choose *one* of these available appointment times:  
**“Welcome to Medicare”**

**Wed., Aug. 2** from 10 am to noon

**Tues., Aug. 8** from 1 pm to 3 pm

**Thurs., Aug. 17** from 10 am to Noon

To pre-register to reserve your Zoom webinar spot: [ThurstonMasonShiba.Volunteers@southsoundseniors.org](mailto:ThurstonMasonShiba.Volunteers@southsoundseniors.org)

*We cover:*

- Medicare A, B, C and D
- Help you understand your Medicare benefits and options
- How to avoid becoming a victim of Medicare fraud

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. For more information, Call SHIBA at 360-586-6181 ext.134.

### Financial Fitness with Darrell McVea

Financial educator from Peninsula Credit Union. 1st and 3rd Monday of the month after lunch in the dining room.

**Foot-Care** by Pam Lindgren. Cost for foot care is \$35. To make an appointment call Pam directly at 360-286-8403.

### Haircuts by Tammy

We are scheduling appointments for the 2nd and 4th Wednesday of the month. Walk-ins welcome but if there are no appointments scheduled after lunch Tammy leaves. Cost is \$13. Please arrive with clean hair.



## Services for All Seniors Continued

### Massage by Jessica Sullivan

Appointments can be made with her at 813-956-4138. Her rate is \$1 per minute with a 30 minute minimum. Jessica is board certified in Therapeutic Massage and Body work. Please see the bulletin board for more information.

### Loud Crowd

The LOUD Crowd provides accountability and education through group sessions where "SPEAK OUT!" exercises are performed. Participants practice speaking with intent. As an added bonus, this maintenance program promotes camaraderie and provides support and encouragement. This group meets the 1st and 3rd Tuesday of the month in the meeting room at 12:30 pm.

### 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 60 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 **Berenice (Bea) at Thurston County Food Bank** for information: 360-352-8597 x212.

### Zumba Gold with Sarah Martin

Tuesday and Thursdays 5:30-6:30 pm. \$5 per class. Punch card option available. Sarah makes this class enjoyable for all skill levels. Always wanted to try but were afraid, don't be! This class welcomes all!

### LMT-Area Agency on Aging

Aug 22nd at 11:00am to 12:30pm, Brandon will be available to answer questions and provide assistance, referrals, and guidance to services available to seniors in Mason county.

### Low Vision Support Group -NEW-

This group will meet to share problems, solutions, and ideas on how to navigate their vision loss. This group will meet on the 4th Wednesday of every month at 1pm. The next meeting is on August 22nd.

## July Birthday Celebrants

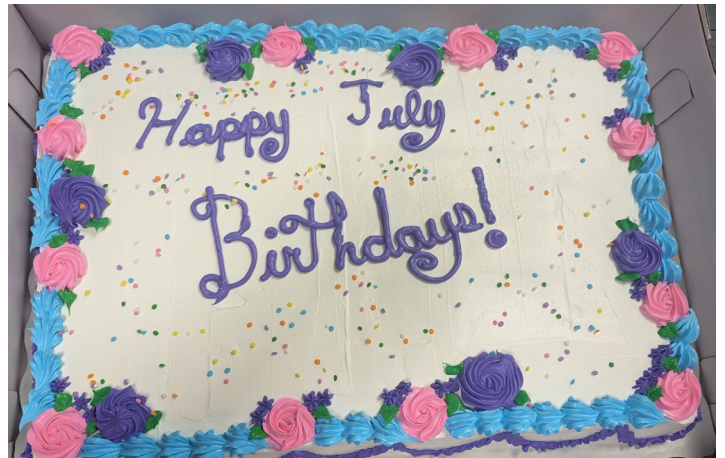


Members, please come celebrate your birthday at the Senior Center on THURSDAY 10th at 12:30PM

At noon before the party, current members with a birthday during the month of July are welcome to a complementary lunch. Bring your current membership card and photo ID. (\$4 suggested donation for everyone else.)

After lunch we celebrate you. Enjoy a delicious birthday cake and ice cream very generously donated by Walmart.

August has 64 member birthdays.



**Birthday Celebration on the 2nd Thursday of the month at 12:30 after lunch.**

**Mason County Senior Activities  
Association “FUN”draiser  
Open to the public 21+**

### Friday Fun Night

Friday August 11th from 6-9 pm at the Pavilion. Dance or listen to music provided by our own team (requests happily taken!) Socialize, eat, drink and be merry! Don't want to dance? Come play cards! We even have a Dungeons and Dragons group that meets here.

