

Active Living



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

Mason County Senior Activities Center

August 2019

Scam Calls

You've gotten the calls: from Social Security. Or the IRS. Or Medicare. Or any number of other agencies. Except: as soon as the caller threatens you, or demands that you pay them with a gift card, or by wiring money, you know, it's a scam. Even if caller ID tells you otherwise – that's not the government calling. - FTC July 1, 2019. The IRS will send you a letter and NEVER call you. If there is a Social Security problem, make an appointment and go to the Social Security office in Olympia directly. If Medicare calls, call your Medicare company's number that is on your Medicare card to verify what you were told.

DO NOT give out any personal information.

If your grandson calls and says he needs bail money or that he's been in an accident, hang up and call your children to verify that in fact there is a problem.

Do not send money or gift cards to anyone that you personally do not know.

The center is not exempt from these calls either. We get them all the time. The newest one was concerning a utility company that isn't even in Mason County. We verified and reported it to our utility company. It happens to EVERYONE. You are not alone!

Be safe and always verify. If you are not sure about a call, contact the FTC at: <https://www.ftccomplaintassistant.gov/>

Thurston County resident falls for Social Security scam Friday afternoon, loses \$9,000 in the process THURSTON COUNTY -

A Thurston County resident who was the victim of a social security scam on Friday afternoon had thousands of dollars stolen from her bank account.

According to the Thurston County Sheriff's Office, the unidentified resident received a phone call from who she believed was the Social Security Administration.

During the phone call, the caller posing as an employee from the Social Security Administration made a reference to the Thurston County Sheriff by telling the resident, "I'm working with John Snaza" or a phrase to that effect.

The caller then advised he was transferring the caller to a Thurston County Sheriff's Office phone number, which was a real number used by TCSO," the Thurston County Sheriff's Office stated Friday afternoon.

The victim, who believed the caller was from the Social Security Administration, provided bank information to the caller. The sheriff's office said \$9,000 was stolen from the resident's bank account.

The Thurston County Sheriff's Office reminded folks the sheriff's office does not receive or collect money for the Social Security Administration. Reprinted with permission of Devin Perez.

Upcoming Events!!!

- Aug. 2 First Salmon Ceremony
- Aug. 3 Kitsap Forest Theater-Mama Mia
- Aug. 9 Friday Fun Night
- Aug. 9 Spirited Art
- Aug. 15 Seattle Underground Tour
- Aug. 23 International Kite Festival
- Aug. 30 Puyallup State Fair
- Sept. 5 Heronswood Garden, Port Gamble
- Sept. 21 Mt. Rainier Railroad
- Sept. 26 Pikes Place Market

Slow down and follow the traffic arrows in our parking lot. The speed limit through Gillis and also in our lot is 10 mph. We have had too many close calls and don't want to see anyone get hurt. The parking in back is for staff only. You may park briefly for loading. Unauthorized vehicles will be towed.

Center Holidays

2019

January 1	New Year's Day
January 21	MLK Day
February 18	Presidents Day
May 27	Memorial Day
July 4	Independence Day
September 2	Labor Day
November 11	Veterans' Day
November 28-29	Thanksgiving
December 25-26	Christmas

Find the three Roadrunners

We have three Roadrunners 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 coupon for a free movie or lunch.



Mason County Senior Activities Association

Annual membership dues are \$30

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
MaryAnn Miljanovich	Ella Kowalski
Phyllis Glisson	

Center Hosts:

Doris Fredin	Jill Neil
Irene Moffatt	Harry Fournier

Gift Shop: Volunteer Needed

Sunshine: Jill Neil

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

Newsletter: Patricia Vernie and Richard Britz

Editorial Committee:

Terry Nelson	Julie Whaley
Gale Glenn	Val Wedman
Avis Ross	Richard Britz

Layout: Richard Britz

Photographer: Glenn Harper

Mailing Team: Ern Brown, Gil Palmer, Al Lawrence,
& Ann Olli

Distribution Coordinator: Nila LeGault

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/itm/niftythriftythriftstore1)

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

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

MCSAA

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

Members: **Remember to show your
cardboard 2019/2020 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.**

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	Doug Kreklow	Maxine Neese
Aloma Perez	Gary Yuan	Reda Keller
Arlyn Skarich	Irene Moffatt	Ruth Coots
Betty Thompson	Jan Kallinen	Vivian Bentkowski
Bill Keller	Jane Donahue	Axle Wormer
Carole Pelela	Karyn Lidington	Marilyn Olson
Charal Cowsert	Keith Jennings	



Additional volunteers are always needed.

Call Michelle at 360-427-0858 to volunteer.

This institution is an equal opportunity provider and

2019 Membership Bonuses

Nifty Thrifty Discount

In store, receive 20% off regular priced items of \$5 or more with some exceptions. Your 2019 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 \$10 value) Non-transferable. Photo ID and 2019 cardboard membership card required at check-in.

