

# Active Living



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

Mason County Senior Activities Center

January 2020



## News Flash

The votes are counted and our new board members are Marilyn Olson and Bill Young. It was a close race and the runners up are Anna Richerzhagen and Wayne Souza. The vote counts were very close. It's wonderful that we had such great candidates. We would like to thank them for their interest in the Senior Center and look forward to seeing all of them around the center.

**We had a special giveaway at the December 17th members meeting of a 32" flat screen TV donated by Barb Virden. The lucky winner was Henry Schaeffer.**

Thank you Bobbye Lewis-Simons and Richard Barnes. Your board service has been truly appreciated. Both of you have given your time and expertise to the MCSAA Board of directors over the past three years . Because of your efforts in conjunction with other board members the board has been able to run smoothly and most importantly in a forward direction. So, a huge thank you to you both and good luck. We look forward to seeing you around the center.



## Upcoming Events!!!

- Jan 3 Seattle Art Museum
- Jan 12 Sunday Bingo and Spaghetti Feed
- Jan 13 Sky view Observatory
- Jan 10 Friday Fun Night
- Jan 31 Bingo Karaoke-Sports Night
- Feb 9 Seattle Aquarium

## Center Holidays

### 2020

January 1	New Year's Day
January 20	MLK Day
February 17	Presidents Day
May 25	Memorial Day
July 3	Independence Day
September 7	Labor Day
November 11	Veterans' Day
November 26-27	Thanksgiving
December 25	Christmas

## Find the three Leaves

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



# 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](mailto:info@mcsac.net) **Web:** [www.mcsac.net](http://www.mcsac.net)

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

[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	Patt Matsen
Janna Yorke	Janice Rozzano
MaryAnn Miljanovich	Ella Kowalski
Phyllis Glisson	

### Center Hosts:

Doris Fredin	Jill Neil
Irene Moffatt	Bill Bezanson
Ella Kowalski	Linda Bostwick

**Gift Shop:** Jill Neil

**Sunshine:** Jill Neil

**Van Drivers:** Clay Long, Glenn Harper,  
Trent Palmer, Wayne Souza, Gary Miner

**Newsletter:** Patricia Vernie, Penny Wilson  
and Richard Britz

### Editorial Committee:

Terry Nelson	Julie Whaley
Gale Glenn	Val Wedman
Avis Ross	Richard Britz

**Layout:** Richard Britz

**Photographer:** Glenn Harper

**Mailing Team:** Ern Brown, Gil Palmer, Al Lawrence,  
Bill Bezanson & Ann Olli

**Distribution Coordinator:** Nila LeGault

**Web-master:** Dave Pierik

## 2019/2020 Membership Bonuses

### Nifty Thrifty Discount

In store, receive 20% off regular priced items of \$5 or more with some exceptions. Your 2020/2021 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 \$15 value) Non-transferable. Photo ID and 2020/2021 cardboard membership card required at check-in.

## 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](mailto:niftythrifty@hcc.net) or

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

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

### MCSAA

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

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

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

**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	Gary Yuan	Axle Wormer
Aloma Perez	Irene Moffatt	Marilyn Olson
Arlyn Skarich	Jan Kallinen	
Betty Thompson	Jane Donahue	
Bill Keller	Keith Jennings	
Carole Pelela	Maxine Neese	
Charal Cowsert	Reda Keller	
Doug Kreklow	Ruth Coots	
	Vivian Bentkowski	

Additional volunteers are always needed.

Call Michelle at 360-427-0858 to volunteer.

This institution is an equal opportunity provider and employer.

## 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 or Seattle TV stations for details.

## Meetings

### MCSAA Board Meeting Tuesday, January 14th at 9:30 am Conference Room

The MCSAA Board meets the second Tuesday 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.

**MCSAA 2020 Board**  
**President: Clay Long**  
**Vice President: Gary Miner**  
**Secretary: Terry Nelson**  
**Treasurer: Open**  
**Glenn Harper William Bezanson**  
**Marilyn Olson Bill Young**

### MCSAA Member General Meeting Tuesday, January 21st 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. We encourage you to attend, it's your business! **Special guest** Dr. Alex Apostle, Superintendent of Shelton Schools.

## 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.

## Nifty Thrifty Certificate

Great news! Every member will receive a \$5 Gift Certificate to Nifty Thrifty when you sign up or renew your membership to the Senior Center. One certificate per member, per membership year.

### 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.

My Active Center is for you! Use your My Senior Center key tag to activate your account at <https://myseniorcenter.com> You can join groups and enroll in activities at the Center on line. When you enroll in an activity, it appears on your My Activities page.

