

Active Living



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

Mason County Senior Activities Center

December 2022

Vote For Your New Board Members

We will be voting for three board members at our General Members Meeting on December 20th. We encourage members to come and vote. Following the meeting we have scheduled a speaker from the Northwest Justice Project to talk about what legal resources are available to seniors. There is a flyer on the bulletin board for more information.

Christmas in the Islands is the theme for our annual Christmas lunch. This will be a member only event. No guests please. We will have performances by our line dancers, the Friday choir and live music by the Jacked Lords, Olympia's premier surf band performing classic and original surf tunes from the 60's to the present. Since our theme of our party is the Islands, please wear your Hawaiian shirts and muumuus if you have them. Our menu and punch will reflect this theme. We plan to serve this family style like we did at the annual picnic so if you want to volunteer to help serve or decorate that day, please speak with Alex or Teresa. We can use all the help we can get.

We will be having a monthly bowling trip on the second Tuesday of the month until the senior walkers start their season and then it may move to a different day. This is a fun way to get out with friends and from the last report the food is good at the lanes.

Nifty Thrifty has been doing well despite the construction, the construction is ongoing which could impact sales. Ninth street off of Franklin St. does have a sign for local access only which does apply to Nifty Thrifty customers. If you have donations, please call first to see if they are accepting that day. We are also asking for monetary donations towards purchasing new shopping carts. Shopping carts equal more sales which in turn helps the Senior Center. You can make donations at Nifty Thrifty or at the Senior Center. Just tell us how you want it designated and thank you for your support.

Upcoming Events!!!

- Dec 2 Victorian County Christmas
- Dec 8 Zoo Lights
- Dec 9 Birthday Party
- Dec 9 Friday Fun Night
- Dec 13 Bowling Trip
- Dec 13 Board Meeting
- Dec 14 Christmas in the Islands
- Dec 14 Community Clean Up Crew
- Dec 20 General Meeting --
ELECTIONS
- Dec 26 Closed

Center Holiday Closures 2022/2023

December 26	Christmas
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

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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 Web: www.mcsac.net

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

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

Staff:

Senior Center Director: Penny Wilson

Activities Coordinator: Teresa Sanders

Bookkeeper/Volunteer Coordinator: Alex Banks

Kitchen Manager: Debra del Bosque

Kitchen Volunteers:

Judy Siegel Denise Murchison

Receptionists:

Patt Matsen Denise Avery-Baeten
Wendy Price Carla Tranum

Center Hosts:

Doris Fredin Shirley Schober

Gift Shop: Open

Sunshine: Open

Van Drivers: Glenn Harper, Bill Price, Gary Miner,
Irene Garavito, Mike Mosberger, Mat Taylor,
Ava Taylor, Kyle Banks

Newsletter and Layout: Penny Wilson

Editorial Committee:

Julie Whaley, Gale Glenn, Avis Ross,
Patt Matsen, Steve Mutoli, Gary Miner,
Dave Pierik, Linda Frizzell

Photography: Gale Glenn and staff

Mailing Team: Gil Palmer, Bill Bezanson,
Mike Mosberger, Dorothy Calleja

Distribution: Reiko Mauer, Steve Mutoli,
Doris Fredin

The Senior Center is always looking for volunteers.
If you are interested, please see Alex Banks, our
Volunteer Coordinator.

Greatest needs right now:

Volunteer Dishwashers, Receptionist, Hostess

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 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 2022/2023 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	Irene Moffatt	Vivian Bentkowski
Axel Van Wormer	Jan Kallinen	Marilyn Olson
Betty Thompson	Jane Donahue	Rich Sawyers
Carole Pelela	Maxine Neese	Cheral Cowsert
Cynthia Middleton	Rachel Sedlaek	Wayne Souza
Doug Kreklow	Reda Keller	Denise Miner
Gary Yuan	Ruth Coots	

Additional volunteers are always needed.
Call Michelle at 360-427-0858 to volunteer.
This institution is an equal opportunity employer.