Inclement Weather

In case of inclement weather, the Center follows the Shelton School District's weather policy. Lunch is still served at 12 noon (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.

Meetings

MCSAA Board Meeting Tuesday, Aug. 13 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 2019 Board

President: Clay Long
Vice President: Gary Miner
Secretary: Terry Nelson
Treasurer: Bobbye Lewis Simons
Richard Barnes Glenn Harper
William Bezanson

MCSAA Member General Meeting Tuesday, Aug. 20 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 2019) are invited to the General Meeting. You will hear updates on Center, Nifty Thrifty and Pavilion activities, and Center renovation updates. We encourage you to attend and learn more about how we operate. **Important: Special Guest Officer Spurling from the Mason County Sheriff's Office addressing phone scams.**

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.

By the way, if you pay for your membership today, it's due again in 1 year from the date you renew.

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.

My Active Center is for you! Use your My Senior Center key tag to activate your account at <https://myseniorcenter.com> You can join groups and enroll in activities at the Center on line. When you enroll in an activity, it appears on your My Activities page.

<https://myactivecenter.com>

Center Wish List

We would greatly appreciate donations of:

Regular and Decaf Coffee
Coffee Mate
Plastic Spoons
Small Paper Plates
12 Oz. Paper Coffee cups
Individually wrapped chocolate candies

Nifty Thrifty needs:

Clear Packing Tape
1" Masking Tape
Large Padded Envelopes



Thank you very much for your donations!

New to Medicare Free Presentation August 22, 11 am-11:45 am. Conference Room

SHIBA provides a free overview of Medicare. Statewide Health Insurance Benefits Advisors (SHIBA) is a free unbiased and confidential service provided through the Office of the Insurance Commissioner. Please sign-up in advance. Call SHIBA at 1-800-562-6900 or 360-586-6181 ext.134 for an appointment.

Free Individual Medicare Consultations
August 22 at 12:00 pm. To 3:00 pm
Conference Room

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

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.



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, 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 MCSAC

Current MCSAA Membership is NOT required for the following Services.

Senior Nutrition Lunches

Monday -Thursday, 12 Noon & Friday, 11:30

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 \$7.55.

Eye Glass Adjustments and Cleaning — Every second Wednesday, 11:00 am to 12:00 Noon. Free service provided by Walmart Vision Center.

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

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.

Blood pressure check — 10:30-11:00am. Provided free by Providence Homecare & Hospice on the first & third Thursday, and by Shelton Health & Rehab on the second & fourth Thursday.

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 milk, bread and other items, as available, on our table near the dance floor.

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

Happy Birthday!

Happy Birthday to All!

Did you know that we have 104 members who are having birthdays in the month of August? Wow, who could have imagined that! As of January we stopped listing all of our monthly birthday folks by name to ensure we're doing our part to help everyone maintain their privacy and protect their identity. It was always fun to note who was having a birthday or maybe even better for you to have someone wish you Happy Birthday. The world we live in today is different and a little treacherous so we have to adapt to it to make sure we keep each other safe.



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. You are entitled to a free lunch. Please bring your current membership card and photo ID. Lunch will be regular price for all others.

Bill Young serving up cake and part of our crowd.



Some of our July birthday partiers.
Happy Birthday !



Reda Keller

Nifty Thrifty Volunteer Cashier

Reda has been a volunteer and at times an employee for the MCSAA for over 21 years. She is currently volunteering as a cashier at Nifty on Tuesdays and Wednesdays. Through the years she has helped train most of the cashiers and staff in the operation of Nifty Thrifty. If anyone has a question about the organization and how to do something they always refer to Reda for an answer. Reda was voted Best Salesperson in Mason County in 2015 & 2016. Earlier this year Reda was diagnosed with colon cancer needing to take time off work. Having to undergo radiation treatment. Since then she has been given the go to return to Nifty Thrifty where she continues to work. If you don't know Reda, come in and say hello, she's the one with the big smile and twinkle in her eyes. She's known for giving the best hug in town.

Nifty Thrifty Certificate

Great news! Each current paid member will receive a \$5 Gift Certificate to Nifty Thrifty. If you've already renewed your membership, just stop by the front desk for your certificate. If you're planning on renewing, you'll receive your certificate at renewal time. One certificate per member, per year.

Activities Open to the Public

Friday Fun Night

Friday August 9 from 6-9 pm at the Pavilion. Enjoy music provided by our own DJ Glenn (requests happily taken!) Have fun line dancing, other dancing or just listening 21+ **Donations are greatly appreciated.**

Spirited Art

Friday August 9 from 5-8pm. Enjoy the fun of creating a piece of art while sipping a glass of wine and snacking on some cheese, fruit and crackers. What a great way to start off the weekend! May have additional charge for supplies. Call ahead for amount. \$15.00 members and \$20.00 nonmembers.