<https://myactivecenter.com>

## Center Wish List

We would greatly appreciate donations of:

Regular and Decaf Coffee  
Coffee Mate  
Plastic Spoons & Forks  
Napkins  
Small Paper Plates  
12 Oz. Paper Coffee cups-no lids  
Large Oval Paper Plates  
**Nifty Thrifty needs:**  
Clear Packing Tape  
1" Masking Tape  
Large Padded Envelopes  
Plastic Grocery Bags



**Thank you very much for your donations!**

### New to Medicare Free Presentation January 23rd 11 am-11:45 am. Conference Room

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. Free individual Medicare consultations are also available by advance reservation on January 23rd from 12:00 to 3:00pm. Call SHIBA at 1-800-562-6900 or 360-586-6181 ext.134 for an appointment.

Located in our Conference Room

**SHIBA provides individual consultations by advance reservation. 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 **Debra in the kitchen** for pick up information.360-426-3697.





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  
 Food Service Manager-Debra del Bosque  
 Food Service Asst. Manager-Justin Mitchell  
*Serving Mason County Residents*  
 (360) 586-6181 Ext 124

[www.SouthSoundSeniors.org](http://www.SouthSoundSeniors.org)

**Drivers 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, Sisters Restaurant**

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.

**Brighter Days Adult Day Program**

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

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

**Benefits of Attending Brighter Days**

- \* 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 at Mason County Senior Activities Center**

*Current MCSAC Membership is NOT required for the following Services.*

**Senior Nutrition Lunches**

**Monday -Thursday, 11:45 am & Friday, 11:30 am**

The nutritious full course meals are prepared by Senior Services for South Sound's Senior Nutrition Program in partnership with the Lewis-Mason-Thurston 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 \$7.50.

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

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

**Abundance Table** — We continue to offer milk, bread and other items, as available, on our table near the dance floor.

**Area Agency on Aging** — 2nd Wed., 12 noon to 1:00 pm, Brandon will be available to answer questions and provide assistance in the dining room.

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

**Walmart Vision Center** -Second Wednesday at lunch-time. Eyeglass cleaning and adjustment.

**Blood pressure check** — 10:30-11:00 am. Provided free by Providence Homecare & Hospice on the first & third Thursday, located by our dining room.

**New MCSAA Board members voted in at the general meeting on December 17th.**



Bill Young



Marilyn Olson



Cookies from our Christmas Afternoon on December 16th. This is one on MANY trays of cookies brought in by members!



**Nifty Thrifty did it again!  
Voted BEST Thrift Store in  
Mason County  
We were also voted best Antique Store  
and 3rd in the Jewelry category.  
Reda Keller was voted the Best  
Volunteer and the Best Salesperson  
in Mason County! Nifty Thrifty is the  
major funding source of the Senior  
Center. We have a lot to be proud of  
when it comes to how we do business.  
Michelle and her crew work hard and  
it shows. Sales are up, better than ever.  
Our community recognized the efforts  
of the staff and volunteers by voting for  
the store in the Mason County Journal.**

This is a letter that our crafters wrote about the Senior Center a few years ago, but the sentiment still exists. Enjoy!

They ask us to say or try to put words how this place makes our life fuller. As we look at each other and gather our thoughts for words that would let you understand and reach you to your core. To help you understand that within a few hours our life could be fuller. Not to walk alone but side by side. To share with each other and embrace our trials, joys or defeats. Such is a day at the Center. A place to come, a place to not be alone but to be uplifted by others. To listen, learn and share. We come from all walks of life, cultures, backgrounds and can meet and enjoy the time spent together.

In the twilight of life, you grab all you can. You embrace what is offered to you. You have learned that simple things are the best. A hug, a smile, a short sharing of our walk can up lift the heaviness of feeling that you are not alone. Thank you for the Center. But thank God for the laughter, compassion and people that fill this building. My walk is an easier one for having people who help me down this path of aging. They help me do it with grace and support.

From the Easy Crafters

V.A. Winders, Shirley Schober, Janice Swisher, Bev Scott, Mary Sweeten

It's never too late to make new friends or join a group like our Thursday Crafters. We have many groups doing many different activities. Don't stay home and wonder if you should be part of something at the center. Come in and see for yourself how much fun we're having!





## Activities Open to the Public

### Friday Fun Night

Friday January 10th from 6-9 pm at the Pavilion. Dance or listen to music provided by our own DJ Glenn (requests happily taken!) Socialize, eat, drink and be merry! Word is out that Friday Fun Night is the place to be. Limited bar and food available. 21+

**Donations are greatly appreciated.**

### Spirited Art

Friday January 10th from 5-8pm. 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! May have additional charge for supplies.

Call ahead for amount.

\$15.00 members and \$20.00 nonmembers.

### Square Dancing

Friday January 17th from 7-9pm

\$5.00 per person and open to the public.

Dust off those dancing shoes and join The Salty Sashayers for an evening of fun.

Not for beginners.

### Learn to Square Dance

Monday's 6:00-8:30pm for this 10 week course. Cost is \$7. The next course starts on January 6th.

### Bingo Karaoke

No Bingo Karaoke due to the Christmas Holiday  
See you in January for our Sports Themed Party!

