

# Active Living



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

Mason County Senior Activities Center

January 2023

## Happy New Year!!!

We want to welcome our new 2023 board members Irene Garavito, Marilyn Olson, and Bill Bezanson and thank our outgoing board member Sam Selby for her service. The board as well as our staff are vital to the operation of the Association, Senior Center and Nifty Thrifty.

**NEW ACTIVITY** We will be starting our Rock Steady Boxing program on Monday the 9th of January. This program is traditionally designed for people with Parkinson's Disease, but we can see the benefit for stroke survivors, members with balance, tremors or coordination issues. Class size will be limited. If you want to see what the program involves, the first class will be an introduction to the program.

**DATE CHANGE** The monthly birthday celebration is moving to the 3rd Tuesday of the month. This is the same day as the general meeting after lunch at 12:30PM.

**BIG NEWS** In July we applied for a grant through GREEN DIAMOND that would allow us to buy a convection oven for the kitchen. The grant was approved and generous enough for us to purchase a double decker oven. The kitchen has been juggling oven space since we started serving our members in October 2021. This will be a game changer for meals during the day and pizza at Friday Fun Night. We are beyond thankful to Green Diamond for our oven.

**NIFTY THRIFTY NEWS** Nifty Thrifty needs shopping carts. Shopping carts can cost upwards of \$250 each and we have to order in lots of five. They have raised enough for two carts at this point. Donations are gladly accepted for this purpose.

The Association is a 501(c)3 so your donations to Nifty Thrifty or the Senior Center may be tax deductible.

## Upcoming Events!!!

- Jan. 2 Closed
- Jan. 10 Board Meeting
- Jan. 10 Bowling Trip
- Jan. 10 Shel-Town Strummers Performance
- Jan. 16 Closed
- Jan. 17 General Meeting
- Jan. 17 Birthday Party
- Jan. 27 Volunteer Park Conservatory Trip
- Jan. 31 Volunteer Ice Cream Social
- Feb. 15 Senior Drivers Education

## Center Holiday Closures 2023

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

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# Mason County Senior Activities Association

Annual membership dues are \$50

## Activities Center

### "50 and Better Activities Center"

Address: 190 W. Sentry Dr., Shelton

Phone: (360) 426-7374

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

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

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

### Staff:

**Senior Center Director:** Penny Wilson

**Activities Coordinator:** Teresa Sanders

**Bookkeeper/Volunteer Coordinator:** Alex Banks

**Kitchen Manager:** Debra del Bosque

### Kitchen Volunteers:

Judy Siegel Denise Murchison

### Receptionists:

Denise Avery-Baeten Wendy Price

Carla Trantum Stacey Dickinson

### Center Hosts:

Doris Fredin Shirley Schober

**Gift Shop:** Open

**Sunshine:** Open

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

**Newsletter and Layout:** Penny Wilson

### Editorial Committee:

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

**Photography:** Gale Glenn and staff

**Mailing Team:** Gil Palmer, Bill Bezanson,

Mike Mosberger, Dorothy Calleja

**Distribution:** Reiko Mauer, Steve Mutoli,  
Doris Fredin

The Senior Center is always looking for volunteers.  
If you are interested, please see Alex Banks, our  
Volunteer Coordinator.

**Greatest needs right now:**

**Volunteer Dishwashers, Receptionist, Hostess**

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

## Mission Statement

Create and nurture opportunities for senior residents of rural Mason County to maintain optimal physical, emotional and spiritual health by helping them to maintain connections with necessary clinical, nutritional and social-emotional support services as well as to each other.

## Nifty Thrifty Store

Your Hometown Thrift Store

Voted Mason County's Favorite Thrift Store

826 W. Railroad Ave., Shelton, WA 98584

(360) 427-0858

E-mail: [niftythrifty@hcc.net](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 2023/2024 membership card  
before cashier starts ringing up your order.  
Your plastic key card is not proof of  
current membership. Contact the  
Center if you need another  
cardboard card.**

Open Monday-Saturday 9:30-5:00

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

**Your quality donations are needed!**

**Store Director:** Michelle Marks

**Assistant Manager:** Melissa Elliot

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

### Dedicated Volunteers:

Aloma Perez	Irene Moffatt	Vivian Bentkowski
Axel Van Wormer	Jan Kallinen	Marilyn Olson
Betty Thompson	Jane Donahue	Rich Sawyers
Carole Pelela	Maxine Neese	Cheral Cowsert
Cynthia Middleton	Rachel Sedlaek	Wayne Souza
Doug Kreklow	Reda Keller	Denise Miner
Gary Yuan	Ruth Coots	

Additional volunteers are always needed.  
Call Michelle at 360-427-0858 to volunteer.  
This institution is an equal opportunity employer.