Square Dancing

Friday Aug 16 from 7-9pm
\$5.00 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


No Bingo Karaoke in August!
Will see you in September

Paper Crafting 101

Paper Crafting classes is a great way to get creative! Join Dorothy Skans on the 2nd and 4th Thursdays from 1:30 to 3:30 for this exciting class. There is no charge for this class and supplies are provided by our teacher.



MCSAC is hosting this class
Every Tuesday & Wednesday
from 5:30-6:30 pm
New Class - Seated Zumba Gold
Wednesday 4:15 - 5:05 pm
No Seated Zumba class 7/3

Designed for the lowest impact and seated. 
Chair options OK in these classes. Drop in rate is \$5.
Only Wednesday classes qualify for SilverSneakers and Silver&Fit benefits. If you qualify for these benefits you only have to pay the reduced \$1 class fee.
Open to the public Silver Sneakers & Silver & Fit benefits **not available 7/3.**

For Your Musical Enjoyment



John Schwennesen
August 2 & 16
Lunchtime Music



Richard Shatto
August 9
Lunchtime Music



Dan Washburn
3rd Wednesday of the
month 12:30-1:30 pm for
the Volunteer Appreciation
Sundae Party



Sarah Huey
Friday August 23 & 30
Lunchtime Music

Volunteers Wanted

Do you have some time to invest in MCSAA?
As you know, volunteers are what makes our world go round here at the Senior Center. And we have some gaps that we're asking you to fill.
Volunteering is the best way to meet new friends and help the Senior Center at the same time. We would love to have you join our friendly group. You let us know what your availability is. Stop by the reception office and fill out a volunteer form today!
Table Decorations. We need someone to take over making table decorations. See Val or Patti for more information.

Medical Cannabis informational presentation by Glenn Harper. Wednesday, August 21 at 1:30 in the carpeted room There will be a video with excerpts of prominent physicians talking about their experiences with medical marijuana and how they have effectively treated their patients using whole plant cannabis medicines and extracts. There will be a Q & A at the end of the presentation.

"Freedom From Falls" Event September 10, 2019 from 9:30 to 1:30.

This event will promote awareness and prevention of falls. There will be health professionals from Mason General Hospital & Family Clinics to present topics covering fall prevention, medication management, nutritional guidance, and brain fitness. The event is free and open to the public, advance registration is requested by Wednesday September 4th by calling the Center at 360-426-7374.

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 MCSAC 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 8 people. (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 Patti Vernie 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.**

August Van Trips

- Aug. 2 First Salmon Ceremony-Squaxin Island**
Cost members \$5, non-members \$10
Leaves MCSAC at 11:15am
- Aug. 3 Kitsap Forest Theater for Mama Mia**
Cost members \$30 non-members \$35
Leaves MCSAC at 11:30am
Dinner on own at Airport Diner
- Aug. 15 Seattle Underground Tour**
Leaves MCSAC at 9:15 am
Cost members \$32 non-members \$37
Price does not include food or ferry
- Aug. 23 International Kite Festival, Long Beach**
Leaves MCSAC at 8:15
Cost members \$32 non-members \$37
Price includes transportation and admission, food extra
- Aug. 30 Washington State Fair, Puyallup**
Leaves MCSAC at 9:00am
Cost members \$21 non-members \$26
Free admission with non perishable food item



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".

Center Van Trips

Sign up at least 14 days in advance and payment is due at the time of sign up. These trips need a minimum of eight attendees to keep trip from being canceled.

Future Center Van Trips

Sept. 5 Heronswood Garden, Port Gamble,
Experience one of the world's most outstanding collections of rare and diverse plants through a visit to Heronswood Garden don't miss the chance to visit this beautiful and important garden.

Sept. 21 Mt. Rainier Railroad

The Mt. Rainier Scenic Railroad is a steam-powered heritage railroad operating in Washington State between Elbe and Mineral. The railroad travels on tracks that pass through thick forest just south of Mount Rainier.

Sept. 26 Pikes Place Market

The market lures visitors and locals alike (we're talking 10 million people per year) with its farm-fresh produce, butcher-paper clad bouquets, abundance of shops, restaurants, and bars—not to mention some of the best people-watching in the city. From wader-clad fishmongers slinging salmon to street busker's playing for passersby, there's always something going on here.

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

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 August 21.
9:00 am to 4:00 pm

Classes and Activities for Members

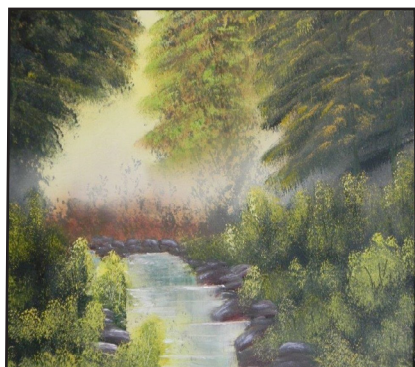
Payments for all classes are to MCSAA and go through the Center reception desk.

Joy of Painting Landscape Class

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. See page 12 for July's painting.

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.