### Sunday Bingo

Second Sunday of the month starting

January 12th. Doors open at 11:00

Purchase food beginning at 11:30

Bingo played from 1:00 till 3:00

\$10 for 10 plays of regular bingo and three 50/50 games at \$5 per game.

MCSAC is hosting this class

**Every Tuesday, Wednesday & Thursday  
From 5:30-6:30 pm**



**Seated Zumba Gold  
Wednesdays at 4:15 - 5:05  
pm**

Seated Zumba is designed for the lowest impact  
Chair options OK in all of these classes.  
\$5 per class required. Punch card available  
from teacher. Open to the public.

## For Your Musical Enjoyment



John Schwennesen  
January 6 & 20  
Lunchtime Music



Richard Shatto &  
Dennis Schosboek  
January 13  
Lunchtime Music



Dan Washburn  
Fills in where he can



Sarah Huey  
Friday January 27  
Lunchtime Music

## Volunteers Wanted

***Do you have some time to invest in MCSAA?***

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. 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. Stop by the reception office and fill out a volunteer form today!

See Val or Patti for more information.

## Volunteer Appreciation Party

You are what makes the Senior Center a wonderful place! We want to celebrate our volunteers who give so tirelessly. We have live music and will be serving ice cream to go with the Christmas desserts. Wednesday January 15th in the MCSAC dining room.

**12:30-1:00 Please attend!**



## Center Van Trips

**Advance purchase is required to reserve your spot.** Costs are per person and include round trip van transportation, admissions and/or ticket to the venue as advertised. Most require a minimum of 8 people. (Meals are not included unless listed.)

**Cancellations occurring prior to 2 weeks of travel will be refunded. After that, there will be a \$5 cancellation fee.** However, if venue tickets have already been purchased by MCSAA, we will be unable to refund that cost. You may find another to take your place. Exceptions may be possible due to illness. Please contact Val directly for these circumstances. **No refunds will be issued if cancellation occurs within 3 business days of the trip.**

We keep our trip prices very low. **Trips cannot operate if there are last minute cancellations or changes.**

Casino shuttle trips are open to the public, advertised as being 21+ and the casino expects you to have ID with you

**All trips** are also available to nonmembers, provided they accompany a paying, current MCSAA member . There is generally an additional charge to nonmembers. Please be aware that there is a 2-guest maximum for each MCSAA member.

### Future Trips

#### February 6 Burke Museum.

This is a new kind of museum, a whole new way to experience our world. Located in Seattle.

\$28 members, \$33 nonmembers

Bring money for lunch. Leaving MCSAC at 8:30am

#### February 19 Seattle Aquarium

\$20 members, \$25 nonmembers

Walk on the ferry, need \$4.50 (for return ferry trip) plus lunch money.

### January Center Van Trips

#### January 3 Seattle Art Museum

Leave MCSAC at 8:30.

Cost \$20 members, \$25 nonmembers. Bring money for lunch at SAM and return ferry fare.

#### January 13

Sky View Observatory - Seattle

Cost \$48 member and \$53 nonmember  
Price includes transportation and Sky View experience. Leaves MCSAC at 9:30

### Senior Walkers

The season is over but email [galeglenn@msn.com](mailto:galeglenn@msn.com) to get on the email list for off season hikes.

**Bulletin Board - Please, if you want something posted on our bulletin board, you *MUST* give it to Val, our Activities Coordinator.**

### Kindness

We would like to remind everyone that this is a senior center, a place where our members should be able to socialize and feel safe. Rudeness, mean gossiping and bullying have no place here. Remember what your mother said,

*"If you can't say anything nice, don't say anything at all".*

### Casino Shuttle Trip

For adults 21 years and older. MCSAA Membership is not required. Sign up and pay at the reception desk to get on the shuttle list.

Cost: \$5 per person-needs 10 passengers

Red Wind Casino Shuttle Trip  
Every other month on the 3rd Wednesday,  
Next shuttle Feb. 19th  
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. Due to the cost of business, donations for activities are suggested and are greatly appreciated.

### 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.



### Monday Art Workshop

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

Need a place to paint? This workshop offers you a  
great spot to paint with friends and coffee...and it's  
only \$2.00 every Monday afternoon 1:00-3:00 in the  
MCSAC dining room. Bring your own supplies and  
work on your project.

### Fitness Classes

**\$1 donation per class is requested  
except where listed**

**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:** Tue, Wed & Thu. 5:30pm to 6:30 pm  
\$5 required per class, punch cards available  
from instructor for savings.

**Seated Zumba:** Wed 4:30 to 5:15 pm \$5  
required

**Weight Watchers:** Tue. 11:45, on-line  
membership or weekly fee applies.

### Friendly Reminder

Friday movies are  
for members only.  
No exceptions.

### MCSAA at Shelton Cinemas *Members Only*

**Fridays, usually at 1:00 pm, but times may vary.**

**Call the Center for more details.**

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.

