

# Active Living



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

Mason County Senior Activities Center

January 2021

## What Has Your Senior Center Been Up To?

### Toys for Tots:

- We were able to provide space to this wonderful organization for the purpose of storing and distributing toys in Mason County.
- Toys were handed out to over 1400 kids during the weekend before Christmas.
- We are delighted to help! The amount of work these people do is amazing!

### Christmas cards:

- Around 1100 hand-written Christmas cards were sent to our members and area businesses.
- Thanks to Val & Penny for their 'carpal tunnel' efforts.

### Regular Zoom classes:

- Yoga, Tai Chi, Line Dancing and Chorus classes are offered weekly. Give them a try!
- If you are a current member and wish to attend, email Val for an invitation at [activities@mcsac.net](mailto:activities@mcsac.net)

### Nifty Thrifty:

- Donations have been strong and fantastic finds are on the store shelves
- Still selling quilt raffle tickets for the drawing in February. It's beautiful.
- In desperate need of a new box truck and are accepting monetary donations designated specifically for a box truck.
- Thank you to everyone who works so hard at the Railroad Ave location.

### For up-to-date information about the Senior Center, please check:

- <https://www.facebook.com/MasonCountySeniorActivitiesAssociation>
- [www.mcsac.net](http://www.mcsac.net)



### Fundraising:

- Friends of MCSAC paid for a full-page ad in the Shelton Mason County Journal on 11/26/2020 – thank you for that donation
- Our fundraising efforts are going well. Thank you for your contributions!
- Having said that, we want you to know that this is just the beginning...while we continue to apply for grants, we need you to keep us front of mind when considering a donation.

### Here's how:

- Send checks: 190 W Sentry Dr. Shelton, WA 98584
- GoFundMe: <https://charity.gofundme.com/o/en/campaign/support-mason-county-senior-activities-center-during-covid-19-closure>

**Lastly, don't forget to renew your membership!** It is an investment for our community. Current membership also gives you a daily discount at Nifty Thrifty, along with special discount days for members only. You can send in your membership fees with application and we will mail you the new cards. Please consider adding a donation to your \$40 annual fees.

Unlike most Senior Centers, we are a privately funded nonprofit. This means that we do not receive government funding to keep our doors open and our programs running. While this gives us some freedom, it also presents limits. Because of the loss of income due to closures, we are increasing our fundraising efforts.

**We miss you all and we are looking forward to a healthy and bright new year!**

# Mason County Senior Activities Association

Annual membership dues are \$40



Just a few pictures of the toys that Toys for Tots were distributed this last Christmas.



## 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-Saturday 9:30-5:00

Donations Monday – Saturday 10-4:30

**Your quality donations are needed!**

Call for Free Pickup: 360-427-0858

**Store Director:** Michelle Marks

**Assistant Manager:** Krystal Perez

**Staff:** Linda Trail, Cathy Jones and Moriah Ward

**Dedicated Volunteers:**

Adelheid Krohne

Aloma Perez

Arlyn Skarich

Axel VanWormer

Betty Thompson

Carole Pelela

Cynthia Middleton

Doug Kreklow

Gary Yuan

Irene Moffatt

Jan Kallinen

Jane Donahue

Kyle Dimisillo

Maxine Neese

Pamela Johnson

Rachel Sedlaek

Reda Keller

Ruth Coots

Vivian Bentkowski

Marilyn Olson

Jill Neil

Wayne Souza

Additional volunteers are always needed.

Call Michelle at 360-427-0858 to volunteer.

This institution is an equal opportunity provider and employer.

## 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.

## Meetings

### **MCSAA Virtual Board Meeting Tuesday, January 12th at 9:30 am**

The MCSAA Board meets the second Tuesday of each month at 9:30 am. If a member desires to bring something before the board, he or she should make the request in writing and give the request directly to MCSAA Board President Clay Long or Director Patti 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. To attend the virtual meeting, email Patti for the link.

**MCSAA 2020 Board**  
**President: Clay Long**  
**Vice President: Bill Bezanson**  
**Secretary: Terry Nelson**  
**Treasurer: Marilyn Olson**  
**Gale Glenn**  
**Wayne Souza**

In these stressful times, let us remember to encourage and help each other, to make things better. We can't control covid-19, but we can control our response. Remain positive. Look forward, not backward. Don't let the gremlins get you down. The center will reopen; we will get back to the good old days.