2022/2023 Membership Bonuses

Nifty Thrifty Discount

In store, receive 20% off regular priced items of \$5 or more with some exceptions. Your 2022/2023 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.

Meetings

MCSAA Board Meeting

Tuesday, Dec 13th 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 and give the request directly to MCSAA Board President Gary Miner 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 2022 Board

President Gary Miner
Vice President Bill Bezanson
Treasurer Marilyn Olson
Secretary Lori Shipman
Leona Osterman
Synnove Pettersen
Patti Vernie
Sam Selby

MCSAA General Membership Meeting
Tuesday Dec. 20th at 9:15 am

Vote For Your New Board Members!

Speaker from: Northwest Justice Project

The General Membership meeting for MCSAA is on the third Tuesday of each month at 9:15 am. All members in good standing and current paid membership are invited to the general meeting. As always it is incredibly important to attend.

If items need to be voted on, this is when that happens.

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 1:30 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 1:15 pm. Please follow the rules of the cinemas.

Tuesday Movie at the Senior Center

The Senior Center presents a film nearly every 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.

You are required to show your vaccination card if you are not a member of MCSAA. If you are a member of the MCSAA, you are required to have your vaccination card on file.

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 Dec 14th.

Zumba Gold with Sarah Martin

Tuesday and Thursdays 5:30-6:30 pm. \$5 per class. Punch card option available.

Financial Fitness with Darrell McVea

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

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., Dec. 15 from 11 am to 12:15 pm

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

"Welcome to Medicare"

Wed., Dec. 7 from 10 am to noon

Tues., Dec. 20 from 1 pm to 3 pm

Thurs., Dec. 15 from 10 am to Noon

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.

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.**

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. 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.

A Matter of Balance Classes

A Matter of Balance classes are now being offered. Sign up now for the next session starting in early 2023. Classes will be held on Thursdays at 1 to 3 pm for 8 weeks. Cost is \$10 for the 8 week session.

Mason County Senior Activities Association "FUN"draisers



Friday Fun Night

Theme is Christmas

Friday Dec. 9th 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!

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.

November Birthday Celebrants



Members, please come celebrate your birthday at the Senior Center on December 9th.

At 11:30 am before the party, current members with a birthday during the month of December are welcome to a complimentary lunch. Bring your current membership card and photo ID. (\$4 suggested donation for everyone else.)

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

December has 49 member birthdays.



2023 Mason County Senior Activities Association Board Nominees



Marilyn Olson

I enjoy being at the Senior Center and helping where I can. I volunteer at Nifty Thrifty and here at the center during special events. My husband and I head up the Parkinson's Support Group here at the Center. I know the importance of the role that MCSAA serves in the community and to each of it's members. My background in business management and volunteering with various organizations, makes me well suited for a position on the board. I care about people and would love to continue to help "behind the scenes" here at the center.



Irene Garavito

I have benefited from the camaraderie and friendships that have developed from attending the Senior Center, especially during the pandemic. Due to varied interests, I've been involved with the morning cards & Dominoes group, the knit and crafters group, been on a few hikes, and have been a volunteer driver for events and worked the kitchen for Friday Fun Nights. Professionally, I worked as an EMT, nurse, 911 dispatcher, and in human resources for state government. What this says about me is that I have the Helper Gene, it's part of my fabric, and I believe I would be an asset to the Board. I am community minded and would like to see our participation in Expo & Bite of Mason County or the Forest Festival Parade. Increased exposure reminds others of our presence in the community and could also increase membership numbers.



Bill Bezanson

Bill has been on the board of the MCSAA for the last three years, serving as Vice President for the last two. He volunteers with the newsletter committee , folding and stuffing newsletters every month. He is here at the Senior Center most mornings playing cribbage and chatting with all here. He has also been a board member of other senior centers and Lewis Mason Thurston Area Agency on Aging. He feels his vast experience with other nonprofit organizations makes him an ideal candidate to continue serving as a board member of our organization.



