

Active Living



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

Mason County Senior Activities Center

July 2019

What does volunteering mean to you? To the Senior Center it means the world. We rely on our volunteers to help us in the daily operations of running the Center and also for fundraising. The Senior Center would not be what it is today if not for our volunteers. When I looked up the meaning of volunteering on-line this is what popped up. "Volunteering offers vital help to people in need, worthwhile causes, and the community, but the benefits can be even greater for you, the volunteer. Volunteering and helping others can reduce stress, combat depression, keep you mentally stimulated, and provide a sense of purpose".

To the many of you that volunteer a big thank you for what you do! If you are considering volunteering, we want you! There is always something to do between the Senior Center and Nifty Thrifty. You can offer from 2 hours to 40 hours per week. Come in and see Val or Patti if you think this is for you.

Remittance Envelopes

In last month's newsletter mailing we included 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.

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.

Upcoming Events!!!

- July 4 Closed
- July 12 Area Agency on Aging public forum
- July 12 Spirited Art
- July 12 Friday fun Night
- July 19 Monarch Sculpture Park
- July 24 Woodland Park Zoo
- July 26 Member Picnic
- July 26 Bingo Karaoke

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

Center Holidays

2019

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

Find the three Roadrunners

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



Mason County Senior Activities Association

Annual membership dues are \$30

Activities Center

"50 and Better Activities Center"

Address: 190 W. Sentry Dr., Shelton

Phone: (360) 426-7374

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

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

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

Staff:

Executive Director: Patricia Vernie

Event, Activities & Volunteer Coordinator:
Val Wedman

Bookkeeper/Data Coordinator: Penny Wilson

Volunteers: Contact Receptionist to help.

Receptionists:

Bob & Susi Edwards	Glenda Miller
Janna Yorke	Janice Rozzano
MaryAnn Miljanovich	Ella Kowalski
Patt Matsen	Phyllis Glisson

Center Hosts:

Doris Fredin	Jill Neil
Irene Moffatt	Harry Fournier

Gift Shop: Volunteer Needed

Sunshine: Jill Neil

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

Newsletter: Patricia Vernie 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,
& Ann Olli

Distribution Coordinator: Nila LeGault

Nifty Thrifty Store

Your Hometown Thrift Store

Voted Mason County's Favorite Thrift Store

826 W. Railroad Ave., Shelton, WA 98584

(360) 427-0858

E-mail: niftythrifty@hcc.net or

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

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

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

MCSAA

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

Members: **Remember to show your
cardboard 2019/2020 membership card
before cashier starts ringing up your order.
Your plastic key card is not proof of
current membership. Contact the
Center if you need another
cardboard card.**

Donations Monday – Saturday 10-4:30

Your quality donations are needed!

Call for Free Pickup: 360-427-0858

Store Manager: Michelle Marks

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

Dedicated Volunteers:

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

Additional volunteers are always needed.

Call Michelle at 360-427-0858 to volunteer.

This institution is an equal opportunity provider and

2019 Membership Bonuses

Nifty Thrifty Discount

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

Free Bingo Karaoke Birthday Packet

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

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, July 9 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 2019 Board

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

MCSAA Member General Meeting Tuesday, July 16 at 10:45 am Dining Room

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

Receptionist Meeting

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



**Jill in her cowboy hat
on Wednesday Cowboy
Hat Day**

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
Small Paper Plates
12 Oz. Paper Coffee cups
Individually wrapped chocolate candies

Nifty Thrifty needs:

Clear Packing Tape
1" Masking Tape
Large Padded Envelopes



Thank you very much for your donations!

New to Medicare Free Presentation July 25, 11 am-11:45 am. Conference Room

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

Free Individual Medicare Consultations
July 25 at 12:00 pm. To 3:00 pm
Conference Room

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

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, 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 MCSAC

Current MCSAA Membership is NOT required for the following Services.

Senior Nutrition Lunches

Monday -Thursday, 12 Noon & Friday, 11:30

The nutritious full course meals are prepared by Senior Services for South Sound's Senior Nutrition Program in partnership with the 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 \$7.55.

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

Area Agency on Aging — 2nd Wed., 12 noon to 1:00 pm Laura & Todd will be available to answer questions and provide assistance in the diningroom.

