

Active Living



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

Mason County Senior Activities Center

January 2019

Congratulations New Board Member William Bezanson, & returning members Clay Long & Gary Miner



William Bezanson



Clay Long



Gary Miner



Upcoming Events!!!

- Jan. 1 Closed for New Year's Day
- Jan. 9 Lucky Eagle Casino
- Jan. 11 Bremerton Museum & Lunch
- Jan 11 Friday Fun Night
- Jan 11 Spirited Art
- Jan. 11 Evolution Massage
- Jan 16 Tacoma Museum of Glass
- Jan. 23 Ceramics with Verena
- Jan 25 Bingo Karaoke Sports Night
- Jan. 25 Evolution Massage
- Jan. 26 Exit Puzzles Escape Room
- Jan 28 Nutrition Class

Center Holidays

December 31	New Years Eve
	Closing Early at 1:00

2019

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

Find the Three Roadrunners

We have three Roadrunners hidden throughout the newsletter. If you find all three, come in and show the receptionist that you have found them and enter a drawing to win a coupon for a free movie or lunch.



Mission Statement

To enhance the quality of life of senior adults in our community through recreation, information, education and nutritional services, including health and wellness programs.

Mason County Senior Activities Association

Annual membership dues are \$30

Activities Center

“50 and Better Activities Center”

Address: 190 W. Sentry Dr., Shelton

Phone: (360) 426-7374

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

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

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

Staff:

Executive Director: Patricia Vernie

Event, Activities & Volunteer Coordinator:
Val Wedman

Bookkeeper/Data Coordinator: Penny Wilson

Volunteers: Contact Receptionist to help.

Receptionists:

Bob & Susi Edwards

Janna Yorke

Jan Evans

Patt Matsen

MaryAnn Miljanovich

Janice Rozzano

Shirley Varle

Center Hosts:

Doris Fredin

Irene Moffatt

Jill Neil

Harry Fournier

Gift Shop Coordinator: Patti Kempton

Data Input: Carol Ann Acocks

Sunshine: Jill Neil

Van Drivers: Clay Long, Richard Hallek,

Glenn Harper, Rebecca Walters,

Trent Palmer, Wayne Souza

Newsletter: Patricia Vernie and Richard Britz

Editorial Committee:

Terry Nelson- Carol Ann Acocks -

Gale Glenn - Val Wedman - Sam Selby

Richard Britz - Avis Ross

Bobbye Lewis Simons

Layout: Richard Britz

Photographer: Glenn Harper

Mailing Team: Ern Brown, Gil Palmer,

Distribution Coordinator: Nila LaGualt

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

Inclement Weather

In case of inclement weather, the Center follows the Shelton School District's weather policy. Lunch is still served at 12 noon (11:30 on Fridays) as long as we open by 10:00 am. Please listen to our local radio station, KMAS 1030 AM & 103.3 FM for details.



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: [niftythriftythriftstore/](https://www.ebay.com/str/niftythriftythriftstore/)

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

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

MCSAA

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

Members: **Remember to show your cardboard 2018 membership card before cashier starts ringing up your order. Your plastic key card is not proof of current membership. Contact the Center if you need another cardboard card.**

Donations Monday – Saturday 10-4:30

Your quality donations are needed!

Call for Free Pickup: 360-427-0858

Store Manager: Michelle Marks

Staff: Linda Trail, Richard Sawyers, Cathy Jones,
and Krystal Perez

Dedicated Volunteers:

Adelheid Krohne

Aloma Perez

Arlyn Skarich

Betty Thompson

Beverly Pittman

Bill Keller

Carole Pelela

Charal Cowsert

Doug Kreklow

Ed Seiner

Gary Yuan

Irene Moffatt

Jan Kallinen

Jane Donahue

Karyn Lidington

Keith Jennings

Maxine Neese

Reda Keller

Ruth Coots

Vivian Bentkowski

Axle Wormer

Edie Wilson

Samantha Sandoval

Marilyn Olson

Additional volunteers are always needed.

Call Michelle at 360-427-0858 to volunteer.

This institution is an equal opportunity provider and employer.

Nifty Thrifty is the major funding source of the MCSAA

Nifty Thrifty Certificate

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

PAID

INFO ENTERED

Member Card_

FOB

INIT _____

MASON COUNTY SENIOR ACTIVITIES ASSOCIATION



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



2019 Membership Application and Agreement

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

- Our excellent Active Living Newsletter every month
 - Free birthday Lunch on the third Friday in the month of your Birthday
 - Birthday listing in the Newsletter and recognition on the Birthday Board the month of your Birthday
 - Discounted Pricing on most trips and classes
 - Exclusive access to some Center Classes, Trips & Functions
 - Discount at our Nifty Thrifty Thrift Store
 - Your emergency information on file in case it is needed
- Annual Dues are \$30 per person. Membership is for those 50 or better, however, spouses of a 50+ member, that are not yet 50, may join as an Associate (non voting) member.

Make checks payable to M.C.S.A.A. (Mason County Senior Activities Association)

Please, PRINT all information CLEARLY

FIRST NAME: _____ MIDDLE _____

LAST NAME _____ NICKNAME _____

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

CELL _____ - _____ - _____ EMAIL ADDRESS _____ @ _____

MAILING ADDRESS: _____, _____, _____, zip _____

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

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

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

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

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

Hold Harmless Agreement: I freely and knowingly assume the risks inherent in my participation in all activities, including all classes, travel and volunteer duties. I do hereby agree to indemnify, release, and hold Mason County Senior Activities Association, a WA non-profit corporation, doing business as Mason County Senior Activities Center & Nifty Thrifty, 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: ____/____/201__

Last Name, First

Member #

New Member

 Renewal

Key Tag X

SCHEDULED

WSP Check Completed

Volunteers are the Heart and Soul of our Center.