**Beading Social** Wednesdays 1:00-3:00

**Bingo** Thurs. 1-3 pm. \$1.00 for three cards

**Bingo with Shelton Health & Rehab** 4th Tuesday  
at 1-3 pm

**Book Club** 4th Tuesday in the dining room

**Bridge** Tuesdays and Thursdays 12:00 pm

**Chorus** Friday 1:00

**Cribbage** Monday-Friday, 8:00 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.

**Machine Knitting** Tuesdays 10:00-1:00

**Mahjong** Thursday, 1:00 pm Come learn.

**Mexican Train Dominoes** M, W, F 9:00 am

**Open Sew/Charity Sewing** Tue. 1:30-6:15: pm, bring  
your current projects, learn something  
new from others, or work on projects for  
the center to sell or give..

**Pinochle** Mon. & Wed. (Int., Adv) 12:30pm;  
Fri (beginners/all) 12:00 pm. Please arrive  
early to get a seat. \$1

**Puzzles** Mon. through Fri. during Center hours on  
the white table in the dining room.

**Quilt Class** Thursday 4:00-6:15 pm Come learn  
quilting techniques and fun projects. See  
page 15 for current offerings.



### Happy Birthday to All!

Did you know that we have 84 members who are having birthdays in the month of January? Wow, who could have imagined that!

As always, for those of our members who are having birthdays this month, we wish you the very best birthday and would love to see you at our regular birthday celebration on the 2nd Friday of the month. Sue Puls provides a beautifully decorated cake to enjoy. You are entitled to a free lunch. Please bring your current membership card and photo ID. Lunch will be regular price for all others.

### *Happy Birthday!*



Our monthly birthday cakes are made and donated to us by Sue Puls

Some of our December birthday partiers.



## Cynthia Middleton

Cynthia has been a volunteer for Nifty Thrifty for over 7 years. She started working with books and was a great help in organizing the book room that we have today. She recently moved to our jewelry department. Cynthia has a knack for design and this is evident when you look at the jewelry displays. With her talents she has been able to increase sales for us.

She loves her cats and will happily talk to you about them and share pictures of them. When asked to help out she always says yes no matter what the job. With a smile on her face and a willingness to help we can't help to wonder how we are so lucky to have her as a volunteer. When you see **Cynthia** make sure to tell her thank you!

Senior Nutrition Program January 2020

Monday	Tuesday	Wednesday	Thursday	Friday
		1 <b>Closed in Observance of New Year's Day</b>	2 Thai Coconut Curry w/ Chicken & Veggies Brown Rice Mandarin Oranges Roti Naan Flat Bread	3 Turkey & Swiss Melt Creamy Tomato Soup Mixed Green Salad Fruit Cup
6 French Dip Sandwiches with Au Jus Seasoned Balsamic Roasted Root Veggies Spiced Pears	7 Vegetarian Lasagna Spinach Salad Peaches w/Cottage Cheese Garlic Bread	8 Potato Broccoli Cheddar Soup Mixed Green Salad Apple Crisp Dinner Roll	9 Honey Garlic Chicken w/ Creamy Wild Rice Green Beans Almandine Pears Dinner Roll	10 Tuna Cakes Scalloped Potatoes Green Peas Apples Slices Dinner Roll
13 Chicken Alfredo w/ Whole Wheat Rotini & Fresh Broccoli Mixed Green Salad Pineapple Chunks	14 Chicken Parmesan w/Noodles & Marinara Green Salad Applesauce	15 Scalloped Potato & Ham Bake Roasted Brussels Sprouts Cinnamon Applesauce	16 Beef Stroganoff Spinach Salad w/Sliced Red Onion Pears	17 Vegetarian Chili w/Beans Mexicali Corn Bread Mixed Green Salad Baked Spiced Apples w/Raisins
20 <b>Closed in Observance of Martin Luther King Jr. Day</b>	21 Meatloaf Mashed Potatoes w/Gravy Peas & Carrots Fruit Cocktail	22 Pork Roast Red Potatoes Steamed Carrots Fruit Salad	23 Tamale Pie Crisp Green Salad Fresh Fruit	24 Battered Fish Fillet Roasted Potatoes Coleslaw Apple Slices
27 Bell Pepper Casserole w/Ground Beef & Rice Marinated Cucumbers Pineapple Chunks	28 Spaghetti W/ Meat Sauce Whole Wheat Pasta Green Salad fruit	29 Stir Fry Chicken & Veggies Steamed Brown Rice Orange Slices	30 Sloppy Joe and Whole Wheat Bun Homemade Oven Fries Mixed Green Salad Apple Slices	31 Ricotta and Spinach Gnocchi (potato & pasta dumplings) Bake Steamed Carrots Berry Yogurt Parfait