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.

Blood pressure check — 10:30-11:00am. Provided free by Providence Homecare & Hospice on the first & third Thursday, and by Shelton Health & Rehab on the second & fourth Thursday.

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.

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

Happy Birthday!

Happy Birthday to All!

Did you know that we have 89 members who are having birthdays in the month of July? Wow, who could have imagined that! As of January we stopped listing all of our monthly birthday folks by name to ensure we're doing our part to help everyone maintain their privacy and protect their identity. It was always fun to note who was having a birthday or maybe even better for you to have someone wish you Happy Birthday. The world we live in today is different and a little treacherous so we have to adapt to it to make sure we keep each other safe.



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.



Dave Brown is our new birthday cake server. He has his cake spatula and knows how to use it! Next to Dave are 2 of the June Birthday partiers. Happy birthday to you!

Some of our June birthday partiers.
Happy Birthday !



Jeanne Chapman

You probably see Jeanne at the Senior Center working in the dining room and kitchen, but you may not know how much time she dedicates to us. She has been volunteering in the kitchen since July 2013. She works Monday through Thursday 7 to 1:30, wow that's a lot of volunteer hours! Her duties are to help bag up the frozen meals on Thursdays for the following weeks Meals on Wheels routes plus she helps make up more meals to be frozen during the week. She helps serve lunch to our members when necessary and helps do the dishes during the day. Jeanne is quoted in saying "I enjoy the work and the people"

Jeanne has lived in Shelton since 1986 and can be seen walking here and there when she's not at the Senior Center. All the volunteer hours and walking make her a young and healthy at 69!

When you see Jeanne make sure to tell her Thank You!

Nifty Thrifty Certificate

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

Activities Open to the Public

Friday Fun Night

Friday July 12 from 6-9 pm at the Pavilion. Enjoy music provided by our own DJ Glenn (requests happily taken!) Have fun line dancing, other dancing or just listening 21+ **Donations are greatly appreciated.**

Spirited Art

Friday July 12 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!

\$15.00 members and \$20.00 nonmembers.

Square Dancing

Friday July 19 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.

Bingo Karaoke

Theme: Beach Party

Friday July 26. Come ready to have fun!

Doors open at 6pm with food and drink available for purchase and bingo begins at 7.

\$10 and no one under 21 admitted.

See you here!

Paper Crafting 101

Paper Crafting classes is a great way to get creative! Join Dorothy Skans on the 2nd and 4th Thursdays from 1:30 to 3:30 for this exciting class. There is no charge for this class and supplies are provided by our teacher.



MCSAC is hosting this class

**Every Tuesday & Wednesday
from 5:30-6:30 pm**

**New Class - Seated Zumba Gold
Wednesday 4:15 - 5:05 pm**

No Seated Zumba class 7/3

Designed for the lowest impact and seated.

Chair options OK in these classes. Drop in rate is \$5.

Only Wednesday classes qualify for SilverSneakers and Silver&Fit benefits. If you qualify for these benefits you only have to pay the reduced \$1 class fee.

Open to the public Silver Sneakers & Silver & Fit benefits **not available 7/3.**



For Your Musical Enjoyment



John Schwennesen
July 5 & 19
Lunchtime Music



Richard Shatto
July 12
Lunchtime Music



Dan Washburn
3rd Wednesday of the
month 12:30-1:30 pm for
the Volunteer Appreciation
Sundae Party



Sarah Huey
Friday July 26
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.

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

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

**A Matter of Balance (The July Class is Full)
Reservations Required -No Drop-ins.**

An 8 week program for seniors who want to reduce the risk of falling by improving flexibility, balance and strength. The class will be held in the Meeting Room from 10am to noon every Wednesday for 8 weeks and will repeat quarterly.

The next session starts on October 2nd. and is almost full.

"Freedom From Falls" Event September 10, 2019

This event will promote awareness and prevention of falls. There will be health professionals from Mason General Hospital & Family Clinics to present topics covering fall prevention, medication management, nutritional guidance, and brain fitness. The event is free and open to the public, advance registration is requested by Wednesday September 4th by calling the Center at 360-426-7374.

