

Active Living



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

Mason County Senior Activities Center

February 2023

Association News:

The new 2023 MCSAA board officers are:

- Gary Miner, President
- Bill Bezanson, Vice President
- Synnove Pettersen, Treasurer
- Lori Shipman, Secretary

Senior Center News:

At our General Membership Meeting, we will be voting on February 21, 2023 at 9:15 to either keep or remove our current member imposed vaccination policy. We will also be drawing for the quilt in reception so buy your tickets now.

AARP Tax aide appointments are now available. Appointments fill fast so, please sign up with the receptionist soon.

Nifty Thrifty News:

NiftyThrifty has seen some drop in business from the road construction but they are still very busy. So busy in fact, they need volunteers. Donations are pouring in they need help sorting, pricing, hanging, shelving and cashiering.

Policy Reminder For Both Locations:

It has been, and still is, the policy that we do not discuss politics, religion or controversial topics at either of our locations: Nifty Thrifty or the Senior Center. We understand that this can be difficult for some people, but we also want both locations to be a place where all members, staff and volunteers feel comfortable. We also understand that not everyone will agree with this policy.

Upcoming Events!!!

- Feb. 9 Seattle Chocolate Factory Tour
- Feb. 10 Friday Fun Night
- Feb. 14 Board Meeting
- Feb. 15 Senior Drivers Education
- Feb. 16 Birthday Party
- Feb. 21 General Meeting: Vaccine Vote
- Feb. 21 Bowling Trip
- Feb. 23 State Capital Tour
- Feb. 28 Volunteer Ice Cream Social
- Mar. 1 Painting w/The Painted Heart

Center Holiday Closures 2023

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

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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:

Denise Avery-Baeten Wendy Price

Carla Trantum Stacey Dickinson

Center Hosts:

Doris Fredin Shirley Schober

Gift Shop: Open

Sunshine: Open

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

Newsletter and Layout: Penny Wilson

Editorial Committee:

Julie Whaley, Gale Glenn, Avis Ross,
Steve Mutoli, Gary Miner, Dave Pierik

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

The MCSAA is a 501(c)3 Non-Profit

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 2023/2024 membership card
before cashier starts ringing up your order.
Your plastic key card is not proof of
current membership. Contact the
Center if you need another
cardboard card.**

Open Monday-Saturday 9:30-5:00

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

Your quality donations are needed!

Store Director: Michelle Marks

Assistant Manager: Melissa Elliot

Staff: Linda Trail, Cathy Jones and Moriah Ward

Dedicated Volunteers:

Aloma Perez

Axel Van Wormer

Betty Thompson

Carole Pelela

Cynthia Middleton

Doug Kreklow

Gary Yuan

Irene Moffatt

Jan Kallinen

Jane Donahue

Maxine Neese

Rachel Sedlaek

Reda Keller

Ruth Coots

Vivian Bentkowski

Marilyn Olson

Rich Sawyers

Cheral Cowsert

Wayne Souza

Denise Miner

Additional volunteers are always needed.

Call Michelle at 360-427-0858 to volunteer.

This institution is an equal opportunity employer.

2023 Membership Bonuses

Nifty Thrifty Discount

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

Members receive a discount on Pavilion rentals. For more details please see a staff member or contact pavilion@mcsac.net.

Meetings

MCSAA Board Meeting

Tuesday, February 14th 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 2023 Board

Gary Miner, President

Bill Bezanson, Vice President

Synnove Pettersen, Treasurer

Lori Shipman, Secretary

Leona Osterman

Marilyn Olson

Patti Vernie

Irene Garavito

**MCSAA General Membership Meeting
Tuesday February 21 at 9:15 am**

Vaccination Vote

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 February 8th.

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., Feb. 16 from 11 am to 12:15 pm

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

"Welcome to Medicare"

Wed., Feb. 1 from 10 am to noon

Tues., Feb. 21 from 1 pm to 3 pm

Thurs., Feb. 16 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.