Friday Chorus

Want to learn how to sing with a chorus? Now's your chance, come in on Friday at 1:00 p.m. and join in on the fun. John Schwennesen is your teacher. \$1 donation per class is requested.

Fitness Classes

\$1 donation per class is requested except where noted.

New Chair Yoga on the 2nd Thursday each month!

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

Chair Yoga: Second Thursdays 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 & W. 5:30pm to 6:30 pm \$5

Seated Zumba: no class 5/29 - 7/3

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

Something for
EVERYONE!

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

MCSAA at Shelton Cinemas *Members Only*

Fridays, usually 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 11:45 am at the reception desk and \$4.00 after noon at the theater.

Bingo Thurs. 1-3 pm. \$1.00 for three cards
Bingo with Shelton Health & Rehab 4th Tuesday at 1-3 pm, **canceled for the summer**

Bridge Tuesdays and Thursdays 12:00 pm
Chorus Friday 1:00

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.

Knitting & Crochet Circle (Chix with Stix) Every Tuesday 1:00 pm

Mahjong Thursday, 1:00 pm Come learn.

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

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.

Open Sew Tue. 4:30-6:30 pm, bring your current projects or learn something new from others.

Quilting Thursday 4:30-6:30pm Come learn quilting. Starting August 15th. See pg 9.

Senior Walkers Tuesday at 10:00

Aug. 6 - Open

Aug. 13 - Lake Sylvia State Park

Aug. 20 - Seattle Trip

Aug. 27 - Fudge Point State Park

Square Dancing

Square Dancing is coming to MCSAC! The Salty Sashayers will dance the third Friday of each month from 7pm – 9pm. While this is open to the public, you must be at the mainstream level to participate. Cost is \$5/ person. Anyone wishing to come and watch are welcome to do so for FREE.

The Salty Sashayers will also provide square dance lessons beginning in September. The lessons are in 10-week sessions that must be attended consecutively. Cost for the class will be \$5. More details to follow.

Digital Calendar Class

Looking to give a gift that is useful and fun to make. We will be offering a class that will teach you how. Using your own laptop and pictures you will learn to create a customized calendar for your 2019 gift giving. Details to come.

Machine Knitting Class

Have you ever done machine knitting? Or wanted to try? MCSAC will be offering machine knitting classes in October. June Hess will bring her machines (she has 6!) and yarn so you can learn the ropes. More information coming soon...

Beginning Quilting

Want to learn to quilt? This is the class for you. Starting on Thursday August 15th, we will offer our first in a series of beginning quilting classes from 4:30 to 6:30 pm. The first project will take 3-4 class sessions. Machine sewing experience is a plus but you don't need to be an expert. Class will include some homework and end with a small but useful completed project. Open sew on Tuesday would be a great time to work on homework or if you have questions. We will continue to offer beginning quilting and other skill and technique based classes after this one has ended. Call for a class supply list and class cost. Class size is limited and filling fast so get your name on the list. 360-426-7374.



Volunteer Appreciation Party

You are what makes the Senior Center a wonderful place! We want to celebrate our volunteers who give so tirelessly. We have live music and an ice cream sundae bar. Every 3rd Wednesday from 12:30-1:30 in the MCSAC dining room.

Please attend!

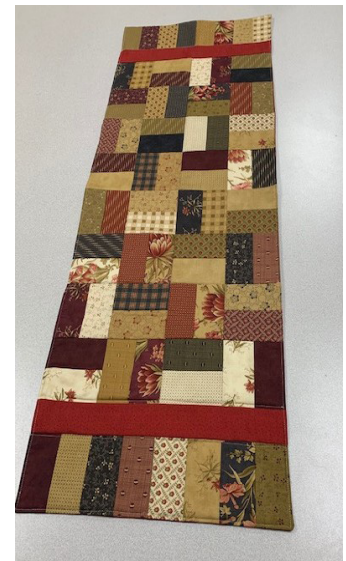
Interested in Sewing or Quilting?

We are forming a group for sewers of all levels that will meet every Tuesday from 4:30 to 6:30 pm. Have some UFO's? That's unfinished objects! Bring your project and meet with other sewers who want to finish their projects. Whether it's quilting, making a dress or hot pads, come on in. We each have different skill levels and our hope is to share our knowledge of sewing and help each other learn and become better at sewing. Bring your own equipment and supplies. Call Patti Vernie or Penny at the Senior Center 360-426-7374 for more information.

Never Used a Sewing Machine Before but want to learn? Join us at the open sew and learn some basics. Don't own a sewing machine? Practice on one of ours (reservations required) until you get one yourself. Hint Hint: Nifty Thrifty gets machines in on a regular basis.

Are You A New Quilter Wanting To Learn A Certain Technique Or Sharpen Your Skills?

Help us to decide quilting classes we should offer in the future. Your input is valuable! Email Penny at bookkeeper@mcsac.net On the right is the first quilting project we are offering. It's a table runner that will easy to complete.





