

Active Living



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

Mason County Senior Activities Center

December 2021

Elections Elections Elections

The coming December 21st General Membership meeting is very important for members to attend. At this meeting we will vote for five new board members. We want and need your input on who should be elected. This meeting lasts approximately 1 hour and voting is only once a year. Please attend and help us help you.

The current nominees for the board are Lori Shipman, Gary Miner, Leona Osterman, Patti Vernie, Synnove Pettersen, and Sam Selby. Their information is on pages 6 & 7.

If you haven't been at a board meeting, they cover many business topics: how to spend our money, fundraising, and at times advising on personnel matters. Our board takes these topics seriously and has done a great job. Board members also fill in where they can when help is needed. With the boards leadership our business has progressed positively and so has our bottom line!

We would like to thank our outgoing board member Clay Long for his work and dedication: helping behind the scenes, volunteering many hours and sharing his knowledge. Thank you Clay. We will miss you on the board.

Bill Bezanson and Marilyn Olson have one more year left of their terms.

Remember to come and VOTE!!!

Upcoming Events!!!

- Dec 10 Birthday Party
- Dec 14 Board Meeting
- Dec 15 Holiday Lunch, members only
- Dec 16 SHIBA
- Dec 21 General Membership Meeting--Elections
- Dec 24 Closed
- Dec 31 Closed

Center Holiday Closures 2021

- | | |
|----------------|------------------|
| January 1 | New Year's Day |
| January 18 | MLK Day |
| February 15 | Presidents Day |
| May 31 | Memorial Day |
| June 19 | Juneteenth |
| July 5 | Independence Day |
| September 6 | Labor Day |
| November 11 | Veterans' Day |
| November 25-26 | Thanksgiving |
| December 24 | Christmas |
| December 31 | New Years |

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Mason County Senior Activities Association

Annual membership dues are \$40

Activities Center "50 and Better Activities Center"

Address: 190 W. Sentry Dr., Shelton

Phone: (360) 426-7374

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

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

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

Staff:

Senior Center Manager: Penny Wilson

Activities & Volunteer Coordinator: Will Adams

Bookkeeper/Admin Assistant: Alex Banks

Kitchen Manager: Debra del Bosque

Kitchen Volunteers:

Judy Siegel Anita Pecoff
Denise Frantz Vivian Bentkowski

Receptionists:

Patt Matsen Denise Avery-Baeten
Ella Kowalski Laurie Woolett
Wendy Price

Center Hosts:

Doris Fredin Shirley Schober

Gift Shop: Open

Sunshine: Open

Van Drivers: Clay Long, Glenn Harper

Newsletter and Layout: Penny Wilson,

Editorial Committee:

Julie Whaley Gale Glenn
Avis Ross Patt Matsen
Steve Mutoli

Photography: Gale Glenn, Will Adams and Patti Vernie

Mailing Team: Gil Palmer, Al Lawrence, and Bill Bezanson

Distribution: Nila LeGault, Reiko Mauer and Steve Mutoli, Doris Fredin

The Senior Center is always looking for volunteers, if you are interested, please see Will

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

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Voted Mason County's Favorite Thrift Store

826 W. Railroad Ave., Shelton, WA 98584

(360) 427-0858

E-mail: niftythrifty@hcc.net or

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

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

MCSAA

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

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

Open Monday-Saturday 9:30-5:00

Donations Monday – Saturday 10-4:30

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	Jan Kallinen	Rich Sawyers
Axel VanWormer	Jane Donahue	Cheral Cowser
Betty Thompson	Maxine Neese	Paul Kemmerr
Carole Pelela	Pamela Johnson	
Cynthia Middleton	Rachel Sedlaek	
Doug Kreklow	Reda Keller	
Gary Yuan	Ruth Coots	
Irene Moffatt	Vivian Bentkowski	
	Marilyn Olson	

Additional volunteers are always needed.

Call Michelle at 360-427-0858 to volunteer.

This institution is an equal opportunity employer.

2021/2022 Membership Bonuses

Nifty Thrifty Discount

In store, receive 20% off regular priced items of \$5 or more with some exceptions. Your 2021/2022 membership paper card must be shown before the cashier starts to ring up your order.

Meetings

MCSAA Board Meeting

Tuesday, December 14 th at 10:00 am

The MCSAA Board meets the second Tuesday of each month at 10:00 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 Manager Penny Wilson 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 2021 Board

President: Clay Long
Vice President: Bill Bezanson
Secretary: Gary Miner
Treasurer: Marilyn Olson
Lori Shipman
Leona Osterman

MCSAA General Membership Meeting
Tuesday December 21st at 10:00 am
Dining Room

Board Elections

The General Membership meeting for MCSAA is on the third Tuesday of each month at 10:00 am. All members in good standing (membership paid for 2021/22) are invited to the General Meeting. It is incredibly important to attend. The people who will be elected will help guide the future of our organization.

