

Active Living



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

Mason County Senior Activities Center

July 2021

What does 'Fully Open' mean at MCSAC?

Although the State is reopening, this doesn't mean that the state of emergency is gone. If the ICUs in Washington return to 90% then the reopening will be rolled back. As much as we want to be back to 'normal' we must still be vigilant and follow in-place safety procedures.

We are asking everyone to be considerate, respectful and patient with each other and this process. The Senior Center staff has worked very hard to keep you safe, let's not stop now.

- Coffee bar is open again beginning July 1st!
- July will see a resumption of activities at the Senior Center (please note time changes)
- You will notice that all activities request at least a \$1 donation
- The general membership meeting will take precedence over all other activities on the 3rd Tuesday
- You must check in at the kiosk – current members only. If your membership isn't current or we are missing paperwork, you will need to see the receptionist
- We especially need volunteers to help with check-in at the kiosk. Let Val know when you are available
- Congregant meals will begin July 1st and be served Monday, Wednesday and Friday

Zoom Classes are still available:

- Yoga: Tuesday/Thursday 8:15-9:30 (this is a hybrid with in-person and Zoom operating simultaneously)
- Tai Chi: Wednesday 8:30, Thursday 10:00
- Contact Val for the class invitation (activities@mcsac.net)

Nifty Thrifty:

- Desperately needs funds for a new truck. They are accepting monetary donations in the store and at the Senior Center. Please specify Truck Fund when giving your donation.

General Membership Meeting

Tuesday, July 20, 2021 at 9:00 AM

- Must have 20 members attending to conduct any business
- Zoom will be available for you to attend remotely. Contact Val for the invitation (activities@mcsac.net)

The Senior Center and Nifty Thrifty will be closed July 5th in honor of Independence Day.

Upcoming Events!!!

July 1	Open Fully/Lunch
July 5	Closed
July 9	Friday Fun Night
July 13	Board Meeting
July 16	Seattle Aquarium Trip
July 20	General Members Meeting
July 28	Woodland Park Zoo

Center Holiday Closures 2021

January 1	New Year's Day
January 18	MLK Day
February 15	Presidents Day
May 31	Memorial Day
July 5	Independence Day
September 6	Labor Day
November 11	Veterans' Day
November 25-26	Thanksgiving
December 24	Christmas

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Mason County Senior Activities Association

Annual membership dues are \$40

Activities Center

"50 and Better Activities Center"

Address: 190 W. Sentry Dr., Shelton

Phone: (360) 426-7374

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

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

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

Staff:

Executive Director: Patti Vernie

Event, Activities & Volunteer Coordinator:
Val Wedman

Bookkeeper & Data Coordinator: Penny Wilson

Volunteers: Contact Receptionist to help.

Receptionists:

Patt Matsen Phyllis Glisson
Kathy Abernathy-Robinson
Ella Kowalski Kathleen Blanchette
Kate Morgan

Center Hosts:

Doris Fredin Jill Neil
Ella Kowalski

Gift Shop: Jill Neil

Sunshine: Jill Neil

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

Newsletter and Layout: Val Wedman and
Penny Wilson

Editorial Committee:

Julie Whaley Gale Glenn
Avis Ross Terry Nelson
Patt Matsen Steve Mutoli

Photography: Glenn Harper and Gale Glenn

Mailing Team: Gil Palmer, Al Lawrence, and
Bill Bezanson

Distribution: Nila LeGault, Reiko Mauer and
Steve Mutoli

2021/2022 Membership Bonuses

Nifty Thrifty Discount

In store, receive 20% off regular priced items of \$5 or more with some exceptions. Your 2021/2022 membership paper card must be shown before the cashier starts to ring up your order.

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.

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>

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!