Search for Shelton's Historical Items

We are **STILL** looking for Shelton and Washington memorabilia. We've received some great pictures from Ms. Margaret Lentz of the big snow of 1943 in Shelton and various dignitaries from Shelton's early days. We have T-Shirts from businesses that no longer exist and Nifty Thrifty is sending us some business cards from old timers. We also received a fedora from the L.M. Men's Shop that used to be in downtown Shelton. Did you bowl at Timber Bowl and have any memorabilia from there, how about old logging or fishing activities from the past? We know that many of you have interesting histories in the area and we believe that a display would be a great way to share with other members. If you have anything that you would like to donate or loan to the Senior Center for our planned display, please consider bringing it in or giving our Executive Director Patti a call at 360-426-7374.

Moonlit Garden Quilt Raffle

Donated to MCSAC by Betty Thompson Shades and long arm machine quilted by Hazel Marcus. Hazel also did the long arm quilting and finishing. The quilt is 50 in. X 52 in.. The winner of the quilt is Sarah Grubb. Congratulation Sarah! And thank you to Betty Thompson and Hazel Marcus for all your hard work making this giveaway possible!



Happy winners, Sarah and her husband here shown receiving the beautiful quilt!



Guests

There have been questions about how many times a guest may attend activities at the center. The answer is two. The third time they come in, they need to become a paid member. Please don't harass guests if you think they have visited too often. Let one of the staff know and we will address it with them.

Anyone up for a game of pool?

There are a few new rules.

1. No playing pool while the room is in use for meetings and classes.
2. You must share the table, no more making someone wait for a turn while you play as long as you want. (You know who you are)
3. When the table is not in use, it needs to be covered with its vinyl cover.
4. If we do have a meeting or class in the carpeted room the table needs to be covered with the plywood "Ping Pong" topper for protection over the top of the vinyl cover..
5. Be mindful of the noise you are making.

Here I am in my new home. ! Check out my new green felt top. You are welcome to play whenever there isn't a class or meeting in this room.



Come in and see the 2 beautiful murals the Mason County Historical Museum loaned us! They are on display by the pool table in our carpeted room. We love them! Thank you for the loan. Artists Ruth Broughton, Hazel Beckwith and Velma Graves, painted in 1979.

Remittance Envelopes

In this newsletter mailing we including our new Remittance Envelope for your convenience. Our hope is to receive enough donations to pay off our mortgage. As a nonprofit we rely on others generosity and do not receive government subsidies. We are self supporting and our largest source of income comes from Nifty Thrifty. At this point the envelopes have paid for themselves and they continue to come in. We will include the envelopes in our mailings on a quarterly basis and are grateful for the donations we've already received. Any size donation counts and they are truly appreciated. We are looking at donations as one gift at a time; they all count no matter the size. If you can afford to give to the Senior Center, please do.



Music at the birthday gathering on July 12th. They are a crowd pleaser.

There's always a critic! That's our "Sheriff" advising Bill on the best way to cut the cake!



Outdoor Lights and Fencing

We have updated our outdoor parking lights to LEDs. Some of the bulbs looked original to the building and were 400 watt. We are hoping to see a considerable drop in the electric bill in the next few months and beyond.

You may have noticed the new fencing along the outer part of our parking lot. This will help people from driving over the edge of the parking lot. Coming next are more cement parking curbs to help keep cars where they belong.

Both of these were paid for using grant monies from the state.



Above: The chorus entertained us at the monthly volunteer appreciation Ice Cream Sundae party. They've got talent!

Below: Shirley Schober is putting together her ice cream sundae. If you're one of our volunteers this party's for you. We had strawberry's, chocolate and caramel syrup, candy sprinkles, peanuts and whipped cream. Yum!





Dan, our MC with the most! Only you can pull off that look! Great hat!



Our Friday Chorus is sounding good.



Another happy winner at Bingo Karaoke.



Tony Lirette giving tips on creating that perfect painting.



The gangs all here. Wow what a turnout at Bingo Karaoke. We sported our Red, White and Blue best and everyone had fun. Hope to see you next time.



Sam Shelby one of our past board presidents is one of the reasons our Thursday daytime bingo is so successful. Thank you Sam!



We saw some fancy footwork!



Everyone danced and had fun!



A Great Turnout!

We had a great turnout for Friday Fun Night at the Pavilion on July 9th. This was the largest crowd yet. Everyone had fun dancing and visiting. Hope to see you next time.



We apologize to Vivian, last month we called her Vi in our newsletter, mea culpa Vivian.

KIOSK

Please remember to check in at the kiosk on your way in. Even if there is a line.

It helps **us** to know who is here volunteering, visiting and eating lunch.

It helps **you** to know what is going on at the center with information and reminders.

In the event of an emergency we need to know how many people are possibly at the center.

We want to thank you all for checking in!