See page 6 for information about our nominees.

Bulletin Board

Please, if you want something posted on our bulletin board, you *MUST* give it to the receptionist or Will.

Center and Nifty Thrifty Wish List

We would greatly appreciate donations of:

Senior Center needs:

Decaf Coffee
Napkins

Community Cleanup Crew needs:

Trash grabbers
Safety vests (green, yellow, orange)

Nifty Thrifty needs:

Clear Packing Tape
1" Masking Tape
Large Padded Envelopes
Plastic Grocery Bags
Bubble Wrap
Coffee
Sugar and Creamer
Large Black Garbage Bags



Thank you very much for your donations!



MCSAC Community Cleanup

Gale still has room for more volunteers to help clean up areas around Shelton. The city will provide a few grabbers, garbage bags and safety vests. Our next cleanup day will be Wed. Dec. 8th at 1:00 pm. We will meet at the Senior Center and go from there.

Bring: sturdy work gloves, grabbers, a 5 gallon bucket, safety vest, bottled water and please wear sturdy shoes.



Inclement Weather

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 & 103.3 FM or Seattle TV stations for details.

Services for All Seniors at Mason County Senior Activities Center

Current MCSAC Membership is NOT required for the following Services.

Senior Center Cafe

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

Suggested minimum donation of \$3 per meal. Meals are open to the public but rules of the building will be strictly enforced.

Special Diet needs may not always be available.

If you are not a member of the MCSAA you are required to check in at the kiosk as a new user (the first time) and be willing to show your vaccination card.

Meals on Wheels Services are available which provide nutritious meals to older and disabled adults who are homebound and meet assessment criteria. *Mason County Residents call (360) 586-6181 Ext 124.* Meals are provided by **Senior Services for South Sound**

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 **Todd at Thurston County Food Bank** for information:

360-352-8597 x206.

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

Abundance Table — We are again 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., Dec 16 from 11 am to 12:30 pm

Free Zoom Presentations. Choose *one* of these available appointment times:

“Welcome to Medicare”

Wed., Dec 1 from 10 am to noon

Thurs., Dec 16 from 10 am to noon

Tues., Dec 21 from 1 pm to 3 pm

“How to Prevent Medicare Fraud Zoom Events”

Thurs., Dec 2, from 1:00 pm to 2:00 pm

To pre-register to reserve your Zoom webinar spot: 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.

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.

Priority Footwear- The 4th Monday of every month. Provides easy access to comfortable, custom fit, therapeutic footwear for the Diabetic community. Call Patty Popowich CFTS (360-593-1985) for an appointment.

November Birthday Celebrants



Members, come celebrate your birthday at the Senior Center at noon on the second Friday of your birth month. Enjoy a beautifully decorated birthday cake by Sue Puls and ice cream.

At 11:30 am, for members-only with a birthday during December you are welcome to a free lunch. Bring your current membership card and photo ID. (Regular price for everyone else.)

December has 50 member birthdays. Come help us celebrate them.

Above: John plays for us. We are lucky to have him.

Below: Cake and ice cream for our birthday party.





Gary Miner
Current Board Secretary

I've been a member of the Senior Center for nearly 15 years. I have served on the Board for almost 6 years total, and am currently the board Secretary. I worked in Civil Engineering for almost 50 years. I coordinated the \$400 thousand grant, for the Senior Center, with the State of Washington. I am interested in running for the Board for another term.

Officer in the escrow field prior to working for MCSAA serving as the Activity Coordinator for 3 years helping with the move to the Pavilion. I feel like I laid the foundation for the daily activities at the center that are still in place today. I was given the opportunity of daily management of the center so I am aware of the work that needs to be done to keep the center running as smoothly as possible. I'm excited to help move the center forward after Covid to be the amazing place it is. Please consider me to continue my position on the board.



Lori Shipman
Current Board Member

I have lived in Mason County for over 35 years, have raised my 3 children here and now grandchildren. I had been gone for a while but after the loss of my husband I knew I needed to come home to my MCSAA family.

I worked as a WA State Limited Practice



Synnove Pettersen
Current Board Member

Synnove was born in Norway, moved at a young age to Canada with her family. She studied at the Art Center College of Design in Los Angeles on a scholarship. She lived a few years in Mexico exhibiting her art with a group of local artists. Returning to the US she worked for Arthur Food Services as Dining Room manager in the Dodger Stadium Club and sold residential real estate with Caldwell Banker. Moved to Shelton in 1998. She has been a member of the Mason County Senior Activities Association since 2008 where she participates and volunteers in many of the activities.