Friday Fun Night is definitely the place to be for couples dancing, line dancing and an all around good time. Bring your friends, members or not!

Limited bar (wine, beer and soda) and food (pizza) available. 21+

Donations at the door are greatly appreciated. All proceeds benefit the Senior Center. We can't wait to see you at our next Friday Fun Night.

We'd love to see more volunteers, especially in the kitchen. Please leave your name with the receptionist if you are interested.

### Senior Walkers July Schedule

We meet at 9:50am and leave promptly at  
**10 am.** Walks are always on

Tuesdays. *Please see bulletin board for  
complete details.*

\$1 suggested Donation

- **August 01 - Lake Sylvia State Park - Montesano** (easy to moderate, 2 trails to choose from, 1 has elevation. Our yearly potluck picnic, grilled hot dogs by Daniel. \*Discover Pass, dogs ok
- **August 08 - Goldsborough Creek (1.5 miles, easy, flat)**, after walking we can attend the Senior Center Annual Members Picnic! dogs ok
- **August 15 - Seattle Trip** - extended hours, Will leave earlier than 9:30am (ferry depending) no dogs
- **August 22 - Friends Landing/Lake Quigg** - Montesano, 1.7m loop, easy, dogs okay, bring a sack lunch
- **August 29 - Bayshore Preserve** - Easy, Several loops, dogs ok, no passes needed

## Code of Conduct Reminder

*The purpose of the Code of Conduct is to promote an atmosphere of harmony and 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 and 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 Center 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."

## Center Van Trips

POLICY: Non-Members may go on most Center Van Trips provided they travel with a friend or family relation who is a current MCSAA member and pay the non-member price. Up to 2 guests per member.

Advance payment is required to reserve your place. Costs are per person and include round trip van transportation, admissions, or ticket unless otherwise noted. Most require a minimum of eight people or it may be canceled. (Meals are not included unless listed.) Please note: Within two weeks of travel, there is a minimum \$5 fee for canceling or changing van trip dates. Within 3 business days, costs for van or casino trips are non-refundable and non-transferable. Exceptions may be possible due to illness. **All trips are scent free for consideration of participant allergies.** A few small purchases held on your lap are allowed on trip. Contact our Director Penny with questions or consideration due to illness. **Make your reservations early as all trips have minimum participant numbers to operate and are subject to cancellation if minimums aren't met.** We do accept credit cards at trip sign up. You will be temperature checked before we leave the center.

### August Trips

#### **Aug. 4 Woodland Park Zoo**

Leave MCSAC at 9 am

Members \$30/Non-members \$35

Walking Trip

Bring Lunch money

#### **Aug. 16 Lady Alderbrook Cruise**

Leave MCSAC at 1pm

Members \$45/Non-members \$50

#### **Aug. 23 International Kite Festival in Long Beach**

Leave MCSAC at 9 am

Members \$35/Non-members \$40

Walking Trip

Bring Lunch money and \$5 for the kite museum if you want to tour it.

#### **Aug. 26 Garlic Festival in Centralia**

Leave MCSAC at 9 am

Members \$25/Non-members \$30

Walking Trip

Bring money for lunch and shopping

### September Trips

#### **Sept. 1 Puyallup Fair**

Leave MCSAC at 9 am

Members \$20/Non-members \$25

Walking Trip. Bring lunch money

#### **Sept. 13 Seattle Underground and Skyview Observatory**

Leave MCSAC at 9 am

Members \$45/Non-members \$50

Walking Trip. Bring money for return ferry ticket and lunch.

#### **Sept. 22 Yashiro Japanese Garden**

Leave MCSAC at 10 am

Members \$13/Non-members \$18

Walking Trip. Bring lunch money for dining at Koibito Japanese Restaurant

#### **Sept. 29 Westport Winery and Mermaid Museum**

Leave MCSAC at 10 am

Members \$25/Non-members \$30

Bring Lunch money for dining at the Sea Glass Grill and the gift shop.

### Overnight Trips

**Sept 5-13, 2024 Eastern Canada**, <https://gateway.gocollette.com/link/1198307>

**Apr 23-May 2, 2025 Ireland** <https://gateway.gocollette.com/link/1198432>

We will have a presentation on Tuesday, Sept 5, 2023 at 2 pm to talk about the trips and what to expect.