National Days in Aug

Aug 5: National Underwear Day

Aug 6: National Fresh Breath Day

Aug 12: National Vinyl Record Day

Aug 21: National Senior Citizens Day

Aug 26: National Dog Day

Aug 27: National Just Because Day

Aug 28: National Bow Tie Day

Which one are you going to Celebrate?

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

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72.12.732.1 (9/18)-3673



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 Bingo Karaoke Party on the last Friday of the month.

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@mc sac.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.



360-426-2600

www.AlpineWayLiving.com

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Karen L Schade

Financial Advisor

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Shelton, WA 98584
360-426-4590

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We offer small to large size ad spaces with reasonable payment plan options. Call 360-426-7374 and ask for Penny or email her at bookkeeper@mcsac.net for more information.

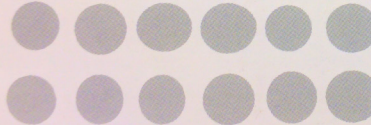
This newsletter reaches more than 1,500 seniors throughout Mason County.

STEPHS ESPRESSO

2230 Olympic Hwy. N Shelton WA

360-427-1290

Buy 12 drinks get the 13th drink free. excludes energy drinks

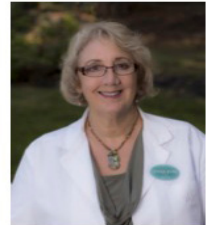


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Leonab@Miracle-earnw.com

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Call for an appointment today

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I have answers.**

Jeff Boothe 360-490-5771

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Sojourners Welcome!

*Stated Communication 2nd Thursday
of each Month (In June, 3rd Thursday)*

Dinner 6:30 (Public Welcome!)

Lodge 7:30 pm (Masons Only)



At **Union City Lodge #27 F.&A.M.**

Across from Lucky Dog Casino

Questions: 360-280-9925

unioncity27@gmail.com

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

The Pavilion

Shelton's historic Venue for your events.
Specializing in weddings, reunions, meetings,
business conferences, and parties.

Event Coordinator: Val Wedman
360-426-7374 ~ pavilion@mcsac.net
190 W. Sentry Drive
Shelton, WA 98548

Probates-Wills-Powers of Attorneys-
Deeds-Foreclosures

Julie Cook
Attorney at Law

P.O. Box 821 / 613 West Pine St Phone: 360-427-5616
Shelton, WA 98584 JULIEKAYCOOK@Yahoo.com



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Assistance Dog Laws



Assistance Dogs in Public and in the community. Know the Law.

As a business owner, employee, or other member of the community, there are some important things you should be aware of regarding Assistance Dogs who have public access rights, as well as your rights as a business.

Assistance dogs include Guide Dogs who are trained to help people who are visually impaired, Hearing Dogs who alert people who are deaf or hard of hearing, and Service Dogs who are trained to help people with mobility and other physical disabilities. Service Dogs include Seizure Dogs and Autism Assistance Dogs.

Therapy Dogs” and “Emotional Support Dogs” are NOT Assistance Dogs. They do not perform a physical skill.

Along with public access rights, the person and his/her dog have the following responsibilities:

- * The dog must be well groomed, well behaved, under control, and trained for their task.
- * The dog must be on a leash.
- * The dog must be able to lie quietly beside the handler without blocking aisles or doorways
- * The dog may NOT ride in a shopping cart or sit in a person's lap while at a restaurant.

State House Bill 2822 passed and changed many RCW's regarding service animals and Washington state will be imposing \$500 fines for misrepresentation of a service dog starting January 1, 2019.

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kixfixing@gmail.com

360.490.8825



The Below ad is not associated with the Mason County Senior Center

MasonCountySeniors.com

Using the internet to connect seniors to services, information and each other.

- Cut your cable bill
- Buy and sell
- Connect with friends and family
- Connect with area senior services providers

SIMPLE ★ ECONOMICAL ★ RESPECTFUL

mccombwagner.com

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Need to Dial-A-Ride?