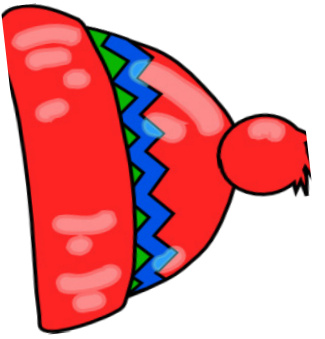
**Menu Subject to change. Our meals are low sodium and prepared with diabetic diets in mind.**



Every Monday	Every Tuesday	Every Wednesday
<p>8 &amp; 8:45 Gentle Tai Chi            8:00 Cribbage            9-10 Begin Line Dance            9:00 Mexican Train Dominoes            10-11 Int./Adv. Line Dance            12:30 Pinochle (Int, Adv)            1:00 Art Workshop</p>	<p>8:00 Gentle Yoga            8:00 Cribbage            9:00 Line Dance-Int./Adv.            10:00 Machine Knitting            12:00 Bridge            12:45 Gentle Tai Chi            1:30 Charity Sewing            4:30 Open Sewing            5:30pm Zumba Gold</p>	<p>8 &amp; 8:45 Gentle Tai Chi            8:00 Cribbage            9-10 Beginning Line Dance            9:00 Mexican Train Dominoes            10:00 Int./Adv. Line Dance            12:30 Pinochle (Int, Adv)            1:00 Beading Social            1:00 Hand &amp; Foot Cards            4:15-5:05pm Seated Zumba            5:30pm Zumba Gold</p>
Monday	Tuesday	Wednesday
	<p><b>Closing Early            Happy New Year!!            2020</b></p>	<p><b>Closed            New Year's Day</b></p>
<p><b>6</b>            6:00 Square Dance Lessons            11:45 French Dip</p>	<p><b>7</b>            2:00 Grief Support Group            1:30 Charity Sewing            11:45 Vegetarian Lasagna            V</p>	<p><b>8</b>            Foot Care by Michelle            10:00 Matter of Balance            11:00 Free Eye Glass Adjustment and            Cleaning            12:00-1:00 Area Agency on Aging            1:00 Beading Social            11:45 Broccoli Cheddar Soup V</p>
<p><b>13</b>            9:30 Sky View Observatory            6:00 Square Dance Lessons            11:45 Chicken Alfredo</p>	<p><b>14</b>            Foot Care by Michelle            9:30 Board Meeting            1:30 Charity Sewing            11:45 Chicken Parmesan</p>	<p><b>15</b>            9:00 Joy of painting            10:00 Matter of Balance            12:30 Volunteer Appreciation            1:00 Beading Social            11:45 Scalloped Potato &amp; Ham</p>
<p><b>20</b>  <b>MLK Jr. Day            Closed</b></p>	<p><b>21</b>            10:45 Member meeting            1:30 Charity Sewing            2:00 Grief Support Group            6:00 Square Dance Lessons            11:45 Meatloaf</p>	<p><b>22</b>            10:00 Matter of Balance            1:00 Beading Social            11:45 Pork Roast</p>
<p><b>27</b>            Priority Footwear            6:00 Square Dance Lessons            11:45 Bell Pepper/Hamburger            Casserole</p>	<p><b>28</b>            10:00 Book Club            Foot Care by Michelle            1:30 Charity Sewing            6:00 Square Dance Lessons            11:45 Spaghetti w/Meat Sauce</p>	<p><b>29</b>            10:00 Matter of Balance            1:00 Beading Social            11:45 Chicken Stir Fry</p>

# Activities

Every Thursday	Every Friday	Every Weekend
<b>8:00 Gentle Yoga</b> <b>8:00 Cribbage</b> <b>9:00 Line Dance - Int./Adv.</b> <b>9:00 EZ Crafters</b> <b>9:00 Jokers Rule</b> <b>9:00 Woodcarvers</b> <b>9:30 Knit &amp; Chat</b> <b>12:00 Bridge</b> <b>12:45 Gentle Tai Chi</b> <b>1:00 Bingo</b> <b>1:00 Mahjong</b> <b>4:00 Beginning Quilting Classes</b> <b>5:30 Zumba Gold</b>	<b>8 &amp; 8:45 Gentle Tai Chi</b> <b>8:00 Cribbage</b> <b>9:00 Mexican Train Dominoes</b> <b>9:00 Open Line Dance</b> <b>12:00 Pinochle (begin/all)</b> <b>1:00 MCSAA Goes to the Movies</b> <b>12:30 Chorus</b>	
Thursday	Friday	Saturday/Sunday
<b>2</b>  11:45 Curry Chicken	<b>3</b>  9:30 Seattle Art Museum 9:30 Junk Journaling Lunchtime Music: John Schwennesen 11:30 Turkey Melt Sandwich	<b>4/5</b>
<b>9</b>  10:30 Blood Pressure Check 1:30 Paper-crafting 101  11:45 Honey Garlic Chicken	<b>10</b>  Lunchtime Music: Richard Shatto & Dennis Schosboek 12:00 January Birthday Party 5:00 Spirited Art 6:00 Friday Fun Night  11:30 Tuna Cakes	<b>11/12</b>  11:00-3:00 Sunday Spaghetti Feed and Bingo
<b>16</b>  11:45 Beef Stroganoff	<b>17</b> 9:30 Junk Journaling Lunchtime Music: John Schwennesen 7:00 pm Square Dancing  11:30 Vegetarian Chili With Beans V	<b>18/19</b>
<b>23</b>  11:00 SHIBA 11:45 Tamale Pie	<b>24</b> 9:30 Artist Trading Cards Lunchtime Music: Sarah Huey  11:30 Fish Fillet	<b>25/26</b>
<b>30</b>  10:00 Estate Planning Presentation 11:45 Sloppy Joe	<b>31</b>  Lunchtime Music: Sarah Huey Bingo Karaoke-Sports Night  11:30 Ricotta & Spinach Gnocchi V	