-The Board

## Center Holiday Closures

### 2021

January 1	New Year's Day
January 18	MLK Day
February 15	Presidents Day
May 31	Memorial Day
July 2	Independence Day
September 6	Labor Day
November 11	Veterans' Day
November 25-26	Thanksgiving
December 24	Christmas

## Center Wish List

We would greatly appreciate donations of:

### **Nifty Thrifty needs:**

Clear Packing Tape  
1" Masking Tape  
Large Padded Envelopes  
Plastic Grocery Bags  
Bubble Wrap  
Packing Peanuts



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

## Election news

Normally we have had nominations for the board in November, and the election in December. Since we have been unable to have the member's general monthly meeting, we are unable to have an election, let alone nominations.

The board voted to retain Terry Nelson, our secretary, whose term expires at the end of December. He will serve until we are able to have an election at which time he can choose to run again, or to withdraw from the board. Gale Glenn has also been voted by the board to be a temporary board member until we can have an election.

At present, the board still has one opening which we hope to fill. If you are interested in becoming a board member, please write to the Board President and let him know. All interested parties will be considered by the board and any position will be considered temporary until we can hold an election.

Fiscal responsibility is the prime responsibility of the board of directors. How to raise money and balance expenditures with income, making hard decisions each month is our duty. We also have to protect our liability and insure we are fulfilling our legal responsibility. We base our decisions on financial and legal reasons, bearing in mind how we can best serve our membership.





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](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.



**Services for All Seniors at Mason County Senior Activities Center**

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

**Free Medical Supplies Lending Library** — Borrow walkers, toilet seat boosters, wheel chairs, etc., from our lending library. Supplies fluctuate. Please call 360-426-7374 Tuesday thru Thursday

**Commodity Supplemental Food Program**

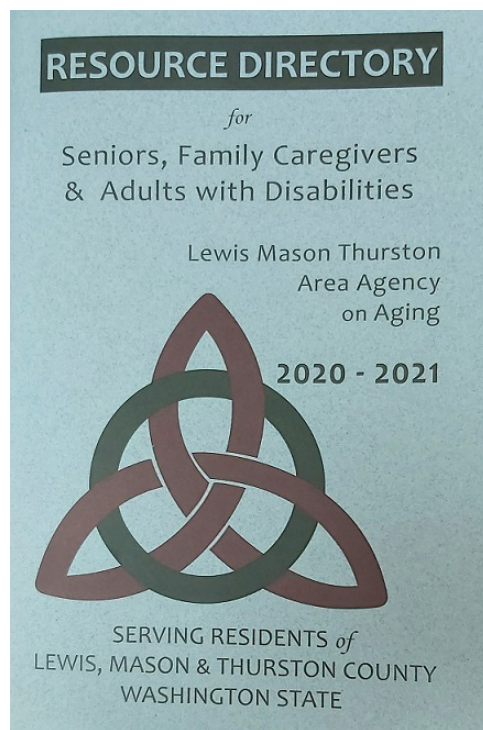
There is a sign up for the Commodity Supplemental Food Program – CSFP. This is a program for seniors over the age of sixty who meet federally regulated income guidelines. CSFP participants receive a 40-pound box of food once per month. For questions, or to get your application call **Todd at Thurston County Food Bank** for information **360-352-8597 x206**.

**Do you know a senior in need?**

Senior Services for South Sound offers not just Meals on Wheels but a host of other programs that might be of interest:

- Phone Pal
- Pen Pal Program
- Entertainment Exchange
- Pet Assistance Fund
- Delivery Service

For more information please contact the Senior in Need department at 360-586-6181 ext. 136.



**Do you have your copy of the newest Area Agency on Aging Resource Directory?**

The directory is published online at <https://www.lmtaaa.org/resource-directory> or you can get a copy in print from or request information at (888) 545-0910. Nifty Thrifty and The Senior Center continue to offer copies if you need one.