AARP Tax-Aide

We are now setting appointments for AARP Tax-Aide. You must make an appointment. Appointments usually fill up fast. Tax-Aide will have one less preparer this year. Please call us at 360-426-7374 for your appointment.

Mason County Senior Activities Association "FUN"draisers Open to the public 21+



Friday Fun Night

Friday Feb. 10th 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.

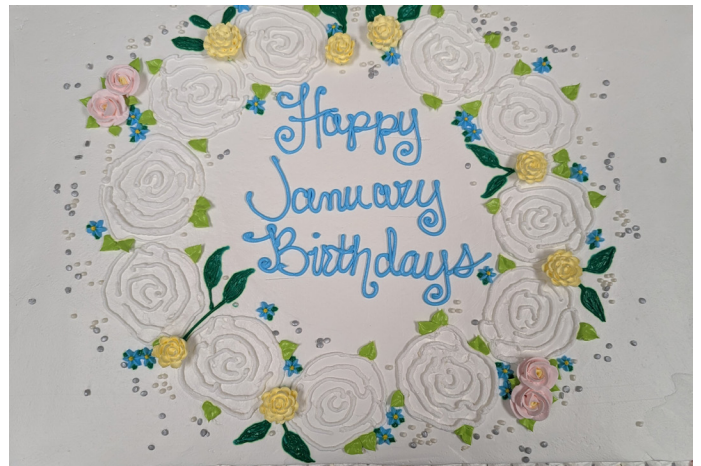
January Birthday Celebrants



Members, please come celebrate your birthday at the Senior Center on THURSDAY February 16th at 12:30PM

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

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



**Birthday Celebration on the 3rd
Thursday of the month at 12:30
after lunch.**

Parkinson's Disease And What The Senior Center Can Offer

Parkinson's Support Group Our Parkinson's Support Group is led by Marilyn and Carroll, both of whom lost spouses to Parkinson's. They offer information for both patients and caregivers. The group meets on the second Wednesday of the month.

Because of Marilyn and Carroll, who made the contacts, we are now offering:

- Rock Steady Boxing: In this program you will work on balance, hand eye coordination, and punch out your frustrations. Meets Monday's at 10:30 in the meeting room.
- Loud Crowd: The LOUD Crowd provides accountability and education through group sessions where SPEAK OUT! exercises are performed. Participants practice speaking with intent. As an added bonus, this maintenance program promotes camaraderie and provides support and encouragement. This group meets the 1st and 3rd Tuesday of the month in the meeting room.

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

SENIOR DRIVERS ED?????

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

Gerald Apple, A former SHS teacher, from WTSEA (Washington Traffic Safety Education Association) will be here on Wednesday, February 15th to teach the class.

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

This class is open to the public.

Vaccinations are required
Please register with reception

Wednesday Art Classes

On Mar. 1st The Painted Heart will be here to teach a painting class. All supplies included. \$40 for members \$45 for non-member guests. If there is enough interest we will schedule this class monthly.

Pastels with Annie will be starting a new class on Mar. 8th. This class will go for 3 consecutive weeks. All supplies included. \$50 for members \$55 for non-member guests.

Space is limited for both classes and we will have a waiting list.

Code of Conduct Reminder

The purpose of the Code of Conduct is to promote an atmosphere of harmony and understanding at the Mason County Senior Activities Center, assuring participants and staff alike, that the behavior of all in attendance will be guided by a common set of rules for the mutual benefit of all.

MCSAA supports the Activities Center and its events by selling donated items through Nifty Thrifty and the Center's Gift Shop. **Everything** that is donated to MCSAA at either the Railroad Avenue location or the Sentry Drive location should be sent either to Nifty Thrifty for pricing and sale or approved through the Center Staff to be utilized for the Association. Items that are donated to MCSAA should not be taken home by anyone unless they have been purchased through Nifty Thrifty or the Center's Gift Shop.