Center Van Trips

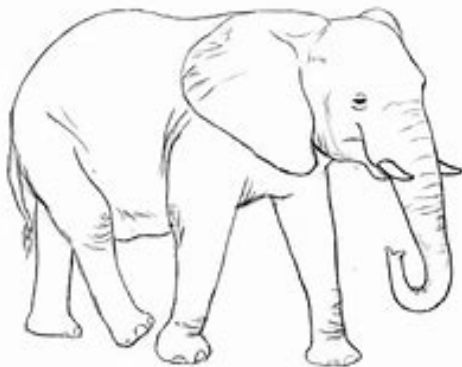
POLICY: Non-Members may go on most Center Van Trips provided they travel with a friend or family relation who is a current MCSAC member and pay the non-member price. Up to 2 guests per member.

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

July Van Trips

July 19 Monarch Sculpture Park
Leaves MCSAC at 9:30 am
Members \$14, non members \$19
Lunch on own at Izzy's

July 24 Woodland Park Zoo
Leaves MCSAC at 9:00am
Members \$25, non members \$30
Lunch on your own



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".

Center Van Trips

Sign up at least 14 days in advance and payment is due at the time of sign up. These trips need a minimum of eight attendees to keep trip from being canceled.

Future Center Van Trips

- Aug. 2** Salmon Ceremony
- Aug. 3** Kitsap Forest Theater for Mama Mia
- Aug. 15** Seattle Underground Tour
- Aug. 23** International Kite Festival
- Aug. 30** State Fair Puyallup
- Sept. 5** Heronswood Garden, Port Gamble
- Sept. 21** Mt. Rainier Railroad
- Sept. 26** Pikes Place Market



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 August 21.
9:00 am to 4:00 pm

Classes and Activities for Members

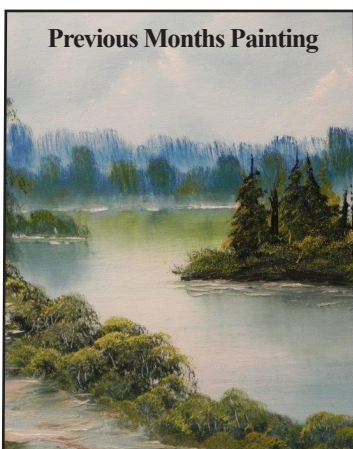
Payments for all classes are to MCSAA and go through the Center reception desk.

Joy of Painting Landscape Class

3rd Wed. of the month
9:00 am to 3:30 pm.
Join Certified Instructor
Tony Lirette for his
Joy of Painting class
where you complete
a beautiful 16"x 20"
oil painting each class
using the Bob Ross
method.

Cost: \$52. (\$7 to
register; \$45 before
the first day of class.)

All materials are
provided. **Minimum** class size of 4 people, so please
register early or class could be canceled. See page 12
for July's painting.



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.**

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

Bingo Thurs. 1-3 pm. \$1.00 for three cards
Bingo with Shelton Health & Rehab 4th Tuesday
at 1-3 pm

Bridge Tuesdays and Thursdays 12:00 pm
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.

Knitting & Crochet Circle (Chix with Stix) Every
Tuesday 1:00 pm

Mahjong Thursday, 1:00 pm Come learn.

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

Pinochle Mon. & Wed. (Int., Adv) 12:30pm;
Fri (beginners/all) 12:30 pm. Please arrive
early to get a seat. \$2

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

Open Sew Tue. 4:30-6:30 pm starting July 9th

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.

Friday Chorus

Want to learn how to sing with a chorus? Now's your
chance, come in on Friday at 1:00 p.m. and join in
on the fun. John Schwennesen is your teacher. \$1
donation per class is requested.

Fitness Classes

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

New Chair Yoga on the 2nd Thursday each month!

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

Chair Yoga: Second Thursdays 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 & W. 5:30pm to 6:30 pm \$5

Seated Zumba: no class 5/29 - 7/3

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

Something for
EVERYONE!

Senior Walkers Tuesday at 10:00

July 2 Goldsborough Creek

July 9 See Bulletin Board

July 16 Woodard Bay

July 23 Friends Landing-Lake Quigg

July 30 Olympic Watershed Trail

Details of the walks are posted on the bulletin board!