If you would like to volunteer your talents to our organization, please check those areas where you would like to help below.

Volunteer Questionnaire

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

- Serve on the MCSAA Board
- Membership (or other) Committee
- Newsletter Publication
- Web Page updates
- Social Media Sites/Updates
- Teaching Computer Classes: Beg/Inter or Adv
- Teach _____ Class (fill in your skill)
- Teach Genealogy Class
- Teach a Health/Diet/Nutrition Related Class
- Teach a writing class
- Teach a _____ exercise class
- Reception Desk (answering phones, taking money, trips, registering new members)
- Host (Make Coffee/tea/ maintain treats & utensils)
- Cook/clean/prep for Friday Lunches
- Pavilion Event Chaperone
- Volunteer to help with Special events
- Cook/clean/prep for Special Events
- Decorate/Set up for Special Events
- Book/Provide entertainment
- Newsletter & Flyer distribution
- Newsletter folding, sealing & mailing
- Bingo Caller/set-up/take down/Karaoke Host
- Provide Haircuts at the Center
- Potluck Help
- Decorate the Center for seasonal cheer
- Make Crafts to sell or decorate
- Photography (take pictures at events and of Members)
- Trip Driver (must have clean driving record)
- Volunteer to help with Special events
- Community Ambassadors

Volunteer to help with Special events

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

Clerical/Secretarial

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

Miscellaneous

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

Your Ideas: _____

I hereby authorize a background check to be done for insurance

Signature _____

DATE: ____ / ____ / 201__ PHONE # _____

Print Name: _____ DOB: ____ / ____ / ____

Any other names used? _____

Last Name, First

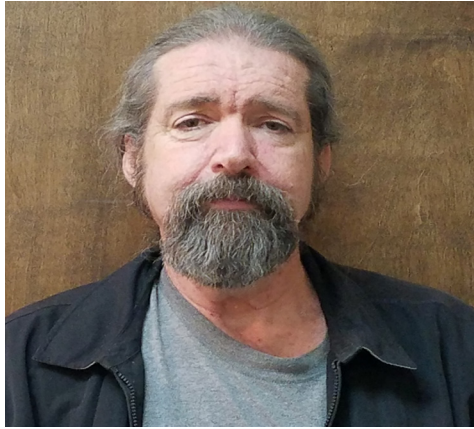
Member #

New Member

Renewal

Key Tag X

**Current Board Members
and
the length of term each has left**



Glenn Harper 2 Years



Terry Nelson 2 Years



Bobbye Lewis Simons 1 Year



Richard Barnes 1 Year



Meetings

MCSAA Board Meeting
Tuesday, Jan. 8 at 9:30 am
Monday Jan. 28 at 9:30 am
Conference Room

The MCSAA Board meets the second Tuesday and 4th Monday of each month at 9:30 am. If a member desires to bring something before the board, he or she should make the request in writing and give the request directly to MCSAA Board President Clay Long or Executive Director Patricia Vernie 24 hours in advance so the member can be added to the agenda. Please include your name, member number and phone number so Clay can contact you if there are any questions.

Thanks to MCSAA 2018 Board

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

MCSAA Member General Meeting Tuesday, Jan. 15, at 10:45 am Dining Room

The General Membership meeting for MCSAA is on the third Tuesday of each month at 10:45 am. All members in good standing (membership paid for 2019) are invited to the General Meeting. You will hear updates on Center, Nifty Thrifty and Pavilion activities, and Center renovation updates. We encourage you to attend and learn more about how we operate.

Receptionist Meeting

We will have a Receptionist meeting the last Wednesday of the month at 1:00 pm in the conference room. This is a monthly meeting for our up front receptionists with ongoing training and communication.

Volunteer Meetings

Volunteer meetings will be held quarterly, as needed, in the dining room. All volunteers please try to attend when the meetings are scheduled.

Handmade Doll House Raffle

We are raffling this beautiful doll house made by Connie Matheson who donated her time and materials to support the Mason County Senior Center. Doll House on display at

Nifty Thrifty

Tickets \$1.00 each

We will be ending the raffle 9/19/19 or once we hit \$500.00

Do not need to be present to win



Renewal Time

It is that time of year to pay your dues for the majority of our members. Send in Page 3 with your payment or come see our receptionist

If you are not getting your newsletter by email look for something from Director or check your junk mail.

Center Wish List

We would greatly appreciate donations of:

- ☒.. Regular Coffee
- ☒.. Decaf Coffee
- ☒.. Paper Plates
- ☒.. 12 Oz. Paper Coffee cups
- ☒ Tea bags

Nifty Thrifty needs:

- ☒.. Clear Packing Tape
- ☒.. 1" Masking Tape
- ☒.. Large Padded Envelopes



New to Medicare Free Presentation Jan.24, 11 am-11:45 am. Meeting Room

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

Free Individual Medicare Consultations Jan.24 at 12:00 pm. To 3:00 pm Conference Room

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

By the way, if you pay for your membership today, it's due again in 1 year from now on the first of the month.

2019 Membership Bonuses

Nifty Thrifty Discount

In Store, receive 20% off regular priced items of \$5 or more with some exceptions. Your 2019 membership paper card must be shown before the cashier starts to ring up your order.