Store Director: Michelle Marks

Assistant Manager: Melissa Elliot

Staff: Linda Trail, Cathy Jones and Moriah Ward

Dedicated Volunteers:

Aloma Perez	Jan Kallinen	Wayne Souza
Axel VanWormer	Jane Donahue	Rich Sawyers
Betty Thompson	Maxine Neese	Cheral Cowser
Carole Pelela	Pamela Johnson	Paul Kemmer
Cynthia Middleton	Rachel Sedlaek	
Doug Kreklow	Reda Keller	
Gary Yuan	Ruth Coots	
Irene Moffatt	Vivian Bentkowski	
	Marilyn Olson	

Additional volunteers are always needed.

Call Michelle at 360-427-0858 to volunteer.

This institution is an equal opportunity employer.

Inclement Weather

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 & 103.3 FM or Seattle TV stations for details.

Meetings

MCSAA Board Meeting

Tuesday, July 13th 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.

MCSAA 2021 Board

President: Clay Long
Vice President: Bill Bezanson
Secretary: Wayne Souza
Treasurer: Marilyn Olson
Gary Miner
Lori Shipman
Open Spot(s) Available

Our former Director Patti Vernie will be resuming the position of Executive Director until a new Senior Center Director can be found.

MCSAA Member General Meeting

Tuesday July 20th at 9:00 am
Dining Room

The General Membership meeting for MCSAA is on the third Tuesday of each month at 9:00 am. All members in good standing (membership paid for 2021/22) are invited to the General Meeting. You will hear updates on Center, Nifty Thrifty and Pavilion activities. We encourage you to attend, it's your business!

Center and Nifty Thrifty 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
Coffee
Sugar
Large Black Garbage Bags



Sewing Circle needs:

Rotary Cutter blades 45mm
Sewing Machine Needles 90/14 or 80/12
100% Cotton sewing thread 50 weight

Thank you very much for your donations!

**Here is a web address and QR Code to our Amazon wish list for your convenience:
Please note that it is case sensitive.**

<https://a.co/86hGxTi>



Bulletin Board

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

Community Immunity: it's everybody's job
Do It For Your Friends · Do It For Your Neighbors

***Vaccines for home-bound people
are now available in Mason County***

If you or someone you know can't leave the house and would like to get a COVID vaccine at home please call the Lewis-Mason-Thurston Area Agency on Aging and ask to be put on the homebound vaccine list

This program is FREE · **1-888-545-0910**

The **Friday Movie** at the Shelton Cinemas will be restarting this fall. We will let you know when we know more.

Friday Fun Night

Open to the public

Friday, July 9th at the Pavilion.

6-9 pm, Pizza by the slice, wine and beer for purchase. Bring your friends and come ready to have fun. 21+

Line Dancing or just dancing with our very own DJ, Glenn in the Ballroom.

6-9 pm, Dungeons and Dragons in the Sewing Room

Donations are greatly appreciated

Senior Walkers July Schedule

We meet at 9:50 am and leave promptly at **10 am**. Walks are always on Tuesdays.

\$1 suggested Donation

- **July 6th--Woodward Bay Natural Resources Conservation**, Discover Pass required and NO dogs
- **July 13th-- Olympic Watershed Park Trail**, Discover Pass required and dogs OK,
- **July 20th--NEW Location--Oxbow on the Skokomish River**, Dogs OK, bring a sack lunch, no toilets at trail head, no passes required.
- **July 27th --Goldsborough Creek**, Dogs OK

Services for All Seniors at Mason County Senior Activities Center

Current MCSAC Membership is NOT required for the following Services.

Senior Nutrition Lunches

Monday and Wednesday, 12pm

Friday, 11:30am

The nutritious full course meals are prepared by Senior Services for South Sound's Senior Nutrition Program in partnership with the L-M-T Area Agency on Aging. Although not required, suggested donation is \$3 for seniors 60 years and older based on your ability to pay. Those under 60 are required to pay \$7.75.

Foot-Care-- is currently not available but we hope to offer this service soon. Look for coming announcements.

Abundance Table — We will again be offering items, as available, on our abundance table. Please do not bring any magazines for the abundance table.

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**.

Free Medical Supplies Lending Library —

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

Priority Footwear- The 4th Monday of every month. Provides easy access to comfortable, custom fit, therapeutic footwear for the Diabetic community. Call Patty Popowich CFTS (360-593-1985) for an appointment.