Anita Pecoff

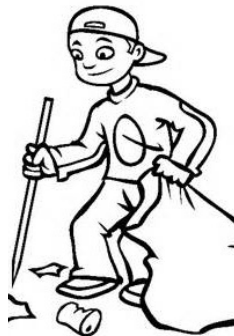
Anita has been a member of the Senior Center since 2016. She has been involved by volunteering for many different fundraising events, like Bingo Karaoke and different bazaars we have had over the years. She has also helped with the Community Clean Up Crew. She feels like she would be a good asset to the board with her volunteer experience.

MCSAC Community Cleanup Crew

We **NEED** 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 Wednesday, December 14th at 2:00 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.

This is a great way to show our community that we care!



Future Board Members:

The Three M's of
Nifty Thrifty
Michelle, Melissa, and
Mariah



The Glass Museum trip in Tacoma included a tour with guide, tea, cookies and a craft that all the participants could do. They also had lunch at the museum cafe. It was such a well liked trip, we plan to have another next year.

Interesting in being a vendor at our Spring Bazaar?
Please come in for an application or email director@mcsac.net

Spring Bazaar at the Pavilion Events Center April 1, 2023

10:00 am to 3:00 pm

Unique Gifts & Homemade Goodies

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

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



Proceeds benefit the Mason County Senior Activities Center,
190 W. Sentry Drive, Shelton 360-426-7374

Classes and Activities for Current Members

All classes subject to change. Please confirm with the receptionists

CLASSES FOR MEMBERS

CLASS NAME	DAY	TIME	COST
Quilting/Sewing Class There are also other small projects to be made for sale in our gift shop and bazaars. You can also bring in projects that you might need help with. If you need very specific help please don't hesitate to call and ask.	Thursday	9:00AM-12PM	\$1 donation
EZ Crafters The crafters work on a variety of projects, many of which end up for sale in our annual bazaar. The crafters also do all of our table decorations. The laughter from their room can be infectious.	Thursday	9AM-12PM	\$1 donation
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. The artists are a wealth of knowledge in technique and skill from beginner to advanced.	Monday	12:30PM-3:30PM	\$1 donation
Crafting with Teresa Every month Teresa will have a craft for you to create something great. All supplies will be provided.	1st Wed. of the month	1:00PM-3:30PM	\$5 donation
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.	Thursday	10AM-12PM	\$1 donation
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, if you are new please let us know by the Wednesday before so we have enough machines.	Thursday	12PM-3PM	\$1 donation
MCSAC Chorus Come join our Chorus. Led by John Schwennesen, you will learn a variety of songs, old and new, in our relaxed setting.	Friday	12:30PM-1:25PM	\$1 donation
Nifty Thrifty Book Club Bring a book you finished and let's discuss it. Haven't read anything lately? Still come and get recommendations. Our vision for this club is more about the enjoyment of reading, not required reading. We will meet in the carpeted room at the Senior Center.	Last Thursday of the month	1PM-2PM	\$1 donation
Community Clean Up Crew Our crew meets quarterly to pick up trash in Shelton. These volunteers do a great job for our community. December 14, March 8 and June 14, September 13.	Dates as shown	2 pm in December	

New

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 11:00-11:45 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
Tai Chi Slow Set: At the Center	Friday	1:30 PM - 2:30 PM	\$2 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)	See you	Next season	