Free Bingo Karaoke Birthday Packet

Receive one free Bingo Karaoke packet at the door on your birthday month good for 8 regular Bingo games. (A \$10 value) Non-transferable. Photo ID and 2019 cardboard membership card required at check-in.



Senior Services for South Sound & Meals on Wheels
 Congregate (group) meals are available at the
Senior Services for South Sound

At the Pavilion
 190 W Sentry Drive, Shelton, WA 98584
 (360) 426-3697

Monday - Thursday @ 12 noon
 Friday @ 11:30 am

Home Delivered Meals

Services are available which provide nutritious meals to older and disabled adults who are homebound and meet assessment criteria.

Senior Services for South Sound
 Olympia

Serving Mason County Residents
 (360) 586-6181 Ext 124

www.SouthSoundSeniors.org

Driver's Wanted

Meals on Wheels is seeking compassionate volunteers with the desire to serve others in need and donate a few hours every two weeks as meal delivery drivers. Must have



- * Valid Washington Drivers License,
- * Auto insurance
- * Background check.

Mileage reimbursement is available.

Memory Cafe

4th Thursdays, 2:30 to 4:30 pm, Roosters.

You are welcome to join us for lively conversation, refreshments and music at Memory Cafe. All with dementia or Alzheimer's and their loved ones are welcome to attend and connect with peers in a relaxed, unstructured environment. No RSVP necessary.

STARS Adult Day Program

Mon. & Wed, 9:00 am to 2:00 pm. Faith Lutheran Church, 1212 Connections St., Shelton.

STARS Adult Day Program offers respite to caregivers while ensuring their loved one is in a safe, fun and nurturing community.

Benefits of Attending Stars

- * Opportunities to Socialize with peers
- * Expanded support network
- * Increases self-esteem-- combats apathy
- * Increases cognitive stimulation
- * Enhanced life experience through humor, Reminiscing, and creative expression
- * Caregiver respite
- * Nutritious snacks and lunch provided
- * Possible delay or prevention of placement in a long term care facility

For more information about any of these programs, please contact Paul Taylor, STARS Director, at 360-407-3967, ext. 107.

Services for All Seniors

Current MCSAA Membership is NOT required for the following Services.

Senior Nutrition Lunches
Monday through Thursday, 12 Noon
Friday, 11:30

The nutritious full course meals are prepared by Senior Services for South Sound's Senior Nutrition Program in partnership with the L-M-T Area Agency on Aging. Although not required, suggested donation is \$3 for seniors 60 years and older based on your ability to pay. Those under 60 are required to pay \$6.75.

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

Foot care — with Michelle Gamber - (by appointment only) Cost \$19. 1st & 3rd Wed., 2nd & 4th Tue., & 4th Thurs & Fri. From 8 am to 3 pm, Cost: \$19.

Blood pressure check — 10:30 to 11:00 am. Provided free by Shelton Health and Rehabilitation on the second & fourth Thursdays.

Area Agency on Aging — 3rd Wed., 11:30 to 12 noon, Laura & Todd will be available to answer questions and provide assistance.

Transitions — 2nd & 4th Wed., 1:00 pm. Program to ease the changes we face growing older.

Free Medical Supplies Lending Library — Borrow walkers, toilet seat boosters, wheel chairs, etc., from our lending library. Limited supplies fluctuate.

Abundance Table — We continue to offer milk, bread and other items, as available, on our table. This makes it easier for many of our members who aren't as mobile as the rest of us.

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

Massage- with Mysty Knight Every other Friday By Appointment Only Lic MA#60388705.

Happy Birthday!

Happy birthday to all of you born in January. Due to privacy and identity theft concerns, we have decided to omit the names and birthdates of our members from this newsletter. We do want to let you know that we wish you the best birthday and would love to see you at our regular birthday celebration on the 2nd Friday of the month.



Members, celebrate your birthday at the center at noon on the second Friday of your birth month. Enjoy a beautifully decorated birthday cake by Sue Puls.

Free lunch at the celebration for members only with birthdays during the month. Just bring your current membership card and photo ID. (Regular price for everyone else.)

December Birthday Celebration

Pictured, Diane Hartley, John Acocks and Ken Kraig



Nancy Verlinde

Nancy Verlinde loves to line dance and it shows. She moved from dancer to teacher and did not hesitate to step up and teach beginner class after Lorraine's stroke. She always greets the class with a smile and nothing makes her happier than seeing the class learn the steps. Nancy shares her skills with them and reminds them that they are here to have fun first. As a result, everyone leaves smiling. She has been the leader of the Spicy Ladies, Can Can Troupe, and their expert seamstress of costumes. Nancy spends at least three days a week dancing here, plus her own practice time at home. This, however, is just the beginning of her volunteering. Every Monday she works at the Sheriff's office, and on Sundays you will find her at church ushering. Nancy is one busy person but always makes time for others. When you see her, be sure to say **THANKS!**



Activities Open to the Public

Friday Fun Night

Friday, January 11 - 6-9 pm at the Pavilion. Join us for Line Dancing or just dancing with our very own DJ, Glenn. Food, wine and beer for purchase. Bring your friends and come ready to have fun. 21+ **Donations are greatly appreciated.**

Spirited Art

Friday January 11 - 5-8 pm. Enjoy the fun of creating a piece of art while sipping a glass of wine and snacking on some cheese, fruit and crackers. What a great way to start off the weekend!

\$15.00 members, \$20.00 non-members Must be 21+

Bingo Karaoke

Friday January 25th Come ready to have fun!