Please remember: Once an item is brought to MCSAA with the intention of donating it to MCSAA, it becomes the property of the Mason County Senior Activities Association. That item's sale should go either towards the Center's events or the functioning of the Association. We provide free services such as the Abundance Table as well as the Medical Lending Library. Items that are not on the Abundance Table or part of the Medical Library should **NOT** be considered "FREE."

Center Van Trips

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

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

February Trips

Feb. 9 Seattle Chocolate Factory Tour

Leave MCSAC at 8:30 am

Members \$40/Non-members \$45

This is a walking trip. There will be 15 steps you will have to go up.

Bring money for lunch and chocolates.

Feb. 21 Bowling Trip

Leave MCSAC @ 11:30 am

Members \$20/Non-members \$25

Includes transportation, shoe rental and two games. Lunch on your own.

Feb. 23 State Capital Tour

Leave MCSAC@ 9:00 am

Members \$15/Non-members \$20

Includes transportation and tour. This is a guided walking tour that takes about 50 minutes

Lunch on your own at Tugboat Annie's

Feb. 18 Out To Lunch Bunch Trip

Leaves MCSAC at 11:00

Shipwreck Cafe

Once a month, on the third Saturday, we will be going to lunch in Olympia. Cost to reserve your seat in the van is \$7. Lunch on your own. Limited 9 people.

March Trips

Mar. 10 Museum of Flight

Leave MCSAC @ 9:00 am

Members \$40/Non-members \$45

This is a large museum and be prepared to walk a lot.

Lunch on you own

Mar. 14 Bowling Trip

Leave MCSAC @ 11:30 am

Members \$20/Non-members \$25

Includes transportation, shoe rental and two games. Lunch on your own.

Mar. 18 Out To Lunch Bunch Trip

Leaves MCSAC at 11:00am

Location to be determined

Once a month, on the third Saturday, we will be going to lunch in Olympia. Cost to reserve your seat in the van is \$7. Lunch on your own. Limited 9 people.

Mar. 28 St. Martin's University Food & Wine Festival

Leaves MCSAC 11:00am

Members \$25/Non-members \$30

Bring money for lunch and shopping

In April bowling will be moving to the first Thursday of the month through the Walker's season. It will revert back to Tuesdays in November.

2023 February

Every Monday	Every Tuesday	Every Wednesday
8:15 Cribbage 8:15 Gentle Tai Chi 9:00 Line Dance 10:00 Mexican Train 10:30 Rock Steady Boxing 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
		1 1:00 Crafting with Teresa Sweet and Sour Pork
6 Shepherd's Pie	7 12:30 Loud Crowd Braised Pork Stew	8 1:00 Parkinson's Support Group Tamale Pie
13 Sausage and Pasta	14 9:30 Board Meeting Meatloaf	15 Senior Driver's Education BBQ Pork Sandwich
20 Closed	21 9:15 General Meeting 11:30 Bowling Trip 12:30 Loud Crowd 1:00 Movie Turkey Pot Pie	22 Baked Fish
27 Salisbury Steak	28 12:30 Volunteer Ice Cream Social 1:15 Movie BBQ Chicken	