## SENIOR DRIVERS ED?????

Why would I want to take drivers ed? The simple answer is that you may be able to get a discount on your car insurance for the next two years.

Gerald Apple, A former SHS teacher, from WTSEA (Washington Traffic Safety Education Association) will be here on September 20 to teach the class.

Cost of the class is \$20 and will include lunch. Class starts at 9:30 am and runs until 4 pm

**This class is open to the public.**

## Abundance Table

Recently we have had a lot of items placed on the abundance table that do not belong there.

If you have items of clothing, kitchen items, shoes or something else that could be sold at Nifty Thrifty, please donate there.

We have also had many items that just need to go into the garbage. Opened food or vitamins should not be put on our table. We can not accept and cpap equipment or tubing or diabetic testing supplies. Please check with Teresa before you drop off.

The abundance table is not a place to store your purse or coat during line dancing. We are not responsible for stolen or lost items.

# Holiday Bazaar

at the Pavilion Events Center

**November 4, 2023**

**10:00 am to 3:00 pm**

**Unique Gifts & Homemade Goodies**  
Proceeds support Mason County Senior Activities Center

**Over 50 Vendors PLUS Homemade Baked Goods from  
the Senior Center Members**

- \* Seasonal Decorations
- \* Handmade Quilts & Knitting
- \* Holiday Baskets & Jewelry
- \* Hand Tooled Leather Items
- \* Wooden Décor & Toys
- \* Silver & Turquoise Jewelry
- \* Pottery & so much more!
- \* Lunch available for purchase between 11am-2pm
- \* Coffee, other beverages available for purchase all day



Our walkers see some of the most amazing and beautiful scenery while on their walks. Here are three walkers taking in the sights at the Living Legacy Trail.



## Low Vision Support Group

This group is *NOT* a therapy group, the intent of the group is to meet and talk about the difficulties of losing our vision in our later years. You need not be blind or legally blind but having difficulties seeing things. Along with discussion time, you will learn about aids to help you deal with your low vision. There will be special speakers at times but the intent is to “Support” each other in our journeys in the nicest way possible.

Bring your questions and/or concerns and let’s see if we can help.

Everyone is welcome, maybe you are not having problems with your vision but a family member is or a friend or neighbor is having problems, you will learn something that might help them.

The moderator is Bill Scholl who is living with low vision as well.

## Pinochle Tournament Fundraiser for the Senior Center

August 12th doors open at 11:30 and play starts at 1:00. Cost is \$15.00 at the door. Includes lunch. Please bring a dessert or cookies to share.

## Senior Center Volunteer of the Month

When you come into the Senior Center and are volunteering please check in at the kiosk. Not only will we be able to see who has checked in but it will allow us to run a raffle to randomly choose our volunteer of the month. Every hour we receive from our volunteers is precious. We plan to announce the winner at our general meeting every month.

Our August volunteer of the month is:  
Billie Long

A long time volunteer, between Line Dance, Fashion Shows and years of all around help. She is an asset to our Senior Center and we thank her.

Nifty Thrifty’s volunteer of the month for August:  
is: Wayne Souza.

He works anytime they ask and even checks up on the Nifty crew on days he isn’t volunteering. He even brings food! Thank you Wayne!



**Our EZ Crafters working on all different types of projects for both the gift shop and our upcoming holiday bazaar on November 4th.**