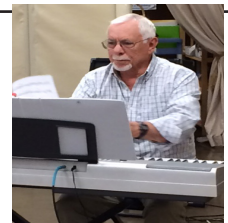
Doors open at 6pm and the fun begins at 7.

\$10 and no one under 21 admitted.

Wear your favorite sports team top. See you here!

For Your Musical Enjoyment

11:00 am to 12:30 pm.
Jan. 11 - Richard Shatto



John Schwennesen
Jan. 4 & Jan. 18 from
11am to 12:30pm



Betty Palmer is
delightful on the keys!
Come in and hear her
play most mornings!



New Nutrition Class starting Jan. 28

Heart Disease, Obesity, Cancer, Diabetes, Alzheimer's, Autoimmune Disease

Are you facing any of these?

We will offer informational videos and discussions. Our goal is to help you make informed decisions about lifestyle choices.

Classes will be from 10:00am to 11:30am.

Bulletin Board

Please, if you want something posted on our bulletin board you need to give it to Val, our Activities Coordinator.

Volunteers Wanted

Do you have some time to invest in MCSAC?

As you know, volunteers are what makes our world go round here at the Senior Center. And we have some gaps that we're asking you to fill.

Table Decorations. We need someone to take over making and storing table decorations. We have no room here to store these items.

Gardeners. Our garden is starting to look a bit shaggy and needs some TLC. Do you have the time and inclination to help with that?

Greeting cards. Thank you Jill Neil our new Sunshine Lady. If you know someone who needs a card, let Jill know.

Volunteering is the best way to meet new friends and help the Senior Center at the same time. We would love to have you join our friendly group. Hours are from as little as 1 hour per week to 20+, you let us know what your availability is. Stop by the reception office and fill out a volunteer form today!



Every Wednesday at 5:30-6:30 pm

We will be hosting this class every Wednesday

Admission \$5

Reduced costs for Silver Sneakers

Chair options OK

Open to the public

Remember

Jan. 11-Friday Fun Night

Jan 11- Spirited Art

Jan. 25-Bingo Karaoke

Hope to see you!

Center Van Trips

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

Advance payment is required to reserve your place. Costs are per person and include round trip van transportation, admissions, or ticket unless otherwise noted. Most require a minimum of 8 people. (Meals are not included unless listed.) Please note: Within two weeks of travel, there is a minimum \$5 fee for canceling or changing van trip dates. Within 3 business days, costs for van or casino trips are non-refundable and non-transferable. Exceptions may be possible due to illness. All trips are scent free for consideration of participant allergies. A few small purchases held on your lap are allowed on trip. Contact Patti Vernie with questions or consideration due to illness. **Make your reservations early as all trips have minimum participant numbers to operate and are subject to cancellation if minimums aren't met.**

Center Van Trips

Kitsap Historical Museum

Jan. 11, this Bremerton trip leaves MCSAC at 10:30 am going to Kitsap Historical Museum and the Valentenetti Puppet Museum. The cost covers transportation and admission. Lunch is extra at the Airport Diner.
\$15.00 members \$20.00 non-members

Tacoma Museum of Glass

Jan 16, Come see our collection of glass and watch glass blowing. Lunch extra at Savor Creperie. (Serving fresh made-to-order crepes and liege waffles in the heart of the Tacoma museum district.)
Leave at 10:00 am. Cost covers transportation and admission. \$33.00 members \$38.00 non-members



**Jan. 26
Exit Puzzle
Escape Room.
Olympia, Wa**



No you won't be trapped in a room...but you will be in a thematic room that has a mystery for you to solve. All clues will be provided and your group will have 70 minutes to solve the mystery. We will leave MCSAC at 2:00pm and stop for goodies afterwards. Cost includes transportation and admission
\$40 members \$45 non-members

Center Van Trips to Come

You need to sign up and pay for the trip no less than 14 days prior to the date of the trip or class. These trips and classes usually need a minimum of eight attendees in order to keep the trip or class from being canceled. In the last few months we have had to cancel multiple trips and classes due to the lack of attendees signing up in advance.

Feb. 7 Nordic Museum Trip leaves MCSAC at 10:30
\$25.00 Members, \$30.00 Non-members
Lunch extra at Old Country Buffet in Tacoma.

Feb. 21 Northwest Flower and Garden Show leaves MCSAC at 9:00am.
Sign up deadline is Feb. 15.
\$43.00 members, \$48.00 non-members

March 14 Grant School Trip and Lunch leaves MCSAC at 10:30 am. Lunch extra at Spencer Lake Bar and Grill.
\$10.00 members \$15.00 non-members

Important Reminder!!!

New

Mark your calendars, starting in 2019 the Red Wind Casino Shuttle will be the third (3rd) Wednesday, every other month. All casino shuttles need 15 passengers starting this year!

Casino Shuttle Trips

2nd & 3rd Wednesdays

For adults 21 years and older.

MCSAA Membership is not required.

Cost: \$5 per person-needs 15 passengers

Lucky Eagle Casino Shuttle Trip

2nd Wednesday, Jan. 9

9:00 am to 4:00 pm

Red Wind Casino Shuttle Trip

3rd Wednesday, Feb. 20

9:00 am to 4:00 pm

Classes and Activities for Members

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

Joy of Painting Landscape Class

**3rd Wed. Of the month
9:00 am to 3:30 pm.**

Join Certified Instructor Tony Lirette for his Joy of Painting class where you complete a beautiful 16"x 20" oil painting each class using the Bob Ross method. **Cost:** \$52. (\$7 to register; \$45 before the first day of class.) All materials are provided. **Minimum** class size of 4 people, so please register early or class could be canceled.