# January 2020



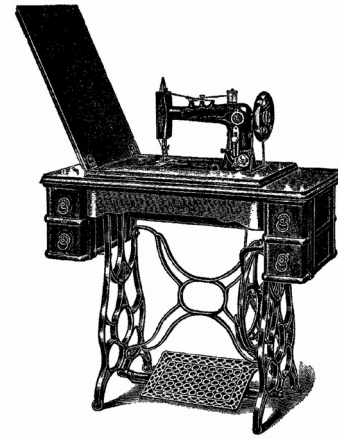
Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Sales Color Yellow</b>	Nifty Thrifty is the major funding source for the MCSAA	<b>Happy Holidays</b>	1 Closed Happy New!	2 Yellow tags 50% off	3 Christmas 90% off	4 White Tags 25% off
5 Closed	6 MCSAA Members Receive 33% Off	7 Seniors & Military Receive 15% Off	8 Jewelry 25% off	9 Coats 25% off	10 Coats 25% off	11 Drinking glasses 50% off
12 Closed	13 Books 50% off	14 Seniors & Military Receive 15% Off	15 Kitchen items 25% off	16 Yellow Tags 75% off	17 White Tags 25% off	18 Knick Knacks 25% off
19 Closed	20 Artwork 25% off	21 Seniors & Military Receives 15% off	22 Electronics 25% off	23 Dish sets 25% off	24 Linens 25% off	25 Yellow Tags 90% off
26 Closed	27 Clothing 50% off	28 Seniors & Military Receive 15% Off	29 Children's clothes 25% off	30 Purses 25% off	31 Shoes 25% off	<b>Happy New Year</b>
<b>Closed</b>	We pick up donations Call us at 360-427-0858	Make new friends, volunteer!	We are always looking for jewelry.	Recycle!!! Reuse !!! Repurpose!	Lots of books? Consider donating them to Nifty Thrifty.	Store Hours M-F 9:30-5:30 Sat 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.



## Charity Sewing Day

Starting on January 7th, we will start our charity sewing day. On Tuesdays from 1:30pm to 6:15pm. We will meet in the sewing room and work on sewn projects to sell in our Boutique, at Bazaars or give to those in need (we have some ideas about the projects to give away.) Don't know how to sew, we can teach you. Do you knit or crochet? You're welcome to join the group and make items for the boutique or to give away also. We are always looking for donations of yarn, fabric and batting. Call the Senior Center and ask for Penny for more information.



## Upcoming Quilting Classes

**January 2nd, 4:00-6:15 pm**

**Magic Pillowcase** Member \$5/ Nonmember \$10 Learn to make a pillowcase with French Seams. We have a limited amount of machines available for use. Materials list available from the receptionist.

**January 9 and 16th 4:00-6:15 pm**

### Intro to Free Motion Quilting

Members \$10/nonmembers \$15. This is a 2 session class. Learn the basics of free motion quilting with your home machine. In week 2 we will make potholders from some of your quilting. Materials list available from the receptionist.

**Starting January 23rd 4:00 - 6:15 pm**

### Block of the Week Quilt as You Go

Members \$5 per week/non members \$10 per week. Each week we will learn a new block. Finished project size is up to you. This class will continue throughout the year. Classes will be drop in style so you do not have to attend or sign up for all of them. Blocks will get progressively more difficult as the year progresses. Baby Quilt uses between 9-16 blocks and king needs 72 blocks. Materials list available from the receptionist.

January 23: Twin Sisters Block

January 30: Snow Flake Block

February 6: To Use Up The Pieces Block

February 13: Hourglass Block

## New! Book Club!

“Award Winners & Other Great Books” book club

Every 4th Tuesday from 10-11:30am in the MCSAC dining room.

Starts January 28, 2020.

We'll start with Agatha Christie (the best selling novelist of all time) and the title “And Then There Were None”-also titled “Ten Little Indians”.

This is Christie's best selling novel. \$1.00 donation requested.