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

2022 Decem

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--Intermediate 12:30 Artists Workshop	8:15 Cribbage 8:30 Zoom Yoga 8:30 Yoga* *8:15 3rd Tuesday Yoga 10:00 Line Dance--Advanced 11:00 Tai Chi 12:00 Lunch 12:30 Bridge 1:00 Movie at the Senior Center 5:30 Zumba with Sarah	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--Intermediate 1:00 Hand & Foot 1:00 Crafting with Teresa (1st Wednesday of the month)
Monday	Tuesday	Wednesday
	<p align="center">We wish to thank Sierra Pacific for their donation to our senior nutrition program.</p>	
5	6	7
Chili	Chicken Pot Pie	1:00 Crafting with Teresa: Tall Outdoor Welcome Sign Pork Roast
12	13	14
Soup and Salad	9:30 Board Meeting 11:30 Bowling Trip BBQ Chicken Sandwich	1:00 Parkinson's Support Group (in the sewing room) 2:00 Community Clean Up Crew Haircuts Christmas in the Islands
19	20	21
Swedish Meatballs	9:15 General Meeting Tuna Casserole	Meatloaf
26	27	28
Closed	8:00 Newsletter Folding 12:30-1:30 Volunteer Ice Cream Social 1:30 Last Tuesday of the month Movie Time Change Salisbury Steak	Haircuts Spaghetti and Meatballs

ber 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 9:00 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 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><i>Any major changes to our schedule will be posted on our Facebook page.</i></p>
Thursday	Friday	Saturday/Sunday
1	2	3/4
BBQ Chicken	9 Victorian Country Christmas Trip Chicken Cutlet	
8	9	10/11
3 Zoo Lights at Point Defiance Chicken Broccoli Alfredo Pasta	Noon December Birthday Party 6-9 Friday Fun Night Turkey Dinner	
15	16	17/18
Shepherd's Pie	10:30 Newsletter Editing Massage by Jessica Tamale Pie	
22	23	24/25
Teriyaki Chicken	Pasta with Sausage	
29	30	31
1:00 Nifty Thrifty Book Club (in the computer Lab) Biscuits and Gravy	Baked Fish	

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. Masks and/or proof of vaccination may be required at some locations.** We do accept credit cards at trip sign up. **Drivers and participants will be required to take a COVID test before all trips.**

December Trips



Dec. 2nd Victorian Country Christmas

Leave MCSAC at 9am
Cost for members \$40/Non-members \$45
Includes transportation and entrance.
Bring shopping and lunch money.
This is a walking trip.



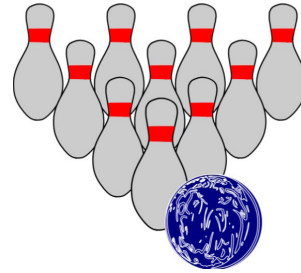
Dec. 8 Zoo-lights at Point Defiance

Leave MCSAC at 3pm
Cost for members \$40/Non-members \$45
Includes transportation and entrance.
Bring money for dinner.
This is a walking trip.

Dec. 13 Bowling Trip

Leave MCSAC @ 11:30 am
Members \$20/Non-members \$25
Includes transportation, shoe rental and two games. Lunch on your own.

January Trips



Jan. 10 Bowling Trip

Leave MCSAC @ 11:30 am
Members \$20/Non-members \$25
Includes transportation, shoe rental and two games. Lunch on your own.



Jan. 27 Volunteer Park Conservatory, Seattle

Leave MCSAC at 9:00 am
Members \$25/Non-members \$30
Includes transportation and guided tour. There are plants in bloom inside year round and the temperature is kept warm.
Lunch on your own

**Proud Sponsor of our 2022
Tuesday In-House Movie**

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

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."

Annie's
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Annie Gajadhar
 Janice Easton
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 Shelton, WA 98584
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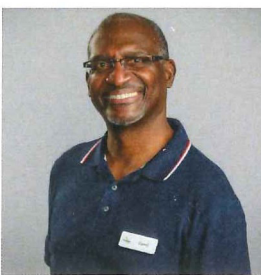
Become a Corporate Sponsor

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 at special events.

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



Peninsula
 CREDIT UNION



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

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

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360-898-3800

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

Sojourners Welcome!
Stated Communication 2nd Thursday
of each Month (In June, 3rd Thursday)
Dinner 6:30 (Public Welcome!)
Lodge 7:30 pm (Masons Only)

2 B >
Ask 1



At **Union City Lodge #27 F.&A.M.**
Across from Lucky Dog Casino
Questions: 360-280-9925
unioncity27@gmail.com

Edward Jones®



Karen Schade
Financial Advisor
1051 SE State Route 3
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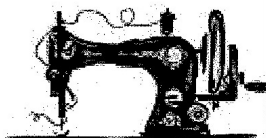
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MKT-5894M-A

Guest Reminder

Guests must 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.