Something for
EVERYONE!

Ceramics Class with Verena

Jan. 23 from 10:00am to noon in the sewing room. Verena has a wide range of green-ware to chose from. She provides everything for your project and then will fire the pieces when done. **Cost \$15.00 for members and \$17.00 for nonmembers** Let's see what you can create!

Monday Art Workshop

Mondays, 1:00 to 3:00 pm, Dining Room.

Bring your own supplies. A short art lesson begins at 1:00 pm, so be here early to get set up. Then you have a chance to work on a project. Skill level is beginner to advanced. \$2 donation.

Fitness Classes

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

- Open Dance with Al, Don & Doris** Tues 1:30pm
- Tai Chi:** M, W, F; 8:00 to 8:45 am & 8:45 to 9:15 am, T & Th. 12:45 pm,
- Gentle Yoga:** T and Th. 8:00 to 8:50 am.
- Line Dance:** Beginners: M & W, 9:00 – 10:00 am; Int./Adv.: M & W 10:00 – 11:00 am; Int./Adv., T & Th 9:00 – 10:30 am; all skills Fri. 9:00 – 11:00 am.
- Zumba:** W. 5:30pm to 6:30 pm \$5
- Weight Watchers:** Jan. 3 at 9:30am. then every Tue. 11:45, membership or weekly fee apply
- Senior Walkers:** **See you next April!!** During the winter we will be scouting out walks for the spring. To be notified of these walks email Gale Glenn at

Pinwheel Quilt Raffle

There's still time to get your tickets! Our next quilt raffle will be this lovely quilt titled "Pinwheel Quilt" It is Full size (61"x80") and was machine pieced and finished by Char Mann. Hazel Marcus quilted it for us on her long arm machine. Tickets are available for \$1.00 at both the Center and Nifty Thrifty.

The drawing will be **January 15th, 2019.**



Friendly Reminder

Friday movies are for members only. No exceptions.

galeglenn@msn.com.

MCSAA at Shelton Cinema *Members Only*

Fridays, usually at 1:00 pm, but times may vary. Call the Center.

Enjoy an afternoon of fun seeing first run movies. Current MCSAA membership is required. Prices: \$3.50 per person with advance payment before 11:45 am at the reception desk and \$4.00 after noon at the theater.

- Bingo** Thurs. 1-3 pm. \$1.00 for three cards
- Bingo with Shelton Health & Rehab** 4th Tuesday at 1-3 pm
- Bridge** Tuesdays and Thursdays 12:00 pm (Please sign up at least one day prior.)
- Cribbage** Monday-Friday, 10:00 am
- EZ Crafters** Thursday, 9:00 am to noon
- Hand & Foot** Wed., 1:00 pm. Fun card game
- Jokers Rule!** Thursday, 9:00 am to noon. Learn this fun, free game with cards & marbles.
- Knitting & Crochet Circle (Chix with Stix)** Every Tuesday 1:00 pm
- Mahjong** Thursday, 1:00 pm Come learn.
- Mexican Train Dominoes** M,W,F 9:00 am
- Pinochle** Mon. & Wed. (Int., Adv) 12:30pm; Fri (beginners/all) 12:30 pm. Please arrive early to get a seat! (\$2)
- Puzzles** Mon. through Fri. during Center hours on the white table in the dining room.
- Sewing Circle** Tue. & Fri., 9:00 am to 4:00 pm

Nifty Thrifty was Voted “**The Best of Mason County**” thrift store again in the Shelton-Mason County Journal’s readers poll! We know we’re the best, but we love the recognition from our community. Thank you Mason County for your support!



It’s Time To Blow Our Own Horn

Nifty Thrifty is the major funding source of the Mason County Senior Activities Association. What many of you don’t know is how we interact within our community. Nifty Thrifty accepts donations from our community and it’s these items that we sell. We don’t sell on consignment; we don’t purchase and resell. The donations are local, and the funds go directly to the Senior Center.

Within our walls, the amount of work that it takes to operate a thrift store and insure we provide a safe, healthy and educational environment for our seniors often goes unseen. The majority of our work is done by volunteers. They are the hardest workers I’ve met and can’t thank them enough. Without these kind folks we couldn’t function and wouldn’t have the business we have today.

During the year we ask our community to support us in many ways and it does! What you may not know are the ways we help our community. Day in and day out at Nifty Thrifty people wander in off the street and request help. We do what we can for them. Their needs vary from clothes to cookware. We give what we can. This year we’ve helped with two different families that lost their homes to fires by giving furniture, clothing and kitchen items. We give when asked.

We donate regularly to Turning Pointe, not only by taking clothing to them but also giving excess craft items. We contribute to the “Back to School Jamboree” where we offer half off on anything that a student can use for school. We donated to the Cold Shelter at the Transit Center, Community Lifeline, Northwest Resources and Crossroads Housing. Often when these charities have an individual in need, they call us and send their client over. Once at the store we try to fill their needs. As part of the community, we give what we can.

Our most recent donation was our older bus to the North Mason Fire District for their new Opiates Response Team. We donated our old, unused Bingo machine to the HUB Senior Center in Belfair. At the Senior Center we have a medical equipment bank. Our supplies are limited but we loan out various items when we can. We have our abundance table that usually has bread and other food free for our seniors.