## KIOSK

Please remember to check in at the kiosk on your way in. Even if there is a line.

It helps **us** to know who is here volunteering, visiting and eating lunch.

It helps **you** to know what is going on at the center with information and reminders.

In the event of an emergency we need to know how many people are possibly at the center.

We want to thank you all for checking in!



## Woodcarving

The Shelton chapter of the Capital Woodcarvers Club is changing the meeting location to the Mason County Senior Activities Center every Thursday (except holidays and Center closure days) from 9AM to 11AM. The woodcarvers also meet in Olympia and Elma on other weekdays and can provide assistance, training and access to tools and wood supplies.

We are grateful to the MCSAC for this opportunity to share our time and expertise demonstrating hand knife and gouge woodcarving techniques for anyone interested in learning this hobby.

\$1 donation requested. Located in the back of the dining room.

## Paper Crafting 101

Paper Crafting classes are a great way to get creative! Join Dorothy Skans on Friday January 9th from 1:30 to 3:30 for this exciting class. Supplies are provided by our teacher.

\$1 donation requested.

## Artist Trading Cards (ATC)

ATCs are 2.5 X 3.5" collectible pieces of art that are created and exchanged in different crafts community. The goal is to make 1 for yourself and enough for the rest of the group. All materials are provided. This class will be the 4th Friday of the month, January 24th from 9:30 to 11:30am. Ideal class size is 9. Sign up is required. \$1 donation requested.

## Beading Social - Members Only

Starting Wednesdays from 1-3 in the Craft Room we are having a beading social for members only. In this class you will bring your own project and supplies. Share your beading knowledge and design ideas with others. There is no charge for this class.

## New Grief Support Group

Starting in January The Providence Sound Grief Support Group will be meeting at the Senior Center. They are currently meeting at the Shelton Fire House on Franklin. This group will meet the 1st and 3rd Tuesdays each month from 2:00 to 3:30 in our carpeted room.

Grief groups provide a safe place to share your loss and journey through your grief with the understanding support of other bereaved persons. They provide acceptance of your own unique journey and how your loss is affecting you. You may find that what you are feeling is a normal grief response. You are not required to talk if you don't want to. Groups are open and participation numbers vary; give yourself two or three sessions to decide if it is right for you. No registration necessary, walk-in welcome. Open to the community. Free to attend.

**New!**

## Spaghetti Feed and Bingo Party

This exciting new fund raiser will start on January 12, 2020. We will now have bingo on the second Sunday of the month. Doors open at 11:00 am with Spaghetti at \$6 and bingo will be from 1-3 pm.

50% of the proceeds go to a Greenhouse project and the other 50% will go to paying down the mortgage for the Senior Center. We need volunteers for the new Sunday Bingo game. Questions should be directed to Glenn Harper or Sue Bird. Watch for posters and updated information.



We are looking for volunteers to distribute our newsletter. Nila LaGault is the only distributor right now and she can't be everywhere. If you know of a business that would display our newsletters, see Patti or Penny and they will give you some to deliver there. Thank you!

## Thank you for the memories

**Mary Ann Blanton  
Ruth Chambers  
Bertha Compton  
Vivian Cruickshank  
Jane Eliason  
Nancy Gurnsey  
Bill Hauser  
Donald Jones  
Paul Kucharik  
Ted Little  
Margaret McCann  
Marcella Morgus  
Rosa Perkins  
Marshall Robinson  
David Shepard  
Sally Thomas**

### **Weekend Senior Nutrition Program**

New at MCSAC, the Weekend Senior Nutrition Program was created because many seniors don't have access to hot nutritional meals on weekends. This program will provide one nutritionally sound meal for each weekend day. Meals will be a packaged meal that Senior Services for South Sound uses for the Meals on Wheels program. Meals are frozen, packaged in a microwavable container and from available and prepared stock.

To order a weekend meal, call the Senior Center by Thursday noon for the following week's pick up. Provided meals must be picked up Friday by 2:00pm. No special orders accepted.

This meal program is available to current members of the Mason County Senior Activities Association. The cost is a suggested donation of \$3.00 per meal. We have scholarships available for those unable to pay and will be grateful for any donations to further this program.

Please call Patti at 360-426-7374 for information and to order your meals.

## Remittance Envelopes

Once a quarter in our newsletter mailing we including our new Remittance Envelope for your convenience. Our hope is to receive enough donations to pay off our mortgage. As a nonprofit we rely on others' generosity and do not receive government subsidies. We are self supporting and our largest source of income comes from Nifty Thrifty. At this point the envelopes have paid for themselves and they continue to come in. We will include the envelopes in our mailings on a quarterly basis and are grateful for the donations we've already received. Any size donation counts and they are truly appreciated. We are looking at donations as one gift at a time; they all count no matter the size. If you can afford to give to the Senior Center, please do.