### 2023 Membership Bonuses

#### Nifty Thrifty Discount

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

Members receive a discount on Pavilion rentals. For more details please see a staff member or contact [pavilion@mcsac.net](mailto:pavilion@mcsac.net).

## Meetings

### MCSAA Board Meeting

**Tuesday, January 10th at 9:30 am**

The MCSAA Board meets the second Tuesday of each month at 9:30 am. If a member desires to bring something before the board, they should make the request in writing and give the request directly to MCSAA Board President Gary Miner or Senior Center Director Penny Wilson, 24 hours in advance so the item can be added to the agenda. Please include your name, member number and phone number so the board can contact you if there are any questions. Meetings are open to the membership.

### MCSAA 2023 Board

Gary Miner

Bill Bezanson

Marilyn Olson

Lori Shipman

Leona Osterman

Synnove Pettersen

Patti Vernie

Irene Garavito

**MCSAA General Membership Meeting  
Tuesday January 17th at 9:15 am**

### Meet Your 2023 MCSAA Board

The General Membership meeting for MCSAA is on the third Tuesday of each month at **9:15 am**. All members in good standing and current paid membership are invited to the general meeting. As always it is incredibly important to attend. **If items need to be voted on, this is when that happens.**

### Front Entrance Bulletin Board

Remember if you want something posted on our front entrance bulletin board, you **MUST** give it to the Teresa or Penny.

## Center and Nifty Thrifty Wish List

We would greatly appreciate donations of:

### Senior Center needs:

Disposable Coffee Cups, paper preferred

Decaf Coffee

Napkins

6 inch paper plates



### Nifty Thrifty needs:

Clear Packing Tape

1" Masking Tape

Large Padded Envelopes

Plastic Grocery Bags

Bubble Wrap

Regular Coffee

Sugar and Creamer

Large Black Garbage Bags

Above is the QR code for our Amazon wish list. If you don't know how to use a QR code., the staff at the center can help.

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

## MCSAA at Shelton Cinemas Members Only

**Fridays, usually start at 1:30 pm, but times may vary. Call the Center.**

Enjoy an afternoon of fun seeing first run movies. Current MCSAA membership is required. Prices: \$3.50 per person with advance payment before 11:00 am on Friday at the reception desk and \$4.00 at the cinema. Doors open at 1:15 pm. Please follow the rules of the cinemas.

## Tuesday Movie at the Senior Center

The Senior Center presents a film nearly every Tuesday afternoon, at **1pm**. Please see the bulletin board for the flyer.

## Inclement Weather and Closures

In case of inclement weather, the Center follows the Shelton School District's weather policy. Please listen to our local radio station, KMAS 1030 AM and 103.3 FM or Seattle TV stations for details you may also receive a robo-call from the center or text from 1-855-376-6215.

# Services for All Seniors at Mason County Senior Activities Association

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

## Senior Center Cafe

Hearty and healthy lunches are prepared by our kitchen staff and volunteers. Lunch is served Monday-Thursday at noon and Fridays at 11:30 am.

Suggested minimum donation is \$4 per meal for seniors 50 and older.

Lunches are \$8 per meal for persons under 50.

Meals are open to the public but rules of the building will be strictly enforced.

You are required to show your vaccination card if you are not a member of MCSAA. If you are a member of the MCSAA, you are required to have your vaccination card on file.

### Parkinson's Support Group --

The 2nd Wednesday of every month the local Mason County Parkinson's support group will meet here at the Senior Center at 1 pm. The next meeting is January 11th.

### Zumba Gold with Sarah Martin

Tuesday and Thursdays 5:30-6:30 pm. \$5 per class. Punch card option available.

### Financial Fitness with Darrell McVea

Financial educator from Peninsula Credit Union. 1st and 3rd Monday of the month after lunch in the dining room.