We are proud of what we do. Being here for our members and our community makes us hold our heads high. We’ve been here for over thirty years and look forward to the next thirty and what we can do for our community. So when you see one of our volunteers busily helping out, make sure to thank them.

Great fun at our christmas cookie and music afternoon



A Christmas Afternoon at the center was filled with piano music from our own John Schwennesen along with tea and cookies. Everyone enjoyed the event. The line dancers performed for all, but especially for our special guest Lorraine Hauenstein.



Charlie Brown and his granddaughter.
The smile tells it all!



We served a lot of cookies. There were enough for everyone and they were delicious!
I know I found my favorite.



Holiday lights in Spanaway. We had both vans full for this festive outing. Thank you Glenn Harper and Wayne Souza for driving and braving the rain.



Christmas Carolers entertain us with their beautiful voices.



Mary Austin, who is proud to be 100, came for a tour of our facility.
She was accompanied by her daughter Judy Nickerson and Shirley Schober



Our Christmas lunch was a huge success. The place was packed, the food was yummy and we enjoyed piano music played by John Schwennesen.



Marcella and Vern Morgus enjoyed lunch with us.



The Alderbrook food serving crew was back. They not only served our lunch, but they bussed tables after lunch all with a smile. What a nice group they are!



The JR. ROTC from Shelton High School worked with local pre-schoolers and made Christmas cards that they delivered to our members during lunch.



We enjoyed "Readers Theater" on December 17th. The group normally performs at the Olympia and Lacy senior centers, but we were fortunate to have them here. They put on "Christmas Shopping In Riverdale", a play based on Jughead, Veronica, Betty and Archie. The story was based on Archie's Christmas shopping and the problems that arose when both Betty and Veronica showed up at the same time. The play was funny, well acted (read) and we're looking forward to having the troupe return.



December's Joy of Painting class produced some nice winter scenes. This class is for all skill levels and takes place the 3rd Wednesday of the month. The class is taught by Anthony Lirette

Become a Corporate Sponsor

Sponsorship is a great way for businesses throughout the community to support the Mason County Senior Activities Association and thus our Senior Center, Nifty Thrifty & Pavilion. Our Sponsors mean so very much to our Senior Center! Businesses can sponsor the many special events that are to benefit the Center's Members throughout the year. We have raffles that businesses can donate gift certificates, merchandise, or services to during our Bingo Karaoke Party on the last Friday of the month.

Sponsors donate in many special ways including:

- Providing activities for our Members (Like Bingo, Potlucks, Music)
- Bringing in meals and treats for our Seniors
- Buying ad space in our monthly newsletter and more!
- Each month the Center mails over 800 newsletters to its members and distributes another 400+ in the community. Advertising space is available to purchase in our newsletter which also gives businesses the unique opportunity to give an informational presentation to our members during the year and to display business cards and/or brochures on our Sponsor Table.
- The balance of funds for ads that are canceled before the agreed upon time frame by sponsors will be considered a donation to the Senior Center.

If you are interested in becoming one of our valued Sponsors, please contact our Association Director at info@mczac.net or 360-426-7374 for more information about the benefits of becoming one of our Corporate Sponsors.

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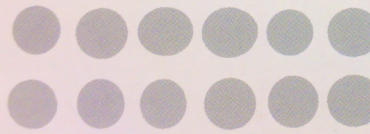
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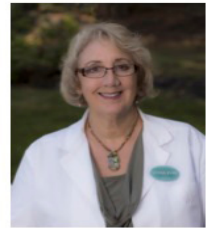
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**Have them contact:
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The Below ad is not associated with the Mason
County Senior Center

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Using the internet to connect seniors to
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Cut your cable bill

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Call Glenn Harper at 360-214-0345

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Assistance Dog Laws

Assistance Dogs in Public and in the
community



- As a business owner, employee, or other member of the community, there are some important things you should be aware of regarding Assistance Dogs who have public access rights, as well as your rights as a business.
- Assistance dogs include Guide Dogs who are trained to help people who are visually impaired, Hearing Dogs who alert people who are deaf or hard of hearing, and Service Dogs who are trained to help people with mobility and other physical disabilities. Service Dogs include Seizure Dogs and Autism Assistance Dogs.
- “Therapy Dogs” and “Emotional Support Dogs” are NOT Assistance Dogs. They do not perform a physical skill.
- Along with public access rights, the person and his/her dog have the following responsibilities:
 - * The dog must be well groomed, well behaved and under control.
 - * The dog must be on a leash.
 - * The dog must be able to lie quietly beside the handler without blocking aisles or doorways.
 - * The dog may NOT ride in a shopping cart or sit in a person’s lap while at a restaurant.
- State House Bill 2822 passed and changed many RCW’s regarding service animals and Washington state will be imposing fines for misrepresentation of a service dog starting January 1, 2019.

Are You Cleaning and De-cluttering

Think of donating to Nifty Thrifty. We need your donations. The store accepts household items, jewelry, clothing, collectibles, furniture, books, crafts and fabric just to name a few items. Nifty Thrifty is the major funding source of the Senior Center and your donations of gently used and new items are tax deductible. Please call Michelle Marks at (360) 427-0858 for more information.

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Your Attention Please

We are considering a few changes and would like member's input before they take place.

We have removed names on the Birthday list in this newsletter. Many members don't want their names publicized. We will produce this list and leave it at the reception desk.

Selling the pool table and using the pool room for another activity (ideas?). During September we only had 5 single users signed in. We will advertise to sell the pool table.