ary Activities

Every Thursday	Every Friday	Every Weekend
<p>8:15 Cribbage 8:30 Yoga and Zoom Yoga 9:00 E-Z Crafters 9:00 Quilting/Sewing 10:00 Line Dance--Advanced 10:00 Zoom Tai Chi 10:00 Knit and Chat 12:00 Lunch 12:30 Bridge 1:00 Machine Knitting 1:00 Mahjong 1:00 Thursday Bingo 5:30 Zumba with Sarah</p>	<p>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>	<p><i>Any major changes to our schedule will be posted on our Facebook page.</i></p>
Thursday	Friday	Saturday/Sunday
<p>2</p> <p>Spaghetti and Meatballs</p>	<p>3</p> <p>Baked Chicken</p>	<p>4/5</p>
<p>9</p> <p>8:30 Seattle Chocolate Factory Trip 1:00 Family Story Writing</p> <p>Chili and Cornbread</p>	<p>10</p> <p>6:00 Friday Fun Night</p> <p>Turkey Dinner</p>	<p>11/12</p>
<p>16</p> <p>12:30 Birthday Party</p> <p>Tuna Casserole</p>	<p>17</p> <p>10:30 Newsletter Editing</p> <p>Biscuits and Gravy</p>	<p>18/19</p> <p>11:00 Out to Lunch Trip to Shipwreck Cafe</p>
<p>23</p> <p>8:00 Newsletter Folding 9:00 State Capital Trip 1:00 Nifty Thrifty Book Club</p> <p>Teriyaki Chicken</p>	<p>24</p> <p>Swedish Meatballs</p>	<p>25/26</p>

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 small projects to be made for sale in our gift shop and bazaars as well as general quilting.	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 or table decorations.	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.	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.	Thursday	10AM-12PM	\$1 donation
Machine Knitting Class Have you ever done machine knitting? Or wanted to try? In the MCSAC Sewing Room.	Thursday	12PM-3PM	\$1 donation
MCSAC Chorus Come join our Chorus. Led by John Schwennesen,	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.	Last Thursday of the month	1PM-2PM	\$1 donation
Family Story Writing Has your family been bugging you for stories. Start putting them down on paper. Starting January 12th	2nd Thursday of the month	1PM-3PM	\$1 donation
Pastels With Annie Learn pastels with our very own Annie Jones. This class will go for 3 weeks and include all supplies.	Wednesday Starting Feb 8th	1:30PM-3PM	\$50 for 3 session class
Painting with The Painted Heart --NEW In this class, you will complete a painting. Perfect for beginners, advanced or friends to do together. This will be offered once a month and includes all supplies.	Wednesday March 1	1PM-3PM	\$40 per class for members
Community Clean Up Crew Our crew meets quarterly to pick up trash in Shelton. These volunteers do a great job for our community. March 8 and June 14, September 13, December 13	Dates as shown	1PM	

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
Rock Steady Boxing with JR --NEW	Monday	10:30AM -12PM	\$1 donation

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
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

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

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

The Pavilion Events Center
 Shelton's historic venue for your events. Specializing in weddings, reunions, meetings, business conferences, celebrations of life and more.

360-764-0710 ~ pavilion@mcsac.net
 190 W. Sentry Drive, Shelton, WA 98584
<https://www.facebook.com/PavilionSentryPark/>

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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



Crown Sign and Seal

Mobile and On Line Remote Notary

Shelton, WA

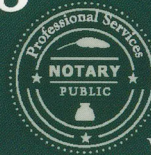
360-868-2452

www.CrownSignandSeal.com

Susan Ickes
Notary Public

email: CrownSignandSeal@gmail.com

Bonded and Insured



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

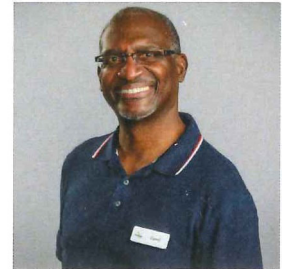


At **Union City Lodge #27 F.&A.M.**
Across from Lucky Dog Casino
Questions: 360-280-9925
unioncity27@gmail.com



Peninsula
CREDIT UNION

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Edward Jones

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



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MKT-5894N-A

> edwardjones.com

FOREST FUNERAL HOME



Kathleen Blanchette

313 W Railroad Ave
Shelton, WA
Located next to Treasures Thrift Store

(360) 427-8044

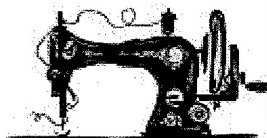
In Fine Time

Sewing Machine Repair

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360.490.8825



Vogue Skin Care

30% OFF
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Asian and European Skin Care Techniques with
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You will rest comfortably and with regular
treatments experience youthful, elastic skin.

