

Active Living



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

Mason County Senior Activities Center

February 2022

Does A Wet January Mean A Dry February?

We really hope so! Don't let the weather get you down. We have a few new things happening at the Senior Center and are getting excited for spring related activities.

But first some business:

Enclosed in our mailed newsletters is our Annual Report for our previous fiscal year. The annual report shows income and expenses as well as volunteer facts. As members, this is information that needs to be reported to you. We will be emailing a copy to all members who get the newsletter by email.

Due to the snow and the rain we now have a leak in the roof. We are hoping that it can be fixed soon. We have to wait for a clear sunny day and a dry roof.

Now for the fun:

Starting February 24th is the Nifty Thrifty Book Club. This club will meet on the 4th Thursday of every month from 1-3.

We are scheduling AARP Tax aide. Appointments are filling up fast. These are open to the public. Wednesday appointments only.

The Tuesday 1 pm movie at the Senior Center has been a blast. Can you beat a classic? There is no charge for the Tuesday Movie.

The Friday Senior Movie at Shelton Cinemas is going again with just a small time change..Due to staffing issues, the movie will start at 3 pm. If you are going to prepay, the cut-off time is 11 am Friday morning. See page 3 for details.

Upcoming Events!!!

- Feb. 8 Board Meeting
- Feb. 9 Parkinson's Support Group
- Feb.15 General Membership Meeting
- Feb. 17 SHIBA Medicare Meeting
- Feb. 21 Closed for Presidents Day

Center Holiday Closures 2022

January 1	New Year's Day
January 17	MLK Day
February 21	Presidents Day
May 30	Memorial Day
June 20	Juneteenth
July 4	Independence Day
September 5	Labor Day
November 11	Veterans' Day
November 24-25	Thanksgiving
December 26	Christmas

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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/>

[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 Wendy Price

Center Hosts:

Doris Fredin Shirley Schober

Gift Shop: Ella Kowalski

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 Gary Miner

Photography: Gale Glenn, Will Adams and Patti Vernie

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

Distribution: Nila LeGault, Reiko Mauer Steve Mutoli, and 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

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 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	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	Pamela Johnson	Paul Kemmerr
Doug Kreklow	Rachel Sedlack	Wayne Souza
Gary Yuan	Reda Keller	Denise Miner
	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, February 8th 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 Manager 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 Patti Vernie
Leona Osterman
Synnove Petterson
Lori Shipman
Sam Selby

MCSAA General Membership Meeting

Tuesday January 18th at 10:00 am
Dining Room

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 2022/23) 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

Please, if you want something posted on our front entrance 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
Disposable Coffee Cups
6 inch paper plates

Community Cleanup Crew needs:

Trash grabbers

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!

MCSAA at Shelton Cinemas Members Only

Fridays, usually at 3:00 pm, but times may vary. Call the Center.

Enjoy an afternoon of fun seeing first run movies. Current MCSAA membership is required. Prices: \$3.50 per person with advance payment before 11:00 am on Friday at the reception desk and \$4.00 at the theater. Doors open at 2:45 pm. Please follow the rules of the cinemas.

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 & 103.3 FM or Seattle TV stations for details.

Beyond the local news, we use two other forms of communication to let members know if we will be closed. We send out a robo-call, using our regular telephone number and a robo-text using the number 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 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.

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.

AARP Income Tax preparation -- We will begin scheduling appointments in mid-January. Appointments will be on Wednesday

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. Next meeting is February 9th.

Zumba Gold with Sarah Martin

January special: Attend Tuesday and the following Thursday is free. Tuesday and Thursdays 5:30-6:30 pm. \$5 per class. Punch option available.

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.

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., Feb. 17 from 11 am to 12:15 pm

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

"Welcome to Medicare"

Wed., Feb. 2 from 10 am to noon

Tues., Feb. 15 from 1 pm to 3 pm

Thurs., Feb. 17 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 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.

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.

January Birthday Celebrants



Members, come celebrate your birthday at the Senior Center on the second Friday of your birth month.

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

At noon we celebrate you. Enjoy a beautifully decorated birthday cake by Sue Puls and ice cream.

February has 43 member birthdays. Come help us celebrate them.



A huge thank you to Sue Puls for all the wonderful cakes you have provided all of these years. We appreciate it greatly

Senior Portraits

Beginning in March we will have a sign up sheet for individual Senior Portraits. Pictures will be taken by appointment on Thursdays after lunch. A digital copy can be emailed for you to print and share with your family and friends.

Great for holiday cards and all occasions.

Thank you Clay for your 6 years of service to the Senior Center. We appreciate you and thank you for all you have done for us.



New For Members

We have a new bulletin board for members only, located just above the abundance table.

All postings must be dated and will be allowed up for 14 days.

See Will for questions about exceptions.

Mask Policy

Out of respect for your current and future friends, please wear your mask properly (over your nose) when you are not *actively* eating or drinking. Together we can make this a safe place to be with our friends.