**Group picture of the Senior Walkers at the Living Legacy Trail by the Hamma Hamma River**

# 2023 August

Every Monday	Every Tuesday	Every Wednesday
<p>8:15 Cribbage            8:15 Gentle Tai Chi            9:00 Line Dance            10:00 Mexican Train            10:30 Boxing            10:30 Line Dance 101 Beginners            12:00 Lunch            12:30 Pinochle--Intermediate            12:30 Artists Workshop</p>	<p>8:15 Cribbage            8:30 Zoom Yoga            8:30 Yoga*            10:00 Line Dance--Advanced            10:00 Senior Walkers            11:00 Tai Chi            12:00 Lunch            12:30 Bridge            1:00 Movie at the Senior Center            5:30 Zumba with Sarah</p>	<p>8:15 Cribbage            8:15 Gentle Tai Chi            8:15 Zoom Tai Chi            9:00 Line Dance            10:00 Crafting with Teresa (1st Wednesday of the month)            10:00 Mexican Train            10:30 Boxing            12:00 Lunch            12:30 Pinochle--Intermediate            1:00 Hand &amp; Foot</p>
Monday	Tuesday	Wednesday
	<p>1            10:00 Walkers: Lake Sylvia State Park            12:30 Loud Crowd             Vegetable Lasagna</p>	<p>2              Spaghetti with Meatballs</p>
<p>7              Salisbury Steak</p>	<p>8            9:30 Board Meeting            10:00 Walkers: Goldsborough Creek  <b>11:30 Members Only Annual Picnic</b></p>	<p>9            Haircuts            No Parkinson's Support Group this month             Teriyaki Chicken</p>
<p>14              Tuna Casserole</p>	<p>15            9:30 General Meeting            10:00 Walkers: Seattle Trip            12:30 Loud Crowd             Swedish Meatballs</p>	<p>16            Lady Alderbrook Trip              Baked Fish</p>
<p>21              Chicken Pot Pie</p>	<p>22            10:00 Walkers: Friends Landing/Lake Quigg            1:00 Low Vision Support Group             Sloppy Joes</p>	<p>23            Haircuts              Soup and Salad</p>
<p>28              Hot Dogs</p>	<p>29            10:00 Walkers: Bayshore Preserve              Chicken Wings</p>	<p>30              Spaghetti with Meatballs</p>

# st Activities

Every Thursday	Every Friday	Every Weekend
8:15 Cribbage 8:30 Yoga and Zoom Yoga 8:30 Hula Hoop Class 9:00 E-Z Crafters 9:00 Quilting/Sewing 10:00 Line Dance--Advanced 10:00 Zoom Tai Chi 10:00 Knit and Chat 12:00 Lunch 12:30 Bridge 1:00 Machine Knitting 1:00 Mahjong 1:00 Thursday Bingo 1:30 Beginning Slow Set 5:30 Zumba with Sarah	8:15 Cribbage 8:15 Gentle Tai Chi 9:00 Line Dance 10:00 Mexican Train 10:00 Scrabble 10:45 Tai Chi 11:30 Lunch 12:00 Pinochle--Beginning 12:30 Chorus 1:30 Tai Chi Slow Set 1:30 Friday Senior Movie	<p style="text-align: center;"><i>Any major changes to our schedule will be posted on our Facebook page.</i></p>
Thursday	Friday	Saturday/Sunday
3	4	5/6
Chili	BBQ Chicken Sandwich	
10	11	12/13
10:30 Family Story Writing 12:30 Birthday Party	Friday Fun Night	
Sausage and Pasta	Baked Chicken	
17	18	19/20
Meatloaf	Tamale Pie	
24	25	26/27
10:30 Family Story Writing Newsletter Folding		
BBQ Chicken	Turkey Dinner	
31		
Biscuits and Gravy		



## Classes and Activities for Current Members

All classes subject to change. Please confirm with the receptionists

### CLASSES FOR MEMBERS

CLASS NAME	DAY	TIME	COST
<b>Quilting/Sewing Class</b> There small projects to be made for sale in our gift shop and bazaars as well as general quilting.	Thursday	9:00AM-12PM	\$1 donation
<b>EZ Crafters</b> The crafters work on a variety of projects, many of which end up for sale in our annual bazaar or table decorations.	Thursday	9AM-12PM	\$1 donation
<b>Art Workshop</b> Need a place to paint? This workshop offers you a great spot to paint with friends In the MCSAC dining room. Bring your own supplies and work on your project.	Monday	12:30PM-3:30PM	\$1 donation
<b>Crafting with Teresa</b> Every month Teresa will have a craft for you to create something great. All supplies will be provided.	1st Wed. of the month	10AM-12:00 PM	\$5 donation
<b>Knit and Chat</b> Come sit around the table; knit, chat and share all the projects.	Thursday	10AM-12PM	\$1 donation
<b>Machine Knitting Class</b> Have you ever done machine knitting? Or wanted to try? In the MCSAC Sewing Room.	Thursday	12PM-3PM	\$1 donation
<b>MCSAC Chorus</b> Come join our Chorus. Led by John Schwennesen,	Friday	12:30PM-1:25PM	\$1 donation
<b>Family Story Writing</b> Has your family been bugging you for stories. Start putting them down on paper.	2nd and 4th Thursday	10:30AM-Noon	\$1 donation
<b>Intermediate Pastels With Annie</b> Learn pastels with our very own Annie Jones. This class will go beyond what was learned in beginning Pastels. This class is for 2 weeks and include all supplies.	Returning this fall		
<b>Community Clean Up Crew</b> Our crew meets quarterly to pick up trash in Shelton. These volunteers do a great job for our community. March 8 and June 14, September 13, December 13	Wednesday September 14		
<b>Machine Embroidery</b> We were luckily donated an embroidery machine. To use our machine you will need training. Please make an appointment with Penny to learn how to use our machine. <i>Usage Fees will go into a maintenance fund to have our machines professionally serviced regularly.</i>	Monday or Friday by appt. only for training		\$20 for 1 on 1 training; then \$2.00 per day for use.