Dance Dance Dance

Square Dancing is coming to MCSAC! Beginning on July 19, 2019, the Salty Sashayers will dance the third Friday of each month from 7pm – 9pm. While this is open to the public, you must be at the Mainstream level to participate. Cost is \$5/person. Anyone wishing to come and watch are welcome to do so for FREE.

The Salty Sashayers will also provide square dance lessons beginning in September. The lessons are in 10-week sessions that must be attended consecutively. Cost for the class will be \$5. More details to follow.



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 an ice cream sundae bar. Every 3rd Wednesday from 12:30-1:30 in the MCSAC dining room.

Please attend!

Interested in Sewing or Quilting?

We are forming a group for sewers of all levels that will meet the Tuesdays from 4:30 to 6:30 pm. Have some UFO's? That's unfinished objects! Bring your project and meet with other sewers who want to finish their projects. Whether it's quilting, making a dress or hot pads, come on in. We each have different skill levels and our hope is to share our knowledge of sewing and help each other learn and become better at sewing. Bring your own equipment and supplies. Call Patti Vernie at the Senior Center 360-426-7374 to get your name on the list. Meetings start in July on the 9th. See you here!



Last chance for Quilt Raffle Tickets

The drawing for the Moonlight Garden Quilt will be held during the members meeting on July 16th scheduled for 10:45 am. Tickets are a \$1 and can be bought at both Nifty Thrifty and from the receptionists here at our building.

Guests

There have been questions about how many times a guest may attend activities at the center. The answer is two. The third 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.

Moonlit Garden Quilt Raffle

Donated to MCSAC by Betty Thompson Shades of lavender and mauve with blue and pink flowers. The quilt was machine pieced and hand appliquéd by Hazel Marcus. She also did the long arm quilting and finishing. The quilt is 50 in. X 52 in. and would be beautiful on your wall! Tickets are \$1.00 and will be on sale from Jan. 16 until July 16. The quilt can be viewed at Nifty Thrifty. Good luck!





Search for Shelton's Historical Items

We are **STILL** looking for Shelton and Washington memorabilia. We've received some great T-Shirts from businesses that no longer exist and Nifty Thrifty is sending us some business cards from old timers. We also received a fedora from the L.M. Men's Shop that used to be in downtown Shelton. Did you bowl at Timber Bowl and have any memorabilia from there, how about old logging or fishing activities from the past? We know that many of you have interesting histories in the area and we believe that a display would be a great way to share with other members. If you have anything that you would like to donate or loan to the Senior Center for our planned display, please consider bringing it in or giving our Executive Director Patti a call at 360-426-7374.

Please remember MCSAA when making donations.

To make your tax deductible donation to help support MCSAA, call or come into the Senior Center. If you choose to name us in your will or other estate plan, we should be named as: Mason County Senior Activities Association. We will furnish our tax identification number as requested. Any communication about your planned donation is strictly confidential and without obligation. For more information please call 360-426-7374 or email Director@mcsac.net Thank you in advance for your generosity.

Anyone up for a game of pool?

The pool table has been moved to a new home in the carpeted room and has a new pretty green felt top. The move and felt replacement is due to a very generous contribution from an anonymous donor (thank you!) If you haven't played in a while you should come on in and take a turn.

There are a few new rules.



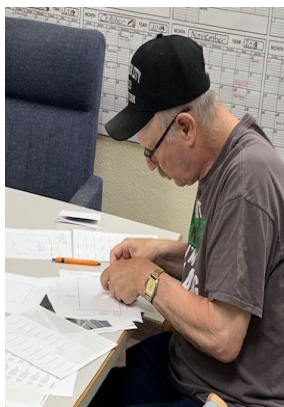
1. No playing pool while the room is in use for meetings and classes.
2. You must share the table, no more making someone wait for a turn while you play as long as you want. (You know who you are)
3. When the table is not in use, it needs to be covered with its vinyl cover.
4. If we do have a meeting or class in the carpeted room the table needs to be covered with the plywood "Ping Pong" topper for protection over the top of the vinyl cover..
5. Be mindful of the noise you are making.

Here I am in my new home. ! Check out my new green felt top. You are welcome to play whenever there isn't a class or meeting in this room.



Work, work, work!