### **Guests**

There have been questions about how many times a guest may attend activities at the center. The answer is two. The 3rd time they come in, they need to become a paid member. Please don't harass guests if you think they have visited too often. Let one of the staff know and we will address it with them.

### **National Days in January**

Jan 2: National Buffet Day

Jan 6: National Cuddle Up Day

Jan 11: National Milk Day

Jan 14: National Dress Up Your Pet Day

Jan 20: National Cheese Lovers Day

Jan 21: National Squirrel Appreciation Day

Jan 27: National Bubble Wrap Appreciation Day

Jan 29: National Puzzle Day

Which one are you going to Celebrate?



# Thanksgiving Dinner with Potluck Dessert and Many Good Friends







## 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 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."

## 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 the Bingo Karaoke Party.

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 Executive Director at [info@mcsac.net](mailto:info@mcsac.net) or 360-426-7374 for more information about the benefits of becoming one of our Corporate Sponsors.

Please support our **Corporate Sponsors** who support us.



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### Karen L Schade

Financial Advisor

1051 SE State Route 3 Suite E  
Shelton, WA 98584  
360-426-4590

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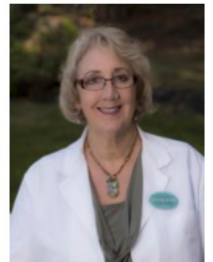
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### Sojourners Welcome!

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

**B I**  
**Ask 1**



At **Union City Lodge #27 F.&A.M.**

Across from Lucky Dog Casino

Questions: 360-280-9925

[unioncity27@gmail.com](mailto:unioncity27@gmail.com)



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We offer small to large size ad spaces with reasonable payment plan options. Call 360-426-7374 and ask for Penny or email her at [bookkeeper@mcsac.net](mailto:bookkeeper@mcsac.net) for more information.

This newsletter reaches more than 1,500 seniors throughout Mason County.

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6:00 AM - 8:00 PM  
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8:00 AM to 5:00 PM



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123 N Front St, Shelton WA 98584

Please support our **Corporate Sponsors** who support us.

Have some extra time?

The Senior Center needs Volunteers  
for various jobs around the center.  
Contact Val 360-426-7374

Nifty Thrifty Needs volunteers.  
Contact Michelle 360-427-0858

Kitten Rescue needs volunteers.  
Please contact Debbie 206-769-5035



**You can do it!**



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 &amp; fill in any blanks that apply.

- |  |   |
|--|---|
| <input type="checkbox"/> Serve on the MCSAA Board  | <input type="checkbox"/> Facility Management            |
| <input type="checkbox"/> Newsletter Publication  | <input type="checkbox"/> a. Electrical                  |
| <input type="checkbox"/> Newsletter & Flyer distribution   | <input type="checkbox"/> b. Plumbing                    |
| <input type="checkbox"/> Newsletter folding, sealing & mailing   | <input type="checkbox"/> c. Carpentry                   |
| <input type="checkbox"/> Teaching Computer Classes: Beg/Inter or Adv                                     | <input type="checkbox"/> d. Handyman/Repairs            |
| <input type="checkbox"/> Teach _____ Class (fill in your skill)  | <input type="checkbox"/> e. Painting                    |
| <input type="checkbox"/> Teach Genealogy Class   | <input type="checkbox"/> f. Janitorial                  |
| <input type="checkbox"/> Teach a Health/Diet/Nutrition Related Class                                     | <input type="checkbox"/> g. Garden/Grounds              |
| <input type="checkbox"/> Teach a writing class   | <input type="checkbox"/> Clerical/Secretarial           |
| <input type="checkbox"/> Teach a _____ exercise class  | <input type="checkbox"/> a. Data Entry                  |
| <input type="checkbox"/> Reception Desk (answering phones, taking money, trips, registering new members) | <input type="checkbox"/> Are you computer literate? Y N |
| <input type="checkbox"/> Host (Make Coffee/tea/ maintain treats & utensils)                              | Miscellaneous   |
| <input type="checkbox"/> Cook/clean/prep for Friday Lunches  | <input type="checkbox"/> b. Grant Writing               |
| <input type="checkbox"/> Volunteer to help with Special events   | <input type="checkbox"/> c. Fundraising                 |
| <input type="checkbox"/> Cook/clean/prep for Special Events  |   |
| <input type="checkbox"/> Decorate/Set up for Special Events  |   |
| <input checked="" type="checkbox"/> Provide entertainment  | Your Ideas:   |
| <input type="checkbox"/> Bingo Caller/set-up/take down/Karaoke Host                                      | _____   |
| <input type="checkbox"/> Potluck Help  |   |
| <input type="checkbox"/> Decorate the Center for seasonal cheer  |   |
| <input type="checkbox"/> Make Crafts to sell or decorate to our fundraisers                              |   |
| <input type="checkbox"/> Photography (take pictures at events and of Members)                            |   |
| <input type="checkbox"/> Trip Driver (must have clean driving record)                                    |   |

**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