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360-427-5033

Service Hours
Monday-Saturday
6:00 AM - 8:00 PM

Reservation Hours
Monday-Saturday
8:00 AM to 5:00 PM

August 2019 Activities

Every Monday	Every Tuesday	Every Wednesday	Every Thursday	Every Friday	Every Weekend
8 & 8:45 Gentle Tai Chi 9-10 Begin Line Dance 9:00 Mexican Train Dominoes 10:00 Walkers 10:00 Cribbage 12:00 Bridge 12:45 Gentle Tai Chi 4:30 Open Sew 5:30pm Zumba Gold	8:00 Gentle Yoga 9:00 Line Dance-Int./Adv. 10:00 Walkers 10:00 Cribbage 12:00 Bridge 12:45 Gentle Tai Chi 4:30 Open Sew 5:30pm Zumba Gold	8 & 8:45 Gentle Tai Chi 9-10 Beginning Line Dance 9:00 Mexican Train Dominoes 10:00 Cribbage 10:00 Int./Adv. Line Dance 12:30 Pinochle (Int.,Adv) 1:00 Hand & Foot Cards 4:15-5:05pm Seated Zumba 5:30pm Zumba Gold	8:00 Gentle Yoga 9:00 Line Dance - Int./Adv. 9:00 EZ Crafters 9:00 Jokers Rule! 10:00 Cribbage 12:00 Bridge 12:45 Gentle Tai Chi 1:00 Bingo 1:00 Mahjong	8 & 8:45 Gentle Tai Chi 9:00 Mexican Train Dominoes 10:00 Open Line Dance 12:00 Pinochle (begin/all) 1:00 MCSAA Goes to the Movies 1:00 Chorus	Saturday/Sunday Mama Mia Leave 11:30 3/4
Monday 12:00 Chicken Alfredo	Tuesday 10:00 Walkers: open 12:00 Spaghetti 4:30-6:30 Open Sewing	Wednesday 10:00 A Matter of Balance 11:00 Free Eye Glass Adjustment and Cleaning 12:00 Pork Stroganoff	Thursday 12:00 Hearty Veg Soup Turkey & Veg Wrap 8:00 Seated Yoga 10:30 Blood Pressure Check 1:30 Paper Crafting 101 12:00 Beef Stir Fry	Friday 11:15 Salmon Ceremony Lunchtime Music: John Schwennesen 1:00 MCSAC Chorus 11:30 Baked Fish 10:00 Safety Meeting Lunchtime Music: Richard Shatto 12:00 August Birthday Party 1:00 MCSAC Chorus 5:00 Spirited Art 6:00 Friday Fun Night 11:30 Sausage & Pasta	2 9 16 17/18
5 12:00 Beef or Veg Taco Salad V	6 10:00 Walkers: Lake Sylvia St. Pk. 10:45 Member meeting 12:00 Veg & Cheese Quiche V 4:30-6:30 Open Sewing	7 10:00 A Matter of Balance 11:00 Free Eye Glass Adjustment and Cleaning 12:00 Pork Stroganoff	8 9:45 Seattle Underground 10:30 Newsletter editing 10:30 Blood Pressure Check 11:00 Medicare Class 12:00 Meatloaf 4:30 Beginning Quilting Class	15 Foot Care by Appt 10:00 A Matter of Balance 12:00 - 1:00 Area Agency on Aging 12:00 Asian Chicken Salad	10/11 23 30
12 12:00 Beef or Veg Taco Salad V	13 10:00 Walkers: Lake Sylvia St. Pk. 10:45 Member meeting 12:00 Veg & Cheese Quiche V 4:30-6:30 Open Sewing	14 Foot Care by Appt 10:00 A Matter of Balance 12:00 - 1:00 Area Agency on Aging 12:00 Asian Chicken Salad	15 Foot Care by Appt 10:30 Blood Pressure Check 1:30 Paper Crafting 101 11:00 Medicare Class 12:00 Chicken Pot Pie 4:30 Beginning Quilting Class	16 Lunchtime Music: John Schwennesen Foot care by Appt 1:00 MCSAC Chorus 11:30 Tuna Casserole 7:00 pm Square Dancing	17/18 24/25
19 12:00 Salisbury Steak	20 Foot care by Appt 10:00 Walkers: Seattle Trip 12:00 Country Fried Steak 4:30-6:30 Open Sewing	21 Redwind Casino 9:00 Joy of Painting 10:00 A Matter of Balance 12:00 Tuna Cakes 12:30 Volunteer Appreciation	22 Foot Care by Appt 10:30 Blood Pressure Check 1:30 Paper Crafting 101 11:00 Medicare Class 12:00 Chicken Pot Pie 4:30 Beginning Quilting Class	23 Foot care by Appt 8:15 Kite Festival Lunchtime Music: Sarah Huey 1:00 MCSAC Chorus 11:30 Veg Lasagna V	24/25
26 Priority Footwear 12:00 Chicken Caesar Salad	27 Newsletter mailing team 10:00 Walkers Fudge Point State Park 12:00 Taco Casserole 4:30-6:30 Open Sewing	28 12:00 Beef or Veg Burger V 1:00 Receptionist Meeting	29 12:00 Chicken Teriyaki 4:30 Beginning Quilting Class	30 9:15 Washington State Fair Lunchtime Music: Sarah Hurley 11:30 Tamale Pie 1:00 MCSAC Chorus	31/1