### Free Medical Supplies Lending Library

Borrow walkers, toilet seat boosters, wheel chairs, etc. from our lending library. Supplies fluctuate. Please call us at 360-426-7374.

### Legal Aid Clinic

Contact Thurston County Legal Aid Clinic and get scheduled for a legal aid appointment. 360-705-8194 or 1-844-211-6916.

**Abundance Table** — We are offering items, as available, on our abundance table near the dance floor. Some items may also be in the refrigerator in the back of the dining room. Reminder to take only two items please.

## New to Medicare

### In person at the Senior Center in Shelton

**Thurs., Jan. 19 from 11 am to 12:15 pm**

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

#### "Welcome to Medicare"

**Wed., Jan. 4** from 10 am to noon

**Tues., Jan. 17** from 1 pm to 3 pm

**Thurs., Jan. 19** from 10 am to Noon

To pre-register to reserve your Zoom webinar spot: [ThurstonMasonShiba.Volunteers@southsoundseniors.org](mailto:ThurstonMasonShiba.Volunteers@southsoundseniors.org)

We cover:

- Medicare A, B, C and D
  - Help you understand your Medicare benefits and options
  - How to avoid becoming a victim of Medicare fraud
- Statewide Health Insurance Benefits Advisors (SHIBA) offers free unbiased and confidential service provided through the Office of The Insurance Commissioner. SHIBA provides a free overview of Medicare. For more information, Call SHIBA at 360-586-6181 ext.134.

### Commodity Supplemental Food Program

There is a sign-up for the Commodity Supplemental Food Program – CSFP. This is a program for seniors over the age of 60 who meet federally regulated income guidelines. CSFP participants receive a 40-pound box of food once per month. For questions, or to get your application call **Berenice (Bea) at Thurston County Food Bank** for information: **360-352-8597 x212.**

**Foot-Care** by Pam Lindgren. Cost for foot care is \$35. To make an appointment call Pam directly at 360-286-8403.

### Haircuts by Tammy

We are scheduling appointments for the 2nd and 4th Wednesday of the month. Walk-ins welcome. Cost is \$13. Please arrive with clean hair.



## Services for All Seniors Continued

### Massage by Jessica Sullivan

Appointments can be made with her at 813-956-4138. Her rate is \$1 per minute with a 30 minute minimum. Jessica is board certified in Therapeutic Massage and Body work. Please see the bulletin board for more information.

### A Matter of Balance Classes

A Matter of Balance classes are now being offered. Sign up now for the next session starting in early 2023. Classes will be held on Thursdays at 1 to 3 pm for 8 weeks. Cost is \$10 for the 8 week session.

## Mason County Senior Activities Association "FUN"draisers



### Friday Fun Night

Friday Jan. 13th from 6-9 pm at the Pavilion. Dance or listen to music provided by our own team (requests happily taken!) Socialize, eat, drink and be merry! Don't want to dance? Come play cards!

Friday Fun Night is definitely the place to be for couples dancing, line dancing and an all around good time. Bring your friends, members or not!

Limited bar (wine, beer and soda) and food (pizza) available. 21+

Donations at the door are greatly appreciated. All proceeds benefit the Senior Center. We can't wait to see you at our next Friday Fun Night.

We'd love to see more volunteers especially in the kitchen. Please leave your name with the receptionist if you are interested.

## December Birthday Celebrants



Members, please come celebrate your birthday at the Senior Center on **TUESDAY** January 17th at 12:30PM

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

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

January has 65 member birthdays.







We want to wish all of the members of the board, staff and volunteers who made this Christmas party so successful.

We thank Sound Learning for allowing Mat Taylor, their volunteer coordinator, to help with serving lunch. It was such a joy to see so many faces in their bright and festive tropical shirts and dresses.



**Our Christmas in the Islands party was a hit.**

**The line dancers dazzled us with new and old favorites. Every one loves the Christmas Cookies song and dance.**

**The Choir performed their current repertoire and will be adding more for next year.**



**We enjoyed the musical styling of Olympia's premier surf band The Jacked Lords. Playing music from the 50's and 60's.**



**The band brought streamers and our members got up and danced. It was a great fun time.**



## New Classes and Trip

Starting in January:

### Family Story Writing

In this class you will start putting your family stories or your story down on paper for generations to come. This will be a monthly class meeting on the second Thursday of the month starting January 12, 2023 from 1-3PM

Starting in February:

### Pastels with Annie

In this three week class you will learn how to use pastels and finish two projects. All the supplies will be provided. Space is limited to 6 students and cost for the class will be \$50. First class will be on February 8, 2023 from 1:30-3PM.