**Leona Osterman
Current Board Member**

I was born and raised in Shelton and graduated from Irene S. Reed High School (now Shelton High School) in 1955. I spend 3 days a week at the Senior Center, 2 of them for pinochle and 1 day for Bingo.

We have a great center for the community and I want to be part of it's continuing the services and encouraging new programs.



**Patti Vernie
Former MCSAA Executive Director**

I grew up in Cambria CA. I have 5 children, 10 grandchildren, and 2 great grandchildren. My work background is Human Resource management and District Coordinator over 27 stores for nearly 20 years with Kmart, Human Resource Generalist for the City of Glenwood Springs in Colorado.

After I married my husband Peter we were transferred around by our employer, Kmart. We started in Paso Robles, CA moved to Rancho Cucamonga, CA. From there we lived in Santa Fe and Albuquerque NM and then ended up in Glenwood Springs, CO. At this point we decided it was time to put down roots and we moved to Shelton to be near family in WA. I worked for the Washington Retail Association as a Claim and Safety Advisor for retailers statewide. MCSAA hired me in May 2011 to manage Nifty Thrifty. I was promoted to Executive Director in Fall 2017 and now that I'm newly retired I look forward to serving the senior center as a board member.



**Sam Selby
Former Board President**

Sam Selby has been a long time member and was a long time board member. After taking a hiatus she is ready to come back and share her knowledge and history of the Center and Association. She also knows what the job entails and the work that all the volunteers and staff do behind the scenes so that the Association and the Center can run like a well oiled machine. Sam feels that her prior history as a board member and her current volunteer status will aid and benefit the incoming board and looks forward to serving again.

Classes and Activities for Current Members

All classes subject to change. Please confirm with the receptionists

CLASSES FOR MEMBERS

CLASS NAME	DAY	TIME	COST
<p>Sewing Circle: Current project is the next raffle quilt. There are also other small projects to be made for sale at the boutique, bazaars or Nifty. You can also bring in projects that you might need help with, for example binding tips and tricks or general sewing projects.</p>	Thursday	9:30AM-12PM	\$1 donation
<p>EZ Crafters The crafters work on a variety of projects, many of which end up for sale in our annual bazaar.</p>	Thursday	9AM-12PM	\$1 donation
<p>Art Workshop 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.</p>	Monday	12:30-3:30PM	\$1 donation
<p>Woodcarving The Shelton chapter of the Capital Woodcarvers Club. The woodcarvers can provide assistance, training and access to tools and wood supplies. Located in the back of the dining room.</p>	<i>Coming</i>	<i>Soon</i>	<i>\$1 donation</i>
<p>Knit and Chat Come sit around the table; knit, chat and share all the projects we are currently working on and UFOs (unfinished objects) we all hide in the closet.</p>	Thursday	10AM-12PM	\$1 donation
<p>Machine Knitting Class Have you ever done machine knitting? Or wanted to try? In the MCSAC Sewing Room. Machines will be available for use during the class. Space is very limited, please sign up with reception.</p>	Thursday	12pm-4pm	\$1 donation
<p>MCSAC Chorus Come join our Chorus. Led by John Schwennesen, you will learn a variety of songs, old and new, in our relaxed setting. We meet around the piano in the dining room. Our singers have performed in a variety of locations and during our holiday parties.</p>	On hiatus		

Craft or Sew? Want to Teach?

We are looking for volunteers to teach classes. Share you passion with others. The sky is the limit. Let us know what you can do and how often you want to teach. We have rooms, supplies and members who want to learn. If interest please contact Penny at manager@mcsac.net or Will at activities@mcsac.net.

Classes and Activities for Current Members

FITNESS FOR MEMBERS			
DESCRIPTION	DAY	TIME	COST
Tai Chi: At the Center	Monday Tuesday Wednesday Friday Friday	8:15-9:00 AM 10:00-10:45 AM 8:15-9:00 AM 8:15 -9:00 AM 10:45-11:30 AM	\$1 donation
Tai Chi: Zoom	Wednesday Thursday	W 8:15-9:00 AM TH 10-10:45 AM	\$1 donation
Line Dance: At the Center	Monday Wednesday Friday	9-11:00 AM	\$1 donation
Line Dance: Advanced at the Center	Tuesday Thursday	10 -11:30 AM	\$1 donation
Yoga: Zoom	Tuesday Thursday	8:30-9:15 AM	\$1 donation
Yoga: At the Center	Tuesday Thursday	8:30-9:15AM	\$1 donation
Senior Walkers (April-October)	Tuesday	Hiatus until spring	\$1 donation