Senior Nutrition Program August 2019

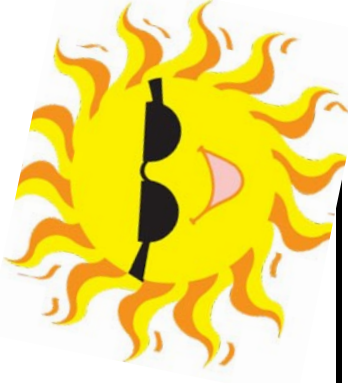
Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
5 Chicken Broccoli Alfredo Pasta Salad Bar Oranges	6 Spaghetti & Meatballs Salad Bar Applesauce Garlic Bread	7 Pork Stroganoff Rotini Noodles Mixed Green Salad Cantaloupe	8 Beef & Pepper Stir Fry Steamed Rice Salad Bar Mandarin Oranges	9 SITE CHOICE Sausage & Pasta Salad Bar Applesauce
12 Beef or Vegetarian Taco Salad Chips & Salsa Grapes	13 Veggie & Cheese Quiche Salad Bar Apples Slices	14 Asian Chicken Salad w/Sesame Dressing Watermelon Dinner Roll	15 SITE CHOICE Homemade Meatloaf Mashed Potatoes w/ Gravy Salad Bar Applesauce	16 Tuna Noodle Crunch Casserole Mixed Green Salad Fresh Fruit
19 Salisbury Steak Mashed Potatoes & Gravy Salad Bar Fresh Melon	20 Country Fried Steak Mashed Potatoes W/ Gravy Salad Bar Fresh Fruit	21 Tuna Cakes Scalloped Potatoes Salad Bar Spiced Pears	22 Chicken Pot Pie Salad Bar Tropical Fruit	23 Veggie Lasagna Salad Bar Fresh Fruit Garlic Bread
26 Chicken Caesar Salad Marinated Tomato & Zucchini Salad Grapes	27 SITE CHOICE Taco Casserole Chips & Salsa Salad Bar Peaches	28 Swiss Mushroom Beef or Veggie Burger Oven Roasted Potatoes Salad Bar Watermelon	29 Chicken Teriyaki Steamed Rice Asian Veggies Tropical Fruit Salad	30 Tamale Pie Salad Bar Pears

**(Menu Subject to change) **

Our meals are low sodium and prepared with diabetic diets in mind



August 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Sales Color Orange	Please do not leave your pets in the car	We have air conditioning	Call ahead for garage sale pick ups	1 Orange Tags 50% off	2 Furniture 25% off	3 All clothing 50% off
4 Closed	5 MCSAA 33% off	6 Seniors & Military Receive 25% Off	7 Books 60% off	8 Artwork 25% off	9 White Tags 25% off	10 Managers Choice
11 Closed	12 Coffee cups 4 for \$1.00	13 Seniors & Military Receive 15% Off	14 Kitchen Items 25% off	15 Kitchen Items 25% off	16 Hawaiian Shirts 50% off	17 Shoes 50% off
18 Closed	19 Orange Tags 75% Off	20 Seniors & Military Receive 15% Off	21 Books 50% off	22 Jewelry 25% off	23 Bathing suits 50% off	24 Clothing 50% off
25 Closed	26 Orange Tags 90%off	27 Seniors & Military Receive 15% Off	28 Everything out- side 25% off	29 Everything out- side 25% off	30 Dresses 50% off	31 Fabric and crafts 25%off
Closed	We pick up donations Call us at 360-427-0858	Make new friends, volunteer!	We are always looking for jewelry.	We Pick up your left over garage sale items!!!!	Nifty Thrifty is the major fund- ing 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.

PAID

INFO ENTERED

Member Card_

FOB

INIT _____

MASON COUNTY SENIOR ACTIVITIES ASSOCIATION



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



2019 Membership Application and Agreement

Last Name, First

Member #

New Member

Renewal

Key Tag X

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, its 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 its 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: ____/____/201__

SCHEDULED

WSP Check Completed

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
- Membership (or other) Committee
- Newsletter Publication
- Web Page updates
- Social Media Sites/Updates
- 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) Pavilion Event Chaperone
- Volunteer to help with Special events
- Cook/clean/prep for Special Events
- Decorate/Set up for Special Events
- Book/Provide entertainment
- Newsletter & Flyer distribution
- Newsletter folding, sealing & mailing
- Bingo Caller/set-up/take down/Karaoke Host
-
- Potluck Help
- Decorate the Center for seasonal cheer
- Make Crafts to sell or decorate
- Photography (take pictures at events and of Members)
- Trip Driver (must have clean driving record)
- Volunteer to help with Special events
- Community Ambassadors

I hereby authorize a background check to be done, required for all volunteers before starting any position.

Signature _____

DATE: ____ / ____ / 201__ PHONE # _____

Print Name: _____ DOB: ____ / ____ / ____

Any other names used? _____

Volunteer to help with Special events

Facility Management

- a. Electrical
- b. Plumbing
- c. Carpentry
- d. Handyman/Repairs
- e. Painting
- f. Janitorial
- g. Garden/Grounds

Clerical/Secretarial

- a. Data Entry
- b. Letter Writing
- c. Posters & Forms
- d. Emails
- f. Excel/Word/Publisher
- g. Transcribe Minutes/ Take Dictation

Miscellaneous

- a. Legal
- b. Grant Writing
- c. Fundraising
- d. Budgets/Bookkeeping
- e. Event Planning & Organization
- f. Finance & Accounting

Your Ideas: _____

Last Name, First

Member #

New Member

Renewal

Key Tag X