### The Out To Lunch Bunch Trip

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



### Senior Center Clean-up Crew

Gale and her crew were at it again. They cleaned up Franklin St this time. They provide a service that is much needed but rarely receive thanks. So from all of us at the Senior Center, we see what you are doing and we thank you for your hard work.

Next clean-up crew day is March 8, 2023. We have vests and grabbers. We just need the volunteers. More hands make less work!

## SENIOR DRIVERS ED?????

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

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

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

**This class is open to the public.**

Vaccinations are required

**Interesting in being a vendor at our Spring Bazaar?** Please come in for an application or email [director@mcsac.net](mailto:director@mcsac.net)

## Spring Bazaar at the Pavilion Events Center April 1, 2023

**10:00 am to 3:00 pm**

**Unique Gifts & Homemade Goodies**

Over 50 Vendors PLUS Homemade Baked Goods from the Senior Center Members

- \* Seasonal Decorations
- \* Handmade Quilts & Knitting
- \* Holiday Baskets & Jewelry
- \* Wooden Décor & Toys
- \* Silver & Turquoise Jewelry
- \* Pottery & so much more!
- \* Lunch available for purchase between 11am-2pm, Coffee & other beverages available all day



Proceeds benefit the Mason County Senior Activities Center,  
190 W. Sentry Drive, Shelton 360-426-7374

## Classes and Activities for Current Members

All classes subject to change. Please confirm with the receptionists

### CLASSES FOR MEMBERS

CLASS NAME	DAY	TIME	COST
<b>Quilting/Sewing Class</b> There small projects to be made for sale in our gift shop and bazaars as well as general quilting.	Thursday	9:00AM-12PM	\$1 donation
<b>EZ Crafters</b> The crafters work on a variety of projects, many of which end up for sale in our annual bazaar or table decorations.	Thursday	9AM-12PM	\$1 donation
<b>Art Workshop</b> Need a place to paint? This workshop offers you a great spot to paint with friends In the MCSAC dining room. Bring your own supplies and work on your project.	Monday	12:30PM-3:30PM	\$1 donation
<b>Crafting with Teresa</b> Every month Teresa will have a craft for you to create something great. All supplies will be provided.	1st Wed. of the month	1:00PM-3:30PM	\$5 donation
<b>Knit and Chat</b> Come sit around the table; knit, chat and share all the projects we are currently working on and UFOs (unfinished objects) we all hide in the closet.	Thursday	10AM-12PM	\$1 donation
<b>Machine Knitting Class</b> Have you ever done machine knitting? Or wanted to try? In the MCSAC Sewing Room. Machines will be available for use during the class.	Thursday	12PM-3PM	\$1 donation
<b>MCSAC Chorus</b> Come join our Chorus. Led by John Schwennesen, you will learn a variety of songs, old and new, in our relaxed setting.	Friday	12:30PM-1:25PM	\$1 donation
<b>Nifty Thrifty Book Club</b> Bring a book you finished and let's discuss it. Haven't read anything lately? Still come and get recommendations. Our vision for this club is more about the enjoyment of reading, not required reading.	Last Thursday of the month	1PM-2PM	\$1 donation
<b>Family Story Writing --NEW</b> Has your family been bugging you for stories. Start putting them down on paper. Starting January 12th	2nd Thursday of the month	1PM-3PM	\$1 donation
<b>Pastels With Annie -- NEW</b> Learn pastels with our very own Annie Jones. This class will go for 3 weeks and include all supplies.	Wednesday Starting Feb 8th	1:30PM-3PM	\$50 for 3 session class
<b>Community Clean Up Crew</b> Our crew meets quarterly to pick up trash in Shelton. These volunteers do a great job for our community. March 8 and June 14, September 13, December 13	Dates as shown	1PM	