GAMES FOR MEMBERS			
DESCRIPTION	DAY	TIME	COST
Bingo	Thursday	1:00 PM	\$1 for 3 cards
Bridge	Tuesday Thursday	12PM	\$1 donation
Cribbage	Daily	8:15AM	\$1 donation
Hand & Foot Fun card game with roots in Canasta	Friday	12PM	\$1 donation
Jokers Rule! Learn this fun game with cards and marbles	Thursday	9AM	\$1 donation
Mahjong Come learn American League rules	Thursday	10AM	\$1 donation
Mexican Train Dominoes	Monday Wednesday Friday	10AM	\$1 donation
Pinochle (Beginning)	Friday	12PM	\$3 donation
Pinochle (Intermediate/Advanced)	Monday Wednesday	12:30PM	\$3 donation

December 20

Every Monday	Every Tuesday	Every Wednesday
8:15 Cribbage 8:15 Gentle Tai Chi 9:00 Line Dance 10:00 Mexican Train 12:00 Lunch 12:30 Pinochle 12:30 Artists Workshop	8:15 Cribbage 8:30 Zoom Yoga 8:30 Yoga 10:00 Line Dance 10:00 Tai Chi 12:00 Bridge 12:00 Lunch	8:15 Cribbage 8:15 Gentle Tai Chi 8:15 Zoom Tai Chi 9:00 Line Dance 10:00 Mexican Train 12:00 Lunch 12:30 Pinochle
Monday	Tuesday	Wednesday
		1 Pork Roast
6 Chicken Broccoli Alfredo Pasta	7 Meatloaf	8 Tuna Salad
13 Spaghetti Footcare	14 10:00 Board Meeting BBQ Chicken	15 Holiday Lunch - Members only
20 Baked Chicken	21 10:00 General Meeting-Elections Chili	22 Turkey ala King
27 Soup and Salad	28 Tuna Casserole	29 Beef Stew

2021 Activities

Every Thursday	Every Friday	Every Weekend
8:15 Cribbage 8:30 Zoom Yoga 8:30 Yoga 9:00 E-Z Crafters 9:00 Joker's Rule 9:30 Quilting 10:00 Line Dance 10:00 Zoom Tai Chi 10:00 Knit and Chat 10:00 Mahjong 12:00 Bridge 12:00 Machine Knitting 12:00 Lunch 1:00 Thursday Bingo	8:15 Cribbage 8:15 Gentle Tai Chi 9:00 Line Dance 10:00 Mexican Train 10:45 Tai Chi 11:30 Lunch 12:00 Pinochle 12:00 Hand & Foot	
Thursday	Friday	Saturday/Sunday
2 Biscuits and Gravy	3 Chicken Enchilada Casserole	4/5
9 Taco Casserole	10 12:00 December Birthday Celebration Salisbury Steak	11/12
16 11:00 Shiba - Medicare Seminar Footcare Shepherd's Pie	17 10:30 Newsletter Editing Turkey Roast	18/19
23 Tamale Pie	24 Closed	25/26
30 Sausage and Pasta	31 Closed	



Board Members and Employees serving turkey, stuffing, mashed potatoes, gravy, yams, green bean casserole, cranberry sauce, rolls and biscuits. What a spread all our wonderful volunteers and Kitchen Manager Debra made for us!



Full stomachs and fellowship. What more could you ask for.



After a full plate of food who has room for pie...well everyone of course.




I know we said, no guests but, when the radio station comes to see what is happening at the Senior Center... we should give them a taste of Debra's home cooking. Here is the website address to see the video they shot-- https://www.ifiberone.com/south_sound/.

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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 special events. 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 and emails over 800 newsletters to its members and distributes another 500+ 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 Manager at Manager@mcsac.net or 360-426-7374 for more information about the benefits of becoming one of our Corporate Sponsors.

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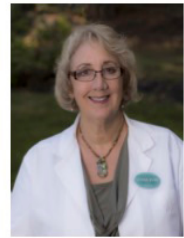
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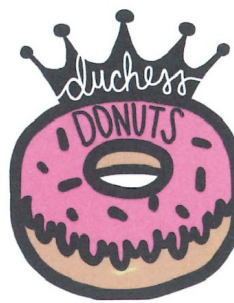
Fish Fry
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Cost \$10

Fish & Fries, Coleslaw & Drink

*public
Welcome*



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unioncity27@gmail.com



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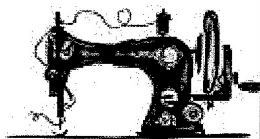
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Guest Reminder

Guests must be accompanied by a member, show their vaccination card and register on the kiosk as a new user. You may be a guest twice before you are required to join to participate in activities.