## FITNESS FOR MEMBERS

DESCRIPTION	DAY	TIME	COST
<b>Tai Chi:</b> At the Center	Monday Tuesday Wednesday Friday Friday	8:15-9:00 AM 11:00-11:45 AM 8:15-9:00 AM 8:15 -9:00 AM 10:45-11:30 AM	\$1 donation
<b>Tai Chi: Zoom</b>	Wednesday Thursday	W 8:15-9:00 AM TH 10-10:45 AM	\$1 donation
<b>Tai Chi Slow Set:</b> Intermediate	Friday	1:30 PM - 2:30 PM	\$2 donation
<b>Tai Chi Slow Set:</b> Beginners (\$5 sign up fee). Limited to 6 students	Thurs	1:30 PM - 2:30 PM	\$2 donation
<b>Line Dance: 101 Beginning</b> Learn the basic steps that are used in our dances.	Monday	10:30-11:15 AM	\$1 donation
<b>Line Dance:</b>	Monday Wednesday Friday	9-10:30 AM	\$1 donation
<b>Line Dance: Advanced</b> at the Center	Tuesday Thursday	10 -11:30 AM	\$1 donation
<b>Yoga: Zoom</b>	Tuesday Thursday	8:30-9:15 AM	\$1 donation
<b>Yoga:</b> At the Center	Tuesday Thursday	8:30-9:15AM	\$1 donation
<b>Senior No Contact Boxing informal class</b>	Monday Wednesday	10:30AM -12PM	\$1 donation
<b>Hula Hoop Limited class size</b>	Thurs	8:30AM - 9:30AM	\$1 donation

## GAMES FOR MEMBERS

DESCRIPTION	DAY	TIME	COST
<b>Bingo</b>	Thursday	1:00 PM	\$1 for 3 cards
<b>Bridge</b>	Tuesday Thursday	12:30 PM	\$1 donation
<b>Cribbage</b>	Daily	8:15AM	\$1 donation
<b>Hand &amp; Foot</b>	Wednesday	1 PM	\$1 donation
<b>Mahjong</b>	Wednesday	1 PM	\$1 donation
<b>Mexican Train Dominoes</b>	Monday Wednesday Friday	10AM	\$1 donation
<b>Pinochle (Beginning)</b>	Friday	12 PM	\$3 donation
<b>Pinochle (Intermediate/Advanced)</b>	Monday Wednesday	12:30PM	\$3 donation
<b>Scrabble</b>	Friday	10 AM	\$1 donation



Assisted Living  
 Home Care  
 Adult Day Health  
 Memory Care  
 Respite Care  
 Travel to Medical Appointments  
 Overnight Care  
 Ambulation Assistance  
 Mobility Assistance  
 Domestic Chores  
 Dementia Care  
 And More

**Contact Information**  
 Phone: 360-277-0636  
 Email: [Support@haveninallyn.com](mailto:Support@haveninallyn.com)  
 Address:  
 180 E Wheelwright St  
 Allyn, WA 98584  
 Open 7 days a week,  
 please call for appointment.

We are vastly different from other places due to our qualified team of RN's, LPNs, and caregivers. They are available 24 hours a day, 7 days a week, allowing the Haven the ability to meet the needs of our clients and their families.

**WHEN IT COMES TO MEDICARE YOU  
 HAVE CHOICES**

Let me help you find the right plan to fit your needs

Jeff Boothe

360-490-5771

[jboothe511@yahoo.com](mailto:jboothe511@yahoo.com)

Independent Medicare Insurance Agent

Are you or a loved one enrolling in Medicare this year? Are you thinking about retiring? No matter your situation, I can answer your Medicare questions.