As a mask-wearing nation, we have seen a huge reduction in the common cold and flu. This is attributed to the **3 W's of Safety**:

- Wear your mask
- Watch your distance
- Wash your hands

Center Van Trips



July 16th Seattle Aquarium

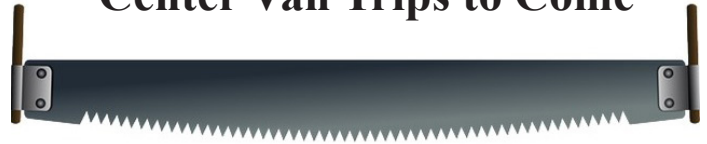
Leaving MCSAC at 9:30 am
\$20 members, \$25 non-members
Walk on the ferry, you will need \$4.50
(for return ferry trip) plus lunch money.



July 28th Woodland Park Zoo

Leaving MCSAC at 9 am
\$27 members, \$32 non-members
Lunch on your own.

Center Van Trips to Come



August 15, 2021 Morton Loggers Jubilee- the Largest Logging Show in the PNW

Leaving MCSAC at 9 am

\$25 members, \$30 non-members

Additional \$5 for Seniors, \$8 for Adults
needed for admission to the Jubilee Logging
Show (begins at 12 pm). Bring lunch or
money for concessions.

Flea Market Shopping as well!

Washington
**STATE
FAIR**
PUYALLUP

September 3, 2021 Washington State Fair

Leaving MCSAC at 9:00am

\$21 members \$26 non-members

Free admission with non perishable food
item. Lunch on your own.

Senior Center Trip Policy:

Masks are required for all un-vaccinated travelers. Certain destinations may require masks for all, so be sure to bring a mask just in case.

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.**

Classes and Activities for Current Members

FITNESS FOR MEMBERS

DESCRIPTION	DAY	TIME	COST
Tai Chi: At the Center	Monday Wednesday Friday	8:15-9:00 AM	\$1 donation
Tai Chi: Zoom	Wednesday Thursday	W 8:30-9:15 AM TH 10-10:45 AM	\$1 donation
Line Dance: At the Center	Monday Wednesday Friday	9-11:00 AM	\$1 donation
Line Dance: Advanced at the Center	Tuesday Thursday	10 -11:00 AM	\$1 donation
Yoga: Zoom	Tuesday Thursday	8:30-9:30 AM	\$1 donation
Yoga: At the Center	Tuesday Thursday	8:30-9:30AM	\$1 donation
Senior Walkers (April-October)	Tuesday	10AM	\$1 donation

GAMES FOR MEMBERS

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

Classes and Activities for Current Members

All classes subject to change. Please confirm with the receptionists

CLASSES FOR MEMBERS

CLASS NAME	DAY	TIME	COST
<p>Sewing Circle: July Project will be a Reusable Grocery Bag or more of June's project of Grocery Bag Holders, your choice. Come work on our monthly project. These projects are sold at different fundraising events MCSAA hosts. Supply kits and pattern are supplied. Make one or twenty--all profits benefit the Center</p>	1st and the 4th Tuesday	9:30AM-12PM	\$1 donation
<p>Block of the Week / Quilt as You Go Each week we will learn a new block and ideas on how to quilt it. Finished project size is up to you. This class will continue throughout the year. Classes will be drop in style so you do not have to attend or sign up for all of them. Materials list available on the bulletin board in the sewing room. Additional fees may apply for supplies.</p>	Thursday	9:30AM-12PM	\$1 donation
<p>EZ Crafters The crafters work on a variety of projects, many of which end up for sale in our annual bazaar.</p>	Thursday	9AM-12PM	\$1 donation
<p>Art Workshop 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.</p>	Monday	12:30-3:30PM	\$1 donation
<p>Woodcarving The Shelton chapter of the Capital Woodcarvers Club. The woodcarvers can provide assistance, training and access to tools and wood supplies. Located in the back of the dining room.</p>	<i>Coming</i>	<i>Soon</i>	<i>\$1 donation</i>
<p>Knitting Circle Work on projects to be sold at different fundraising events MCSAA hosts. Some supplies are available for projects. Meet in conjunction with the Sewing Circle</p>	1st and the 4th Tuesday	9:30AM-12PM	\$1 donation
<p>Machine Knitting Class Have you ever done machine knitting? Or wanted to try? In the MCSAC Sewing Room. Machines will be available for use during the class. Space is very limited, please sign up with reception.</p>	<i>Coming</i>	<i>this fall</i>	<i>\$1 donation</i>