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/Open Sew 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. If you need very specific help please don't hesitate to call and ask. We have very talented members.</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. The crafter also do all of our table decorations. The laughter from their room can be infectious.</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. The artists are a wealth of knowledge in technique and skill from beginner to advanced.</p>	Monday	12:30-3:30PM	\$1 donation
<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, if you are new please let us know by the Wednesday before so we have enough machines.</p>	On hiatus	until April	
<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.</p>	On hiatus		
<p>Painting with Michelle, a youtube instructor Learn to paint new techniques while watching instruction on youtube. Class will be held in the sewing room. Once we have a starting date, a supply list will be available.</p>	Starting soon		\$1 donation
<p>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.</p>	4th Thursday of the month	1pm-3pm	\$1 donation

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
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

2022 February

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 10:00 Line Dance--Advanced 11:00 Tai Chi 12:00 Bridge 12:00 Lunch 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
Monday	Tuesday	Wednesday
	1	2
	BBQ Chicken	Chili
7	8	9
Chicken Pot Pie	10:00 Board Meeting Tuna Salad	1:00 Parkinson's Support Group Tamale Pie
14	15	16
Meatloaf	10:00 General Meeting Salisbury Steak	Tuna Casserole
21	22	23
Closed	Teriyaki Chicken	Shepherd's Pie
28		
Turkey and Veggie Soup		


ary 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--Advanced 10:00 Zoom Tai Chi 10:00 Knit and Chat 10:00 Mahjong 12:00 Bridge 12:00 Lunch 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 10:45 Tai Chi 11:30 Lunch 12:00 Pinochle--Beginning 12:00 Hand & Foot 3:00 Friday Senior Movie	1/2
Thursday	Friday	Saturday/Sunday
3 Biscuits and Gravy	4 Soup	5/6
10 Turkey Dinner	11 10:30 Newsletter Editing Sausage and Pasta	12/13
17 11:00 SHIBA Medicare Pork Roast	18 Footcare Chicken Broccoli Casserole	19/20
24 1:00 Nifty Thrifty Book Club BBQ Pork Sandwich	25 Spaghetti with Meat Sauce	26/27

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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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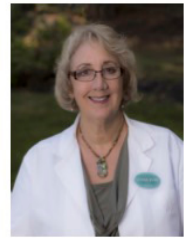
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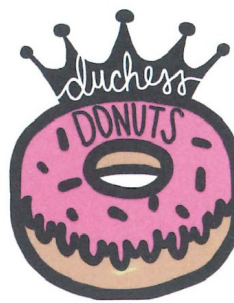
Fish Fry
Fri. Feb. 18th 4-7 pm
Cost \$13

Fish & Fries, Coleslaw & Drink

*public
Welcome*



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unioncity27@gmail.com



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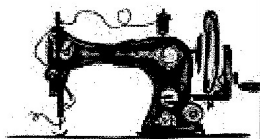
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Guest Reminder

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



Last Name, First

2022/2023 Membership Application and Agreement

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
- 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__

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 _____

Senior Center Café Menu February 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	1 BBQ Chicken Scalloped Potatoes Steamed Vegetables Fruit	2 Chili Cornbread Green Salad Fruit	3 Biscuits and Gravy Green Salad Fruit	4 Soup Green Salad Fruit
7 Chicken Pot Pie Green Salad Fruit	8 Tuna Salad Vegetable Soup Fruit	9 Tamale Pie Green Salad Fruit	10 Turkey Dinner	11 Sausage and Pasta Green Salad Fruit
14 Meatloaf Mashed Potatoes and Gravy Steamed Vegetables Fruit	15 Salisbury Steak Mashed Potatoes Steamed Vegetables Fruit	16 Tuna Casserole Green Salad Fruit	17 Pork Roast Mashed Potatoes and Gravy Steamed Vegetables Fruit	18 Chicken Broccoli Alfredo Green Salad Fruit
21 Closed for Presidents Day	22 Teriyaki Chicken and Rice Steamed Vegetables Fruit	23 Shepherd's Pie Green Salad Fruit	24 BBQ Pork Sandwich Coleslaw Fruit	25 Spaghetti with Meat Sauce Garlic Bread Green Salad Fruit
28 Turkey and Veggie Soup Green Salad Fruit				

Menu is subject to change



February 2022



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Sales Color Orange	Nifty Thrifty is the major funding source for the MCSAA	Senior & Military receive 15% off	Knick Knacks 50% off	Dish sets 25% off	Shoes 50% off	Orange Tags 50% off
6 Closed	7 MCSAA Members Receive 33% Off	8 Senior & Military receive 15% off	9 Artwork 25% off	10 Purses 25% off	11 Furniture 25% off	12 Regular Clothing 50% off
13 Closed	14 DVD /VHS 50% off	15 Senior & Military receive 15% off	16 Kitchen items 25% off	17 Electronics 25% off	18 Shoes 50% off	19 White Tag 25% off
20 Closed	21 Orange Tags 75% off	22 Senior & Military receive 15% off	23 Books 50% off	24 Regular Clothing 25% off	25 Kitchen 50% off	26 Crafts 50% off
27 Closed	28 Orange tags 90% off	Hello February it is the month of Love	Be Kind whenever possible, its always possible	Happy Valentines Day	Mask Required	Nifty Thrifty 360-427-0858
Voted Best Thrifty store in Mason County	Thank you for all the support	Make new friends, volunteer!	We are always looking for jewelry.	Recycle!!! Reuse !!! Repurpose!	Donation hours vary from day to day please call !	Store Hours M-S 9:30-5:00 Closed Sunday