## Classes and Activities for Current Members

<b>FITNESS FOR MEMBERS</b>			
DESCRIPTION	DAY	TIME	COST
<b>Tai Chi:</b> At the Center	Monday Tuesday Wednesday Friday Friday	8:15-9:00 AM 11:00-11:45 AM 8:15-9:00 AM 8:15 -9:00 AM 10:45-11:30 AM	\$1 donation
<b>Tai Chi: Zoom</b>	Wednesday Thursday	W 8:15-9:00 AM TH 10-10:45 AM	\$1 donation
<b>Tai Chi Slow Set:</b> At the Center	Friday	1:30 PM - 2:30 PM	\$2 donation
<b>Line Dance:</b> At the Center	Monday Wednesday Friday	9-11:00 AM	\$1 donation
<b>Line Dance: Advanced</b> at the Center	Tuesday Thursday	10 -11:30 AM	\$1 donation
<b>Yoga: Zoom</b>	Tuesday Thursday	8:30-9:15 AM	\$1 donation
<b>Yoga:</b> At the Center	Tuesday Thursday	8:30-9:15AM	\$1 donation
<b>Rock Steady Boxing with JR --NEW</b>	Monday	10:30AM -12PM	\$1 donation

<b>GAMES FOR MEMBERS</b>			
DESCRIPTION	DAY	TIME	COST
<b>Bingo</b>	Thursday	1:00 PM	\$1 for 3 cards
<b>Bridge</b>	Tuesday Thursday	12:30 PM	\$1 donation
<b>Cribbage</b>	Daily	8:15AM	\$1 donation
<b>Hand &amp; Foot</b> Fun card game with roots in Canasta	Wednesday	1 PM	\$1 donation
<b>Jokers Rule!</b> Learn this fun game with cards and marbles	Thursday	9 AM	\$1 donation
<b>Mahjong</b> Come learn American League rules	Thursday	1 PM	\$1 donation
<b>Mexican Train Dominoes</b>	Monday Wednesday Friday	10AM	\$1 donation
<b>Pinochle (Beginning)</b>	Friday	12 PM	\$3 donation
<b>Pinochle (Intermediate/Advanced)</b>	Monday Wednesday	12:30PM	\$3 donation
<b>Scrabble</b>	Friday	10 AM	\$1 donation

# 2023 January

Every Monday	Every Tuesday	Every Wednesday
<b>8:15 Cribbage</b> <b>8:15 Gentle Tai Chi</b> <b>9:00 Line Dance</b> <b>10:00 Mexican Train</b> <b>10:30 Rock Steady Boxing</b> <b>12:00 Lunch</b> <b>12:30 Pinochle--Intermediate</b> <b>12:30 Artists Workshop</b>	<b>8:15 Cribbage</b> <b>8:30 Zoom Yoga</b> <b>8:30 Yoga*</b> <b>*8:15 3rd Tuesday Yoga</b> <b>10:00 Line Dance--Advanced</b> <b>11:00 Tai Chi</b> <b>12:00 Lunch</b> <b>12:30 Bridge</b> <b>1:00 Movie at the Senior Center</b> <b>5:30 Zumba with Sarah</b>	<b>8:15 Cribbage</b> <b>8:15 Gentle Tai Chi</b> <b>8:15 Zoom Tai Chi</b> <b>9:00 Line Dance</b> <b>10:00 Mexican Train</b> <b>12:00 Lunch</b> <b>12:30 Pinochle--Intermediate</b> <b>1:00 Hand &amp; Foot</b> <b>1:00 Crafting with Teresa (1st Wednesday of the month)</b>
Monday	Tuesday	Wednesday
2  <b>Closed</b>	3  Chicken Cutlet	4 1:00 Crafting with Teresa Shepherd's Pie
9  <b>10:30 Rock Steady Boxing</b>  Turkey Pot Pie	10 9:30 Board Meeting 11:30 Bowling Trip  Spaghetti w/ Meatballs	11 1:00 Parkinson's Support Group Haircuts  Teriyaki Chicken
16  <b>Closed</b>	17 9:15 General Meeting <b>12:30 January Birthday Party</b>  Pasta and Sausage	18  BBQ Chicken
23  <b>10:30 Rock Steady Boxing</b>  Beef Stew	24  Tamale Pie	25 Haircuts  Tuna Casserole
30  <b>10:30 Rock Steady Boxing</b>  Chicken Broccoli Alfredo	31 12:30-1:30 Volunteer Ice Cream Social 1:30 Last Tuesday of the month Movie Time Change  Baked Fish	