Gary Miner at it again. He's sifting through paperwork for our state grant. The grant projects are nearly at an end, but there's always that pesky paperwork. The latest jobs completed are the parking lot lights and the much needed additional parking spaces. Thank you Gary for all your work on this.



Clay and Terry have been hard at it in the garden. They dug the trench for a new sprinkler line. This much needed line will help eliminate the brown spots starting to show in our lawn. They used a trench digging machine that helped make the task easier, but they still worked very hard. As you can see there were many rocks and the soil is very hard. Next we are looking at putting in a timer for the system which will make taking care of the garden much easier.

Thank you Terry and Clay!



Outdoor Lights and Fencing

We have updated our outdoor parking lights to LEDs. Some of the bulbs looked original to the building and were 400 watt. We are hoping to see a considerable drop in the electric bill in the next few months and beyond.

You may have noticed the new fencing along the outer part of our parking lot. This will prevent people from driving over the edge of the parking lot.

Both of these were paid for using grant monies from the state.

It's that time of the year for our annual Picnic!

July 26th 10:00 am till?

Bring a dessert and be ready for fun. Everyone will be here, what about you? This is one of those "be there or be square" events. Good food and friends are the ticket for the members picnic. We are serving fried chicken with side salads topped off with your desserts. There will be games, prizes, music and entertainment from the line dancers.

This is the best place in town to meet friends and make new memories.

Please bring a dessert of your choice. Cookies, pie, cake or? We'd love them to be homemade but anything is fine. Just come for the party and to share good times with friends!

We are having a **Show and Shine Car Show** during the picnic. No prizes, only bragging rights! Bring your classic cars and be prepared for oohs and aahs.

See you here.





July's Joy of Painting subject "Storm on the Horizon"



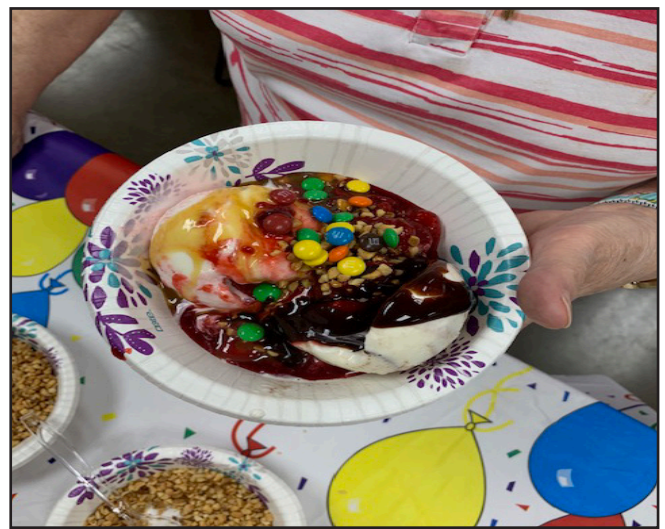
Crazy Hat Bingo Karaoke



Crazy Hat Bingo Karaoke



We had some yummy desserts at our Father's Day dessert contest. The winner was Shirley Schober's Rhubarb pie.



The "Ice Cream Bar" for our Volunteers



Patti learning how to make the homemade egg noodles for Vi's famous Chicken Soup



Vi showing how the rolling is done!



Patti rolling them out



Vi showing us the way to cut them

National Days in July

July 3: Eat Your Beans Day

July 11: Cheer Up The Lonely Day

July 15: Give Something Away Day

July 23: Gorgeous Grandma Day

July 26: National Aunt and Uncle's Day

July 29: National Lasagna Day

July 30: National Father-in-Law Day

Which one are you going to Celebrate?

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!



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

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72.12.732.1 (9/18)-3673



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 Bingo Karaoke Party on the last Friday of the month.

Sponsors donate in many special ways including:

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

If you are interested in becoming one of our valued Sponsors, please contact our Executive Director at info@mczac.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.



360-426-2600

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Financial Advisor

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Shelton, WA 98584
360-426-4590

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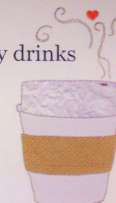
This newsletter reaches more than 1,500 seniors throughout Mason County.