Moving the card tables to the back of the dining room and moving all other tables and Bingo equipment towards the dance floor. This will help the card players by eliminating interference of other activities that are taking place in the center.

We are looking for ideas to create a friendly atmosphere.

Working on making more conversation centers around the Center.

On our BIG wish list

We are looking for a "Sofa" type table that is at least 6' long. We will use it for the Sponsor table and place it where the fireplace is. If not a table maybe a long sideboard?

Also, we need two tall-large nice storage cabinets with doors that we will be able to store games in.

BINGO Karaoke

at the Pavilion

150 W Sentry Drive, Shelton, WA

2019

THEMES:

JANUARY 25	Sports
FEBRUARY 22	Hollywood Dress-Up
MARCH 29	Rock 'n Roll -Sock Hop
APRIL 26	Hippie
MAY 31	Crazy Hat
JUNE 28	Red, White, Blue
JULY 26	Beach Party
AUGUST	(no Bingo Karaoke)
SEPTEMBER 27	Western
OCTOBER 25	Halloween
NOVEMBER 29	Pajama Party
DECEMBER	(no Bingo Karaoke)

6PM doors open * 7-10 PM * \$10 * 21+ * Cash Bar

All proceeds go to support

Mason County Senior Activities Association



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 St. location or the Sentry Dr. location should be sent either to Nifty Thrifty for pricing and sale or approved through the Staff to be utilized for the Association. Items that are donated to MCSAA should not be taken home by anyone unless they have been purchased through Nifty Thrifty or the Center's Gift Shop.

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

Let's Talk shop.....

Let's start the new year right. We have installed signs around the center's many parking areas, unless you have a legitimate reason for parking in otherwise marked areas don't park there. Convenience is not a good reason. Just because you see others doing it doesn't make it OK. Walking is good for you and unless you are handicapped and need to park close, don't do it. We also have directional arrows on the pavement, for your safety but people continue to drive the wrong direction through the parking lot. Please try to go with the "flow". The speed limit is 10 MPH through the Gillis property and you should keep driving SLOWLY on our property. We have had too many close calls and we don't want to see anyone get injured. These signs are not put up on a whim; they have been in the works longer than the current management and now projects are getting completed. Please be considerate and SAFE. Please let's be responsible and not force the staff to become traffic police. Thank you.



Boutique News

Our boutique or gift shop if you will, (you say tomato I say tomato) is continuing the sale in January on quilt blocks.

The Quilt block sale is Buy One Get Two Of Equal Or Lessor Value Free through January. Jelly rolls are not included in this sale.

We also have a good selection of other handmade items from our crafters and the sewing group.

We have beautiful hand knitted baby items, that would make great gifts.

Why buy something from the big box stores when you can get something nicer here. The funds support the senior center



January 2019 Activities

Every Monday	Every Tuesday	Every Wednesday	Every Thursday	Every Friday	Every Week-end
<p>8 & 8:45 Gentle Tai Chi 9-10 Begin Line Dance 9:00 Mexican Train Dominoes 10:00 Cribbage 10-11 Int./Adv. Line Dance 12:30 Pinochle (Int.,Adv) 1:00 Art Workshop</p>	<p>8:00 Gentle Yoga 9:00 Line Dance-Int./Adv. 9-4 Sewing Circle 10:00 Cribbage 12:00 Bridge 12:45 Gentle Tai Chi 1:00 Chix with Stix 1:30 Open Dance</p>	<p>8 & 8:45 Gentle Tai Chi 9-10 Beginning Line Dance 9:00 Mexican Train Dominoes 10:00 Cribbage 10:00 Int./Adv. Line Dance 12:30 Pinochle (Int., Adv) 1:00 Hand & Foot Cards 5:30-6:30 Zumba</p>	<p>8:00 Gentle Yoga 9:00 Line Dance - Int./Adv. 9:00 EZ Crafters 9:00 Jokers Rule! 10:00 Cribbage 12:00 Bridge 12:45 Gentle Tai Chi 1:00 Bingo 1:00 Mahjong</p>	<p>8 & 8:45 Gentle Tai Chi 9:00 Mexican Train Dominoes 9:00 Open Line Dance 9-4 Sewing Circle 10:00 Cribbage 12:00 Pinochle (begin./all) 1:00 MCSAA Goes to the Movies</p>	<p>Saturday/Sunday</p>
<p>Monday</p>	<p>Tuesday</p>	<p>Wednesday</p>	<p>Thursday</p>	<p>Friday</p>	<p>Saturday/Sunday</p>
<p>7</p> <p>10-12:00 Ceramics w/ Verena 1:00 Art Workshop 12:00 Glazed Ham</p>	<p>1</p> <p style="text-align: center;">Closed Happy New Year!</p> <p>8</p> <p>9:30 Board Meeting Foot care by Appt 1:30 Open Dance 12:00 Chicken Wraps</p>	<p>2</p> <p>Foot care by Appt 5:30-6:30 Zumba Gold 12:00 Country Fried Steak</p> <p>9</p> <p>9:00 Lucky Eagle Casino Shuttle 11:00 Free eye glass adjust 1:00 Transitions 5:30-6:30 Zumba Gold 12:00 Spaghetti</p>	<p>3</p> <p>12:00 Meatloaf</p> <p>10</p> <p>10:30 Blood Pressure Check 12:00 Cheeseburger or Veggie Burger</p>	<p>4</p> <p>10:30 Flight Museum 1:00 Shelton Cinema Members Only 11:30 Music by John Schwennesen 11:30 Chicken or Veggie Curry</p>	<p>5/6</p>
<p>14</p> <p>1:00 Art Workshop 12:00 Squash Bisque</p>	<p>15</p> <p>Foot care by Appt 10:45 General Meeting 1:30 Open Dance 12:00 Meatloaf</p>	<p>16</p> <p>10:30 Newsletter Proofing 9:00 Joy of Painting Foot care by Appt 11:30 AAA Q&A 5:30-6:30 Zumba Gold 12:00 Beef or Veggie Spaghetti</p>	<p>17</p> <p>Foot care by Appt 12:00 Shepherd's Pie</p>	<p>181</p> <p>11:30 Music by John Schwennesen 1:00 Shelton Cinemas Members Only 11:30 Tater Tot Casserole</p>	<p>19/20</p>
<p>21</p> <p style="text-align: center;">Closed MLK Jr. Birthday</p>	<p>22</p> <p>12:00 Baked fish</p>	<p>23</p> <p>10:00 Ceramics 1:00 Transitions 1:00 Receptionist Meeting 5:30-6:30 Zumba Gold 12:00 Bean Chili w/Chicken</p>	<p>24</p> <p>Foot care by Appt 10:30 Blood Pressure Check 11:00 Medicare Class 12:00 Beef or Veggie Stew</p>	<p>25</p> <p>10:00-2:30 Evolution Massage by Appt. Foot care by Appt 11:30 Crustless Quiche Bingo Karaoke</p>	<p>26/27</p>
<p>28</p> <p>8:00 Priority Footwear 10:00 Nutrition class 12:00 Chicken Pot Pie</p>	<p>29</p> <p>Foot care by Appt 12:00 Beef Stroganoff</p>	<p>30</p> <p>12:00 Gnocchi</p>	<p>31</p> <p>12:00 Biscuits & SausageGravy</p>		