Once you try it you will want to come back!

Please call for an appointment: 360-801-2662
Kay Shin, Owner

DON'T RETIRE,

REVEL

Experience Revel Lacey, a new brand of independent living community where you are free to be yourself in a home that feels more like a retreat than retirement. Come in for a personalized tour and let us treat you to a meal in our modern-American restaurant, Ovation, so you can experience the difference.

FIND YOUR PLACE

360.515.4287 | REVELLACEY.COM



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.

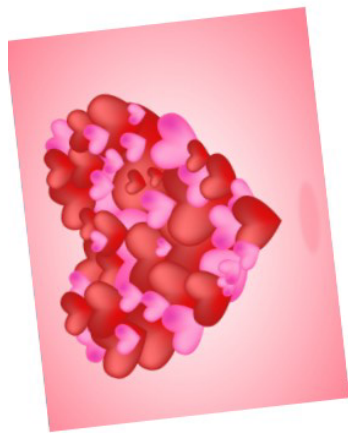
Guest Reminder

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.

February 2023

Mason County Senior Activities Center Lunch Menu

		1 Sweet and Sour Pork Steamed Rice Mixed Vegetables Fruit	2 Spaghetti and Meatballs Green Salad Fruit	3 Baked Chicken Mashed Potatoes and Gravy Mixed Vegetables Fruit
6 Shepherd's Pie Green Salad Fruit	7 Braised Pork Stew Green Salad Fruit	8 Tamale Pie Mixed Vegetables Fruit	9 Chili and Cornbread Green Salad Fruit	10 Turkey Dinner
13 Sausage and Pasta Green Salad Fruit	14 Meatloaf Mashed Potatoes and Gravy Mixed Vegetables Fruit	15 BBQ Pork Sandwich Green Salad Fruit Bread Pudding	16 Tuna Casserole Green Salad Fruit	17 Biscuits and Gravy Mixed Vegetables Fruit
20 Closed	21 Turkey Pot Pie Green Salad Fruit	22 Baked Fish Scalloped Potatoes Mixed Vegetables Fruit	23 Teriyaki Chicken Steamed Rice Mixed Vegetables Fruit	24 Swedish Meatballs Mashed Potatoes Mixed Vegetables Fruit
27 Salisbury Steak Mashed Potatoes and Gravy Mixed Vegetables Fruit	28 BBQ Chicken Scalloped Potatoes Mixed Vegetables Fruit	\$4 suggested donation for seniors 50+ \$8 for guests under 50 Mon-Thurs Noon-12:30 and Fri 11:30-noon		



Nifty Thrifty February 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Sales Color Orange	Nifty Thrifty is the major funding source for the MCSAA!	Voted #1 Thrift Store in Shelton for 2022	1 Yellow tags 50% off	2 Knick Knack 25% off	3 Shoes 25% off	4 Jewelry 25% off
5 Closed	6 Lamps 25 % off	7 Seniors & Military Receive 15% Off	8 Artwork 25% off	9 Purses 25% off	10 Furniture 25% off	11 Regular Clothing
12 Closed	13 DVD /VHS 50% off	14 Seniors & Military Receive 15% Off	15 Kitchen items 25% off	16 Electronics 25% off	17 MCSSA members re-	18 White Tag 25% off
19 Closed	20 Orange Tags 75% off	21 Senior & Military receive 15% off	22 Electronics 25% off	23 Regular Clothing 25% off	24 Kitchen 25% off	25 Crafts 25% off
26 Closed	27 Orange Tags 90% off	28 Senior & Military receive 15% off	Donations in a Box or Bag Please and Thank You	Love is in the Air!	Come shop your Heart Away!	Support the Senior Center!
Your donations stay local!	You never know what you're going to find.	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

Our goal is to provide quality merchandise at fair prices. Nifty Thrifty Store is the major funding source of the Mason County Senior Activities Association. Please call 360-427-0858 and ask about donation pick up services.