STEPHS ESPRESSO

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360-427-1290

Buy 12 drinks get the 13th drink free. excludes energy drinks



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- Open Monday through Friday



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Property Valuations

Coffee, Maps, Info

John Borgert
Designated Broker
jborgert@att.net
360-490-6654

31 Mill Creek Rd SE
Shelton, WA 98584
SellingShelton.com

Fish Fry!

Fri. Aug. 2nd 4-7 pm

Cost \$11 at door

Fresh lingcod, fries, coleslaw, drink

Public
Welcome



At **Union City Masonic Center**
Across from Lucky Dog Casino
Questions: 360-589-8040
unioncity27@gmail.com

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

The Pavilion

Shelton's historic Venue for your events.
Specializing in weddings, reunions, meetings,
business conferences, and parties.

Event Coordinator: Val Wedman
360-426-7374 ~ pavilion@mcsac.net
190 W. Sentry Drive
Shelton, WA 98548

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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Assistance Dog Laws



Assistance Dogs in Public and in the community. Know the Law.

As a business owner, employee, or other member of the community, there are some important things you should be aware of regarding Assistance Dogs who have public access rights, as well as your rights as a business.

Assistance dogs include Guide Dogs who are trained to help people who are visually impaired, Hearing Dogs who alert people who are deaf or hard of hearing, and Service Dogs who are trained to help people with mobility and other physical disabilities. Service Dogs include Seizure Dogs and Autism Assistance Dogs.

Therapy Dogs” and “Emotional Support Dogs” are NOT Assistance Dogs. They do not perform a physical skill.

Along with public access rights, the person and his/her dog have the following responsibilities:

- * The dog must be well groomed, well behaved, under control, and trained for their task.
- * The dog must be on a leash.
- * The dog must be able to lie quietly beside the handler without blocking aisles or doorways
- * The dog may NOT ride in a shopping cart or sit in a person's lap while at a restaurant.

State House Bill 2822 passed and changed many RCW's regarding service animals and Washington state will be imposing \$500 fines for misrepresentation of a service dog starting January 1, 2019.

In Fine Time Sewing Machine Repair

Vintage Specialty

kixfixing@gmail.com

360.490.8825



The Below ad is not associated with the Mason County Senior Center

MasonCountySeniors.com

Using the internet to connect seniors to services, information and each other.

- Cut your cable bill
- Buy and sell
- Connect with friends and family
- Connect with area senior services providers

SIMPLE ★ ECONOMICAL ★ RESPECTFUL



mccombwagner.com
McCORMB & WAGNER
FAMILY FUNERAL HOME AND CREMATORY
360-426-4803
The Wagners

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IT'S FREE inside Mason County
360-427-5033

Service Hours
Monday-Saturday
6:00 AM - 8:00 PM
Reservation Hours
Monday-Saturday
8:00 AM to 5:00 PM