# MASON COUNTY SENIOR ACTIVITIES ASSOCIATION



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



## 2021/2022 Membership Application and Agreement

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

- Our excellent Active Living Newsletter every month
- Free birthday Lunch on the third Friday in the month of your Birthday
- Discounted Pricing on most trips and classes
- Exclusive access to some Center Classes, Trips & Functions
- Discount at our Nifty Thrifty Thrift Store
- Your emergency information on file in case it is needed

Annual Dues are \$40 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: \_\_\_\_/\_\_\_\_/20\_\_

Last Name, First

Member #

New Member

Renewal

Key Tag

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  |   |
| <input type="checkbox"/> Bingo Caller/set-up/take down/Karaoke Host                                      | Your Ideas:   |
| <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? \_\_\_\_\_

**COMPUTER SERVICE @ YOUR DOOR**  
**DAVE'S COMPUTER SERVICE**  
**360-898-3800**

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

Probates-Wills-Powers of Attorneys-  
 Deeds-Foreclosures

**Julie Cook**  
 Attorney at Law

P.O. Box 821 / 613 West Pine St  
 Phone: 360-427-5616  
 Shelton, WA 98584  
 JULIEKAYCOOK@Yahoo.com

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**360-426-4803**



**Karen L Schade**  
 Financial Advisor

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

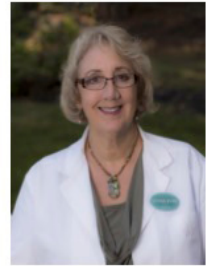
**Edward Jones**  
 MAKING SENSE OF INVESTING



**Miracle Ear**  
 116 West Railroad Ave. Suite 106  
 Shelton, WA 98584  
 427-3187

**Leona Byrd, BC-HIS**  
 Leonab@Miracle-earnw.com

- Free Hearing Screenings
- L and I claims accepted
- Federal claims accepted
- Open Monday through Friday



Leona has been helping Mason County hear better since 1998.  
 Call for an appointment today

**FOREST FUNERAL HOME**



Kathleen Blanchette

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

**(360) 427-8044**

**LORRAINE'S MUSIC STUDIO**



Please call to schedule your free one-hour lesson:

(360) 481-8360

825 W Franklin St Shelton, WA 98584  
 Across the street from Evergreen Elementary

WWW.LORRAINEMUSSON.COM

**Sojourners Welcome!**

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



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



*We want to thank all of our **Corporate Sponsors** for all they have done for us. We really appreciate it!!!*





# January 2021



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Sales Color Yellow</b>	Show your support shop local	Save small businesses by shopping local	Donation times vary, please call 360-427-0858	Closing at 3:00 on New Years Eve	Closed Happy New Year	<b>Yellow Tags 50% off</b>
3	4 <b>Christmas Items 90% off</b>	5 Seniors & Military Receive 25% Off	6 <b>Kitchen Items 25% off</b>	7 <b>Lamps 50% off</b>	8 <b>White Tags 25% off</b>	9 <b>Managers Choice</b>
10	11 <b>Crafts and Fabric 25% off</b>	12 Seniors & Military Receive 15% Off	13 <b>Jewelry 25% off</b>	14 <b>Kids clothes 50% off</b>	15 <b>Kids clothes 50% off</b>	16 <b>Clothing 50% off</b>
17	18 <b>Yellow Tags 75% off</b>	19 Seniors & Military Receive 15% Off	20 <b>Shoes 50% off</b>	21 Paperback Books 4 for \$ 1.00	22 Paperback Books 4 for \$ 1.00	23 <b>Furniture 25% off</b>
24	25 <b>Yellow Tags 90% off</b>	26 Senior & military receive 15% off	27 <b>Linens 25% off</b>	28 <b>Electronics 25% off</b>	29 <b>Clothing 50% off</b>	30 <b>Clothing 50% off</b>
31	<b>Call ahead for donation times and days</b>	<b>Make new friends, volunteer!</b>	<b>We Always Accept Jewelry Donations</b>	<b>Recycle Reuse Repurpose</b>	<b>Nifty Thrifty is the major fund- ing source for the MCSAA</b>	<b>Hours Mon-Sat 9:30-5:00</b>

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.