# ry Activities

Every Thursday	Every Friday	Every Weekend
<b>8:15 Cribbage</b> <b>8:30 Yoga and Zoom Yoga</b> <b>9:00 E-Z Crafters</b> <b>9:00 Joker's Rule</b> <b>9:00 Quilting/Sewing</b> <b>10:00 Line Dance--Advanced</b> <b>10:00 Zoom Tai Chi</b> <b>10:00 Knit and Chat</b> <b>12:00 Lunch</b> <b>12:30 Bridge</b> <b>1:00 Machine Knitting</b> <b>1:00 Mahjong</b> <b>1:00 Family Story Writing</b> <b>1:00 Thursday Bingo</b> <b>5:30 Zumba with Sarah</b>	<b>8:15 Cribbage</b> <b>8:15 Gentle Tai Chi</b> <b>9:00 Line Dance</b> <b>10:00 Mexican Train</b> <b>10:00 Scrabble</b> <b>10:45 Tai Chi</b> <b>11:30 Lunch</b> <b>12:00 Pinochle--Beginning</b> <b>12:30 Chorus</b> <b>1:30 Tai Chi Slow Set</b> <b>1:30 Friday Senior Movie</b>	<p style="text-align: center;"><b><i>Any major changes to our schedule will be posted on our Facebook page.</i></b></p>
Thursday	Friday	Saturday/Sunday
5	6	7/8
Turkey Dinner	Pork Roast	
12	13	14/15
1:00 Family Story Writing	10:30 Newsletter Editing 6-9 Friday Fun Night	
Swedish Meatballs	Chili and Cornbread	
19	20	21/22
Soup and Salad	Massage by Jessica	
	Salisbury Steak	
26	27	28/29
8:00 Newsletter Folding 1:00 Nifty Thrifty Book Club	9:00 Volunteer Park Conservatory Trip	
Meatloaf	Biscuits and Gravy	

# Center Van Trips

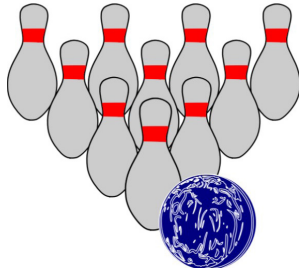
POLICY: Non-Members may go on most Center Van Trips provided they travel with a friend or family relation who is a current MCSAA member and pay the non-member price. Up to 2 guests per member.

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

## January Trips

### Jan. 10 Bowling Trip

Leave MCSAC @ 11:30 am  
Members \$20/Non-members \$25  
Includes transportation, shoe rental and two games. Lunch on your own.



### Jan. 27 Volunteer Park Conservatory, Seattle

Leave MCSAC at 9:00 am  
Members \$25/Non-members \$30  
Includes transportation and guided tour. There are plants in bloom inside year round and the temperature is kept warm.  
Lunch on your own

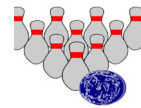


## February Trips



### Feb 9 Seattle Chocolate Factory Tour

Leave MCSAC at 8:30 am  
Members \$40/Non-members \$45  
This is a walking trip. There will be 15 steps you will have to go up.  
Bring money for lunch and chocolates.



### Feb 21 Bowling Trip

Leave MCSAC @ 11:30 am  
Members \$20/Non-members \$25  
Includes transportation, shoe rental and two games. Lunch on your own.



### Feb 23 State Capital Tour

Leave MCSAC @ 9:00 am  
Members \$15/Non-members \$20  
Includes transportation and tour. This is a guided walking tour that takes about 50 minutes  
Lunch on your own at Tugboat Annie's



## Become a Corporate Sponsor

Sponsorship is a great way for businesses throughout the community to support the Mason County Senior Activities Association and thus our Senior Center, Nifty Thrifty & Pavilion. Our sponsors mean so very much to our Senior Center! Businesses can sponsor the many special events that are to benefit the Center's members throughout the year. We have raffles that businesses can donate gift certificates, merchandise or services to during our monthly member meetings and at special events.

If you are interested in becoming one of our valued sponsors, please contact our Director at [director@mcsac.net](mailto:director@mcsac.net) or 360-426-7374 for more information about the benefits of becoming one of our corporate sponsors.

Your family deserves the **BEST**...