July 2019 Activities

Every Monday	Every Tuesday	Every Wednesday	Every Thursday	Every Friday	Every Weekend
8 & 8:45 Gentle Tai Chi 9-10 Begin Line Dance 9:00 Mexican Train Dominoes 10:00 Cribbage 10-11 Int./Adv. Line Dance 12:30 Pinochle (Int, Adv) 1:00 Art Workshop	8:00 Gentle Yoga 9:00 Line Dance-Int./Adv. 10:00 Walkers 10:00 Cribbage 12:00 Bridge 12:45 Gentle Tai Chi 1:00 Chix with Stix 4:30 Open Sew 5:30pm Zumba Gold	8 & 8:45 Gentle Tai Chi 9-10 Beginning Line Dance 9:00 Mexican Train Dominoes 10:00 Cribbage 10:00 Int./Adv. Line Dance 12:30 Pinochle (Int, Adv) 1:00 Hand & Foot Cards 4:15-5:05pm Seated Zumba 5:30pm Zumba Gold	8:00 Gentle Yoga 9:00 Line Dance - Int./Adv. 9:00 EZ Crafters 9:00 Jokers Rule! 10:00 Cribbage 12:00 Bridge 12:45 Gentle Tai Chi 1:00 Bingo 1:00 Mahjong	8 & 8:45 Gentle Tai Chi 9:00 Mexican Train Dominoes 9:00 Open Line Dance 10:00 Cribbage 12:00 Pinochle (begin/all) 1:00 MCSAA Goes to the Movies 1:00 Chorus	Every Weekend
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
1 12:00 Vivians Homemade Chicken Noodle Soup	2 10:00 Walkers: Goldsborough Creek 12:00 Pulled Pork & Mac n' Cheese V	3 Foot Care by Appt 11:00 Free eyeglass adjust 12:00 Hamburger or Veggie Burger V	4 Closed Happy 4th of July!	5 Lunchtime Music: John Schwennesen 1:00 MCSAC Chorus 11:30 Chili Stuffed Baked Potato	6/7
8 12:00 Beef Stroganoff	9 Foot care by Appt 9:30 Board Meeting 10:00 Walkers: See board 12:00 Farmers Breakfast	10 10:00 A Matter of Balance 11:00 Free Eye Glass Adjustment and Cleaning 11:30 Area Agency on Aging 12:00 Beef Stir Fry	11 8:00 Seated Yoga 10:30 Blood Pressure Check 1:30 Paper Crafting 101 12:00 Meatloaf	12 Lunchtime Music: Richard Shatto 1:00 MCSAC Chorus 5:00 Spirited Art 6:00 Friday Fun Night 11:30 Chicken Broccoli Alfredo 12:00 Birthday Cake	13/14
15 12:00 Chicken Enchalida Casserole	16 10:00 Walkers: Woodard Bay 10:45 Member meeting 12:00 Meatloaf	17 Foot Care by Appt 9:00 Joy of Painting 10:00 A Matter of Balance 12:00 Spaghetti and Meatballs 12:30 Volunteer Appreciation Party with Dan Washburn	18 10:30 Blood Pressure Check 11:00 Medicare Class 12:00 Cheese Tortellini Carbonara	19 9:30 am Monarch Sculpture Park Lunchtime Music: John Schwennesen Foot care by Appt 1:00 MCSAC Chorus 11:30 Pasta Salad with Turkey & Cheese 7:00 pm Square Dancing	20/21
22 Priority Footwear 12:00 Salisbury Steak	23 Foot care by Appt 10:00 Walkers: Friends Landing 1:00 Bingo - Shelton Health & Rehab 12:00 Tamale Pie	24 9:00 am Woodland Park Zoo 10:00 A Matter of Balance 1:00 Reception Meeting 12:00 Turkey Burger	25 Foot Care by Appt 10:30 Blood Pressure Check 1:30 Paper Crafting 101 11:00 Medicare Class 12:00 Chicken Salad	26 Foot care by Appt 10:00 am Member Picnic Lunchtime Music: Sarah Huey 1:00 MCSAC Chorus 11:30 Fried Chicken Dessert Potluck 7:00 BK Beach Party	27/28
29 Veggie or Beef lasagna V	30 10:00 Walkers Olympic Watershed Park 12:00 Soup and Turkey Sandwich	31 12:00 Country Fried Steak	V = Vegetarian		

Senior Nutrition Program July 2019

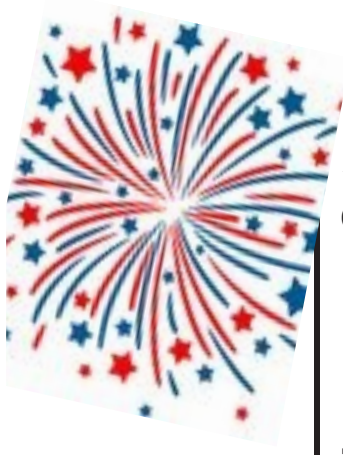
Monday Tuesday Wednesday Thursday Friday