Shelton-Mason County Journal

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MKT-5894M-A

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 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."

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



2021/2022 Membership Application and Agreement

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

- Our excellent Active Living Newsletter every month
- Free birthday Lunch on the third Friday in the month of your Birthday
- 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 \$40 per person and non-refundable. Membership is for those 50 or better, however, spouses of a 50+ member, that are not yet 50, may join as an Associate (non voting) member.
 Make checks payable to M.C.S.A.A. (Mason County Senior Activities Association)

Please, PRINT all information CLEARLY

FIRST NAME: _____ MIDDLE _____

LAST NAME _____ NICKNAME _____

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

CELL _____ - _____ - _____ EMAIL ADDRESS _____ @ _____

MAILING ADDRESS: _____, _____, _____, zip _____

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

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

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

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

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

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

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

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

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

Signature _____ DATE: ____/____/20__

Last Name, First

Member #

New Member

Renewal Key Tag

SCHEDULED

WSP Check Completed

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

Volunteers are the Heart and Soul of our Center.*If you would like to volunteer your talents to our organization, please check those areas where you would like to help below.***Volunteer Questionnaire**

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

- Serve on the MCSAA Board
- Newsletter Publication
- Newsletter & Flyer distribution
- Newsletter folding, sealing & mailing
- Teaching Computer Classes: Beg/Inter or Adv
- Teach _____ Class (fill in your skill)
- Teach Genealogy Class
- Teach a Health/Diet/Nutrition Related Class
- Teach a writing class
- Teach a _____ exercise class
- Reception Desk (answering phones, taking money, trips, registering new members, computer use)
- Host (Make Coffee/tea/ maintain treats & utensils)
- Volunteer to help with Special events
- Cook/clean/prepare 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? _____

Senior Center Café Menu December 2021

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Pork Roast Mashed Potatoes and Gravy Veggies Fruit	2 Biscuits and Gravy Mixed Veggies Fruit	3 Chicken Enchilada Casserole Green Salad Fruit
6 Chicken Broccoli Alfredo Pasta Fruit	7 Meatloaf Mashed Potatoes with Gravy Mixed veggies fruit	8 Tuna Salad Veggie Soup Fruit	9 Taco Casserole Green Salad Fruit	10 Salisbury Steak Scalloped Potatoes Mixed Veggies Fruit
13 Spaghetti Green Beans Fruit	14 BBQ Chicken Scalloped Potatoes Veggies Fruit	15 Holiday Dinner Ham Roasted Potatoes Yams Asparagus Pie	16 Shepherd's Pie Green Salad Fruit	17 Turkey Roast Mashed Potatoes with Gravy Green Beans Fruit
20 Baked Chicken Mashed Potatoes and Gravy Veggies Fruit	21 Chili Corn Bread Green Salad Fruit	22 Turkey ala King Rice Fruit	23 Tamale Pie Green Salad Fruit	24 Closed
27 Soup Salad Dinner Roll or Bread Fruit	28 Tuna Casserole Broccoli Fruit	29 Beef Stew Biscuits Fruit	30 Sausage Pasta Green Salad Fruit	31 Closed

Menu is subject to change



December 2021 Nifty Thrifty Store



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Sales Color Green	Happy Holidays	Call for Donation Information	1 Green Tags 50% off	2 Knickknacks 25% off	3 Regular Priced Clothing 50% off	4 Regular Priced Clothing 50% off
5 Closed	6 MCSAA Members 33% off	7 Seniors & Military Receive 15% Off	8 Books 50% off	9 Books 50% off	10 Kitchen Items 25% off	11 White Tags 25% off
12 Closed	13 Shoes 50% off	14 Seniors & Military Receive 15% Off	15 Electronics 25% off	16 Jewelry 25% off	17 DVD and VHS 50% off	18 Managers Choice
19 Closed	20 Green Tags 75% off	21 Seniors & Military Receive 15% Off	22 Christmas Items 50% off	23 Shoes 50% off	24 Closed	25 Closed Happy Holiday!
26 Closed	27 Green Tags 90% off	28 Seniors & Military Receive 15% Off	29 Furniture 25% off	30 Kitchen 25% off	31 Close at 3 Today! Happy New Year!	Closed
31 Closed	Mask Required	Make new friends, volunteer!	Thank You for all of your support	We have a varied donation schedule please call 360-427-0858	Nifty Thrifty is the major funding source for the MCSAA	Hours Mon -Sun 9:30-5:00