Voted **BEST OF MASON COUNTY** every year possible

**McComb & Wagner**  
Since 1897

FAMILY FUNERAL HOME AND CREMATORY

★  
**360.426.4803**  
[mccombwagner.com](http://mccombwagner.com)

Celebrating **125 YEARS**

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

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## Code of Conduct Reminder

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

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

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

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 dmcvea@pcfcu.org

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

We publish once a month.

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



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Attorney at Law

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Phone: 360-427-5616  
Shelton, WA 98584  
JULIEKAYCOOK@Yahoo.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)

2 B >  
Ask 1



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unioncity27@gmail.com

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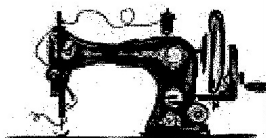
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MKT-5894M-A

### Guest Reminder

Guests must show their vaccination card and register on the kiosk as a new user. You may be a guest twice before you are required to join to participate in activities.



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



### 2023/2024 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 \$50 per person and non-refundable. Membership is for those 50 or better, however, spouses of a 50+ member, that are not yet 50, may join as an Associate (non voting) member.

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

**Please, PRINT all information CLEARLY**

FIRST NAME: \_\_\_\_\_ MIDDLE \_\_\_\_\_

LAST NAME \_\_\_\_\_ NICKNAME \_\_\_\_\_

DATE OF BIRTH: \_\_\_\_/\_\_\_\_/\_\_\_\_  Male  Female PHONE: \_\_\_\_\_

CELL \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ EMAIL ADDRESS \_\_\_\_\_ @ \_\_\_\_\_

MAILING ADDRESS: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, zip \_\_\_\_\_

Check One: I prefer to receive my monthly Active Living newsletter by Regular US Mail

Please save the cost of US Mail and email my Active Living newsletter

I want to save MCSAA Postage, I'll see Active Living on their web site

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

Name: \_\_\_\_\_ Relationship \_\_\_\_\_

Phone #: \_\_\_\_\_ Cell \_\_\_\_\_

Physician \_\_\_\_\_ Phone #: \_\_\_\_\_

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

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

*Hold Harmless Agreement: I freely and knowingly assume the risks inherent in my participation in all activities, including all classes, travel and volunteer duties. I do hereby agree to indemnify, release, and hold Mason County Senior Activities Association, a WA non-profit corporation, doing business as Mason County Senior Activities Center & Nifty Thrifty, it's employees, volunteers, officers, board members and other persons or organizations harmless from and against any and all liability for any injury, loss of property, damages, or death, which may be suffered by me, or my Guests, arising out of, or in any way connected with volunteering or participating in any activities at the Center, Center sponsored activities at other locations, or while traveling with the Center, in the Center's bus or under it's auspices. Specifically, I understand that Mason County Senior Activities Association provides no medical insurance, and that I am responsible for the cost of treatment for any injury to me or my Guests.*

*Furthermore, I acknowledge that I am being strongly advised to consult a licensed physician prior to my participation in the activities that I have chosen, to determine their suitability and safety given my current medical condition. In addition, I acknowledge that MSCAA is not responsible for reminding me of activities that I have signed up for.*

*Photos/Video/Audio Release: I am aware that the Center activities are occasionally photographed by Center representatives the media and others, and that still photos, and/or audio and video recordings may be made to help promote the Center's non-profit mission, and fundraising efforts. I hereby give my permission for me to be photographed and recorded while participating in Mason County Senior Activities Association activities.*

**Thank you for joining...** Your membership dues help provide services and programs to the Mason County Community. We are completely self funded by Nifty Thrifty, Pavilion Rentals, Members, Donors & Sponsors.

Signature \_\_\_\_\_ DATE: \_\_\_\_/\_\_\_\_/20\_\_

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.

- Serve on the MCSAA Board
- Newsletter Publication
- Newsletter & Flyer distribution
- Newsletter folding, sealing & mailing
- Teaching Computer Classes: Beg/Inter or Adv
- Teach \_\_\_\_\_ Class (fill in your skill)
- Teach Genealogy Class
- Teach a Health/Diet/Nutrition Related Class
- Teach a writing class
- Teach a \_\_\_\_\_ exercise class
- Reception Desk (answering phones, taking money, trips, registering new members, computer use)
- Host (Make Coffee/tea/ maintain treats & utensils)
- Volunteer to help with Special events
- Cook/clean/prep for Special Events
- Decorate/Set up for Special Events
- Provide entertainment
- Bingo Caller/set-up/take down/Karaoke Host
- Potluck Help
- Decorate the Center for seasonal cheer
- Make Crafts to sell or decorate for our fundraisers
- Photography (take pictures at events and of Members)
- Trip Driver (must have clean driving record)