MASON COUNTY SENIOR ACTIVITIES ASSOCIATION



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



Last Name, First

2022/2023/2024 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 \$50 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__

Member #

New Member

Renewal

Key Tag X

SCHEDULED

WSP Check Completed

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

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

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

- Serve on the MCSAA Board
- Newsletter Publication
- Newsletter & Flyer distribution
- Newsletter folding, sealing & mailing
- Teaching Computer Classes: Beg/Inter or Adv
- Teach _____ Class (fill in your skill)
- Teach Genealogy Class
- Teach a Health/Diet/Nutrition Related Class
- Teach a writing class
- Teach a _____ exercise class
- Reception Desk (answering phones, taking money, trips, registering new members, 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

December 2022 Mason County Senior Activities Center Lunch Menu

\$4 suggested donation for seniors 50+ \$8 for guests under 50 Mon-Thurs Noon-12:30 and Fri 11:30-noon		1	BBQ Chicken Scalloped Potatoes Mixed Vegetables Fruit	2	Chicken Cutlet Mashed Potatoes Gravy Mixed Vegetables Fruit
		8	Chicken Broccoli Alfredo Pasta Green Salad Fruit	9	Turkey Dinner
5	Chili Cornbread Green Salad Fruit	6	Chicken Pot Pie Mixed Vegetables Fruit	7	Pork Roast Mashed Potatoes Gravy Mixed Vegetables Fruit
12	Soup Salad Fruit	13	BBQ Chicken Sandwich Coleslaw Fruit	14	Members Only Christmas in the Islands
19	Swedish Meatballs Mashed Potatoes Gravy Mixed Vegetables Fruit	20	Tuna Casserole Mixed Vegetables Fruit	21	Meatloaf Mashed Potatoes Gravy Mixed Vegetables Fruit
26	Closed	27	Salisbury Steak Mashed Potatoes Gravy Mixed Vegetables Fruit	28	Spaghetti and Meatballs Green Salad Fruit
		22	Teriyaki Chicken Steamed Rice Mixed Vegetables Fruit	23	Pasta and Sausage Green Salad Fruit
		29	Biscuits and Gravy Mixed Vegetables Fruit	30	Baked Fish Scalloped Potatoes Mixed Vegetables Fruit



December 2022



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Closed	Green tags this Month	Call us about donations hours and times 360-427-0858	Happy Holidays Everyone!	1 Green tags 50% off	2 Regular Clothing 25% off	3 Linens 25% off
4 Closed	5 MCSAA Members Receive	6 Seniors & Military Receive 15% Off	7 Jewelry 25% off	8 Knickknacks 25% off	9 Lamps 50% off	10 White tags 25% off
11 Closed	12 Holiday 25 % off	13 Seniors & Military Receive 15% Off	14 Kitchen items 25% off	15 Christmas Decorations 50% off	16 Shoes 25% off	17 Books 25% off
18 Closed	19 Christmas Decorations 50% off	20 Seniors & Military Receive 15% Off	21 Electronics 25% off	22 Shoes 25% off	23 Lamps 25% off	24 CLOSED Happy Christmas Eve
25 Closed	26 Green tags 90% off	27 Seniors & Military Receive 15% Off	28 Furniture 25% off	29 Artwork 25% off	30 Regular Clothing 25% off	31 Closing at 3:00 p.m.
Closed	Green Tags this month!	Make new friends, volunteer!	We are always looking for jewelry.	Recycle!! Reuse !!! Repurpose!	Bring on the sunshine and good times !	Store Hours M-Sat 9:30-5:00 Closed Sunday