Senior Nutrition Program January 2019

Monday	Tuesday 1	Wednesday 2	Thursday 3	Friday 4
	Closed in Observance of New Year's Day	SITE CHOICE Country Fried Steak Mashed Potatoes Mixed Veggies Peaches	Meatloaf Mashed W/ Gravy Country Style Mixed Veggies Fruit	Coconut Curry Chicken or Veggies Steamed Rice Asian Style Veggies Mandarin Oranges
7	8	9	10	11
Cranberry-Mustard Glazed Ham Buttery Garlic Mashed Potatoes Green Salad Cinnamon Applesauce	Black Bean, Chicken & Avocado Mayo Wraps Green Salad Fresh Orange Slices	SITE CHOICE Spaghetti W/ Meatballs Green Salad Fresh Fruit Garlic Bread	Cheeseburgers/Veg Burger w/ All The Fixin's Oven Fries Fresh Fruit	Sausage & Roasted Vegetable Pasta w/Homemade Alfredo Sauce Pineapple Dinner Roll
14	15	16	17	18
Butternut Squash Bisque Turkey or Veggie Cranberry Cream Cheese Wrap Spiced Apples	Meatloaf Mashed W/ Gravy Country Style Mixed Veggies Fruit	Beef or Vegetarian Spaghetti Sauce Spaghetti Noodles Green Salad Pears	Shepherd's Pie Cole Slaw Fresh Fruit	SITE CHOICE Tate tot Casserole Green Salad Fruit
21	22	23	24	25
<i>Closed</i> <i>MLK JR.</i>	Baked Fish Scalloped Potatoes Mixed Veggies Fresh Fruit	White Bean Chili w/ Chicken Green Salad Cheesy Cornbread Baked Apples	Hearty Beef or Vegetable Stew Spinach Salad Corn Bread Fresh Fruit	Crustless Quiche w/Tomato, Onion & Cheese Green Salad
28	29	30	31	
Chicken Pot Pie Green Salad Peaches	Beef Stroganoff Rotini Pasta Peas & Carrots Spiced Pears	Pan Toasted Gnocchi (potato pasta) Roasted Veggies & Parmesan Cheese Steamed Cauliflower Fresh Fruit	SITE CHOICE Biscuits & Sausage Gravy Steamed Broccoli Spiced Apples	

** Friday meals in Lacey are not federally funded and require payment to attend** (Menu Subject to change)



January 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Sales Color Yellow	We Pick up your left over garage sale items!!!!	Closed	2 90% Off Christmas items	3 Electronics 25% off	4 Furniture 25% off	5 Furniture 25% off
6 Closed	7 MCSAA 33% off	8 Seniors & Military Receive 15% Off	9 Shoes 50% off	10 Artwork 33% off	11 Artwork 33% off	12 Clothing 50% off
13 Closed	14 Books 50% off	15 Seniors & Military Receive 15% Off	16 Clothing 50% off	17 Clothing 50% off	18 Kitchen Items 25% off	19 Craft Items 25% off
20 Closed	21 Yellow Tags 75% Off	22 Seniors & Military Receive 15% Off	23 Fabric 25% off	24 Kids clothes 25% off	25 Linens 25% off	26 White Tags 25% off
27 Closed	28 Yellow Tags 90% off	29 Seniors & Military Receive 15% Off	30 MCSAA 33% off	31 Jewelry 25% off	Did You know? We deliver	Recycle!!! Reuse!!! Repurpose!
Closed	We pick up donations Call us at 360-427-0858	Make new friends, volunteer!	We are always looking for Jewelry donations.	Happy New Year! 🐣	Nifty Thrifty is the major funding source for the MCSAA	Hours M-F 9:30-5:30 Sat 9:30-5:00

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