## Facility Management

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

## Clerical/Secretarial

- a. Data Entry
- Are you computer literate? Y N
- b. General office help, filing shredding

## Miscellaneous

- a. Grant Writing
- b. Fundraising

Your Ideas:

\_\_\_\_\_

**I hereby authorize a background check to be done by the  
W.S.P. Watch for the purpose of working with vulnerable adults and  
our insurance. This is required for any and all positions.**

Signature \_\_\_\_\_ DATE: \_\_\_\_ / \_\_\_\_ / 20 \_\_\_\_

PHONE # \_\_\_\_\_

Print Name: \_\_\_\_\_ DOB: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Any other names used? \_\_\_\_\_

Additional information we might find useful? \_\_\_\_\_

\_\_\_\_\_

Last Name, First

Member #

New Member

Renewal

Key Tag X

## January 2023

### Mason County Senior Activities Center Lunch Menu

2 Closed	3 Chicken Cutlet Mashed Potatoes and Gravy Mixed Vegetables Fruit	4 Shepherd's Pie Green Salad Fruit	5 Turkey Dinner	6 Pork Roast Mashed Potatoes and Gravy Mixed Vegetables Fruit
9 Turkey Pot Pie Green Salad Fruit	10 Spaghetti w/ Meatballs Green Salad Fruit	11 Teriyaki Chicken Steamed Rice Mixed Vegetables Fruit	12 Swedish Meatballs Mashed Potatoes and Gravy Mixed Vegetables Fruit	13 Chili and Cornbread Green Salad Fruit
16 Closed	17 Pasta and Sausage Green Salad Fruit	18 BBQ Chicken Scalloped Potatoes Mixed Vegetables Fruit	19 Soup and Salad Fruit	20 Salisbury Steak Mashed Potatoes and Gravy Mixed Vegetables Fruit
22 Beef Stew Biscuits Green Salad Fruit	24 Tamale Pie Green Salad Fruit	25 Tuna Casserole Mixed Vegetables Fruit	26 Meatloaf Mashed Potatoes and Gravy Mixed Vegetables Fruit	27 Biscuits and Gravy Mixed Vegetables Fruit
30 Chicken Broccoli Alfredo Green Salad Fruit	31 Baked Fish Scalloped Potatoes Mixed Vegetables Fruit	<p><b>\$4 suggested donation for seniors 50+</b>  <b>\$8 for guests under 50</b>  <b>Mon-Thurs Noon-12:30 and Fri 11:30-noon</b></p>		



# Nifty Thrifty January 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <b>Closed</b>	2 <b>Closed</b>	3 Seniors & Military Receive 15% Off	4 Furniture 25% off	5 Kitchen items 25% off	6 Regular Clothing 25% off	7 Linens 25% off
8 <b>Closed</b>	9 MCSAA Members Receive 33% Off	10 Seniors & Military Receive 15% Off	11 Jewelry 25% off	12 Knickknacks 25% off	13 Lamps 50% off	14 White tags 25% off
15 <b>Closed</b>	16 Electronics 25% off	17 Seniors & Military Receive 15% Off	18 Yellow tags 75% off	19 Artwork 25% off	20 Shoes 25% off	21 Books 25% off
22 <b>Closed</b>	23 DVD and VHS 25% off	24 Seniors & Military Receive 15% Off	25 Yellow tags 90% off	26 Shoes 25% off	27 Lamps 25% off	28 Regular Clothing 25% off
29 <b>Closed</b>	30 Kitchen items 25% off	31 Seniors & Military Receive 15% Off	<b>Happy New Year !</b>	Start the New Year by swinging by Nifty Thrifty	<b>Happy Holidays</b>	Call us about donations hours and times 360-427-0858
Nifty Thrifty is the major funding source for the Senior Center!	<b>Yellow Tags this month!</b>	<b>Make new friends, volunteer!</b>	<b>We are always looking for jewelry.</b>	<b>Recycle!!! Reuse !!! Repurpose!</b>	<b>Always needing Donations in good condition</b>	<b>Store Hours M-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.