**Edward Jones**

**Schedule your retirement review today.**



Stefanie M Dantinne, AAMS®  
 Financial Advisor  
 821 W Railroad Avenue Suite A  
 P.O. Box 1908  
 Shelton, WA 98584-5021  
 360-426-0982

> [edwardjones.com](http://edwardjones.com)

MKT-5894M-A

**Guest Reminder**

Guests must register on the kiosk as a new user so we know who is in the building. You may be a guest twice before you are required to join to participate in activities.

**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 at special events.

If you are interested in becoming one of our valued sponsors, please contact our Director at [director@mcsac.net](mailto:director@mcsac.net) or 360-426-7374 for more information about the benefits of becoming one of our corporate sponsors.



# NEED A RIDE?

## VAMONOS TRANSPORTATION AND SHUTTLE

For all your reliable & affordable transport needs to:

- \*Seattle Airport
- \*Portland Airport
- \*Local
- \*Medical appointments
- \*Recreational trips/activities

We offer

- \*Medical package discounts
- \*Family package discounts
- \*Ride Share discounts
- \*Mason County Senior Center Member discounts

[www.vamonosshuttle.com](http://www.vamonosshuttle.com)  
360 970 0510



# MAPLE GLEN

*Senior Living*



ASSISTED LIVING • RESPITE CARE



*"Celebrating the Art of Life"*



1700 North 13<sup>th</sup> Loop Road  
Shelton, WA 98584 • [mapleglensl.com](http://mapleglensl.com)



# Alpine Way

## Continuing Care Community

*The Difference Between Living and Living Well*

# 360-426-2600

[www.AlpineWayLiving.com](http://www.AlpineWayLiving.com)

900 W. Alpine Way | Shelton, WA 98584

Retirement Living • Assisted Living • Memory Care



Your family deserves the **BEST...**

Voted  
**BEST OF  
MASON COUNTY**  
every year possible



**McComb & Wagner**  
Since 1897

FAMILY FUNERAL HOME AND CREMATORY

**360.426.4803**  
[mccombwagner.com](http://mccombwagner.com)

Celebrating  
**125 YEARS**

Our corporate sponsors are also featured on the Corporate Sponsor page on our website. <https://www.mcsac.net/corporate-sponsors.html>

Our newsletter is distributed monthly in the mail, by email, around Shelton and various locations in the county.

**We publish once a month.**



# COMPUTER SERVICE @ YOUR DOOR

## DAVE'S COMPUTER SERVICE

# 360-898-3800

*Annie's*  
**QUILT SHOPPE**  
*Fabrics & Quilting Notions*

Annie Gajadhar  
 Janice Easton  
 Owners  
 2505 Olympic Hwy N.  
 Suite 220-A  
 Shelton, WA 98584  
 360.427.6164  
 annie@anniesquiltshoppe.com  
 www.anniesquiltshoppe.com

- Extensive Flannel and Batik Collections
- Cheerful and Friendly Customer Service
- Top Grade Quilting Supplies and Notions
- Long Arm Quilting Services

**Sas**  
 Professional Services  
**NOTARY PUBLIC**

**Crown Sign and Seal**  
 Mobile and On Line Remote Notary  
 Shelton, WA  
 360-868-2452  
 www.CrownSignandSeal.com

**Susan Ickes**  
 Notary Public  
 email: CrownSignandSeal@gmail.com  
 Bonded and Insured

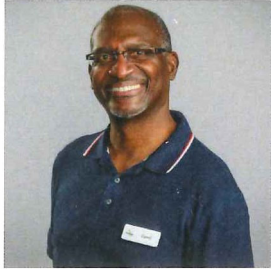
**Fish Fry**  
**Fri. August 18<sup>th</sup>**  
**4:00 PM until Sold Out**  
 Fish & Fries, Coleslaw & Drink Cost \$13

*Public Welcome*

At **Union City Lodge #27** F.&A.M.  
 Across from Lucky Dog Casino  
 Call Wayne or Pete  
 360-589-8040 360-229-3164  
 unioncity27@gmail.com




**Peninsula**  
 CREDIT UNION



**Darrell McVea**  
 Community Financial Educator  
 360.426.1601 x3184  
 dmcvea@pcfcu.org

**Edward Jones**

Life is full of moments that matter. Let us help you get ready for that next moment.