1 Vivian's Home Made Chicken Noodle Soup Salad Bar Cinnamon Applesauce Dinner Roll	2 Pulled Pork Mac & Cheese Salad Bar Berries & Yogurt	3 Hamburger or Veggie Burger Salad Bar Oven Fries Watermelon	4 Closed in Observance of Independence Day	5 Chili Stuffed Baked Potato Salad Bar Apple Slices
8 Beef Stroganoff w/ Rotini Pasta Salad Bar Fresh Grapes	9 Farmer's Breakfast Salad Bar Fresh Fruit	10 Beef Pepper Stir Fry Steamed Rice Salad Bar Mandarin Oranges	11 Meatloaf Mashed Potatoes w/ Gravy Salad Bar Applesauce	12 Chicken Broccoli Alfredo Salad Bar Fresh Fruit
15 Chicken Enchilada Casserole Chips & Salsa Salad Bar Mixed Fruit Salad	16 Meatloaf Mashed Potatoes w/ Gravy Salad Bar Applesauce	17 Spaghetti & Meatballs Salad Bar Applesauce Garlic Bread	18 Cheese Tortellini Salad Bar Cottage Cheese Pears	19 Pasta Salad w/Turkey & Cheese Salad Bar Fresh Fruit Dinner Roll
22 Salisbury Steak Mashed Potatoes & Gravy Salad Bar Waldorf Salad	23 Tamale Pie Salad Bar Cantaloupe	24 Turkey Burger Sweet Potato Tots Salad Bar Tropical Fruit Salad	25 Chicken Salad Salad Bar Watermelon Dinner Roll	26 Center Picnic Fried Chicken Potato Salad Broccoli Salad Watermelon Dessert Potluck
29 Veggie or Beef Lasagna Salad Bar Mandarin Oranges	30 Hearty Vegetable Soup Half Turkey Sandwich Salad Bar Fresh Fruit	31 Country Fried Steak Mashed Potatoes & Gravy Salad Bar Peaches		

**(Menu Subject to change) **



July 2019 Nifty Thrifty



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Yellow Tags 50% off	2 Furniture 25% off	3 Jewelry 25% off	4 Closed Happy 4th!	5 Books 50% off	6 All clothing 25% off
7 Closed	8 MCSAA 33% off	9 Seniors & Military Receive 25% Off	10 Kitchen Items 25% off	11 Electronics 25% off	12 Electronics 25% off	13 Managers Choice
14 Closed	15 Knickknacks 25% off	16 Seniors & Military Receive 15% Off	17 White tags 25% off	18 White tags 25% off	19 Kitchen Items 25% off	20 Jewelry 25% off
21 Closed	22 Yellow Tags 75% Off	23 Seniors & Military Receive 15% Off	24 Clothing 50% off	25 Shoes 50% off	26 Furniture 25% off	27 Clothing 50% off
28 Closed	29 Yellow Tags 90%off	30 Seniors & Military Receive 15% Off	31 Fabric and crafts 25% off	Please do not leave your pets in the car	Have a happy and safe 4th !!	Did You know? We deliver for a small fee.
Closed	We pick up donations Call us at 360-427-0858	Make new friends, volunteer!	We are always looking for jewelry donations.	We Pick up your left over garage sale items!!!!	Nifty Thrifty is the major fund- ing source for the MCSAA	Hours M-F 9:30-5:30 Sat 9:30-5:00

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

PAID

INFO ENTERED

Member Card_

FOB

INIT _____

MASON COUNTY SENIOR ACTIVITIES ASSOCIATION



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



2019 Membership Application and Agreement

Last Name, First

Member #

New Member

Renewal

Key Tag X

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

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

Annual Dues are \$30 per person. Membership is for those 50 or better, however, spouses of a 50+ member, that are not yet 50, may join as an Associate (non voting) member.

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

Please, PRINT all information CLEARLY

FIRST NAME: _____ MIDDLE _____

LAST NAME _____ NICKNAME _____

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

CELL _____ - _____ - _____ EMAIL ADDRESS _____ @ _____

MAILING ADDRESS: _____, _____, _____, zip _____

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

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

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

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

Name: _____ Relationship _____

Phone #: _____ Cell _____

Physician _____ Phone #: _____

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

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

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

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

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

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

Signature _____ DATE: ____/____/201__

SCHEDULED

WSP Check Completed

Volunteers are the Heart and Soul of our Center.*If you would like to volunteer your talents to our organization, please check those areas where you would like to help below.***Volunteer Questionnaire**

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

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

I hereby authorize a background check to be done, required for all volunteers before starting any position.

Signature _____

DATE: ____ / ____ / 201__ PHONE # _____

Print Name: _____ DOB: ____ / ____ / ____

Any other names used? _____

Volunteer to help with Special events

Facility Management

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

Clerical/Secretarial

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

Miscellaneous

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

Your Ideas: _____

Last Name, First

Member #

New Member

Renewal

Key Tag X