**Karen L Schade**  
 Financial Advisor  
 1051 Se State Route 3 Suite E  
 Shelton, WA 98584  
 360-426-4590

MKT-5894N-A > edwardjones.com

**FOREST FUNERAL HOME**



**313 W Railroad Ave**  
**Shelton, WA**  
 Located next to Treasures Thrift Store  
**(360) 427-8044**

Kathleen Blanchette

**In Fine Time**  
**Sewing Machine Repair**  
 Vintage Specialty  
 kixfixing@gmail.com  
 360.490.8825



**Pacific NW Contractors**  
 RESIDENTIAL REMODELING EXPERTS  
 Build By Plan, Not By Chance  
 360-451-3825 Lic# PACNWC934LR







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 &amp; 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, computer use)
- Host (Make Coffee/tea/ maintain treats & utensils)
- 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 for 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
- b. General office help, filing shredding

## Miscellaneous

- a. Grant Writing
- b. 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

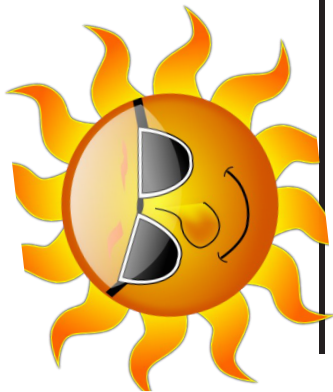
Key Tag X

# Senior Center Menu August 2023

	1	2	3	4
	Vegetable Lasagna Green Salad Fruit	Spaghetti with Meatballs Green Salad Fruit	Chili and Cornbread Green Salad Fruit	BBQ Chicken Sandwich Mixed Vegetables Fruit
7	8	9	10	11
Salisbury Steak Mashed Potatoes and Gravy Mixed Vegetables Fruit	MCSAA members only Annual Picnic	Teriyaki Chicken Steamed Rice Mixed Vegetables Fruit	Sausage and Pasta Green Salad Fruit	Baked Chicken Mashed Potatoes Mixed Vegetables Fruit
14	15	16	17	18
Tuna Casserole Green Salad Fruit	Swedish Meatballs Mashed Potatoes Mixed Vegetables Fruit	Baked Fish Scalloped Potatoes Mixed Vegetables Fruit	Meatloaf Mashed Potatoes Mixed Vegetables Fruit	Tamale Pie Green Salad Fruit
21	22	23	24	25
Chicken Pot Pie Green Salad Fruit	Sloppy Joes Macaroni Salad Fruit	Soup and Salad	BBQ Chicken Scalloped Potatoes Mixed Vegetables Fruit	Turkey Dinner
28	29	30	31	
Hot Dogs Macaroni Salad Chips Fruit	Chicken Wings Baked Beans Coleslaw Fruit	Spaghetti with Meatballs Green Salad Fruit	Biscuits and Gravy Mixed Vegetables Fruit	

\$4 suggested donation for seniors 50+, \$8 for guests under 50

Mon-Thurs Noon-12:30 and Fri 11:30-noon



# August 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Sales Color Orange	Nifty Thrifty is the major funding source for the MCSAA!	1 Senior & Military receive 15% off Orange tags 25%	2 Knick Knacks 25% off	3 Jewelry 25% off	4 Shoes 50% off	5 Picture Frames 50% off
6 Closed	7 Lamps 25 % off	8 Seniors & Military Receive 15% Off	9 Artwork 25% off	10 Purses 25% off	11 Furniture 25% off	12 Regular Clothing 50 % off
13 Closed	14 DVD /VHS 50% off	15 Seniors & Military Receive 15% Off	16 Kitchen items 25% off	17 Electronics 25% off	18 MCSSA Members receive 33% off	19 White Tag 25% off
22 Closed	21 Orange Tags 75% off	22 Senior & Military receive 15% off	23 Books 50% off	24 Regular Clothing 50% off	25 Kitchen 50% off	26 Crafts 50% off
27 Closed	28 Orange Tags 90% off	29 Senior & Military receive 15% off	30 White tags 25% off	31 Regular Clothing 50% off	Enjoy the nice summer days!	Nifty Thrifty 360-427-0858
Get ready, the Semi-Annual sale is in Sept.	Thank you for all the support	Make new friends, volunteer!	We are always looking for jewelry.	Recycle!! Reuse !!! Repurpose!	Donation hours vary from day to day please call !	Store Hours M-S 9:30-5:00 Closed Sunday