Golf Anyone?

Anyone interested in golf? We're getting a group together to play regularly at Lake Limerick on Mondays at 1 pm. Cost will be \$16 for 9 holes and \$10.85 for a cart. \$1 Senior Center donation can be given at play. Call Val to get on the list.

July 2021

Every Monday	Every Tuesday	Every Wednesday
8:15 Cribbage 8:15 Gentle Tai Chi 9:00 Line Dance 10:00 Mexican Train 12:30 Pinochle 12:30 Artists Workshop	8:15 Cribbage 8:30 Zoom Yoga 8:30 Yoga 9:30 Sewing/Knitting Circle 10:00 Line Dance 10:00 Senior Walkers 12:00 Bridge	8:15 Cribbage 8:15 Gentle Tai Chi 8:30 Zoom Tai Chi 9:00 Line Dance 10:00 Mexican Train 12:30 Pinochle 1:00 Hand & Foot
Monday	Tuesday	Wednesday
There are 54 members with July birthdays	Don't forget to check Nifty Thrifty's sales calendar. Members get extra special discount days!	We love our volunteers!
5 Closed for 4th of July	6 10 Senior Walkers: Woodward Bay Natural Resources Conservation No Lunch	7 10-11:30 SHIBA Zoom Appt Lemon Pepper Fish
12 10-11:30 SHIBA Zoom Appt . Lunch: Site choice	13 9:30 No Sewing/Kntting Circle 9:30 Board Meeting 10 Senior Walkers: Olympic Watershed Park No Lunch	14 Pork Chop
19 Potato Crusted Tilapia	20 8:30 No Yoga 9:00 General Membership Meeting 9:30 No Sewing/Knitting Circle 10 Senior Walkers: Oxbow on the Skokomish River 1-2:30 SHIBA Zoom Appt No Lunch	21 Barbecue Chicken
26 Cheese Ravioli	27 10 Senior Walkers: Goldsborough Creek No Lunch	28 9:00 Woodland Park Zoo Trip Baked Salmon with Dill Sauce

Activities

Every Thursday	Every Friday	Every Weekend
8:15 Cribbage 8:30 Zoom Yoga 8:30 Yoga 9:00 E-Z Crafters 9:00 Joker's Rule 9:30 Quilting 10:00 Line Dance 10:00 Zoom Tai Chi 12:00 Bridge 1:00 Mahjong 1:00 Thursday Bingo	8:15 Cribbage 8:15 Gentle Tai Chi 9:00 Line Dance 10:00 Mexican Train 12:00 Pinochle	
Thursday	Friday	Saturday/Sunday
1 No Lunch	2 Hearty Bean Stew	3/4
8 No Lunch	9 12:00 July Birthday Cake 6-9pm Friday Fun Night Meatloaf	10/11
15 10-11:30 SHIBA Zoom Appt No Lunch	16 9:30 Aquarium Trip 10:30 Editorial Committee Meeting Spaghetti & Turkey Meatballs	17/18
22 No Lunch	23 Burger and Oven Fries	24/25
29 No Lunch	30 Lunch: Site choice	31

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



It’s Time To Blow Our Own Horn

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

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

This year has been a tough year for everyone. Michelle and her team have done a remarkable job despite the pandemic. We have had some vehicle issues and are now collecting funds towards a new box truck and a new pickup truck. Donations for a new vehicle can be made at Nifty Thrifty, the Senior Center, or with our QR code.





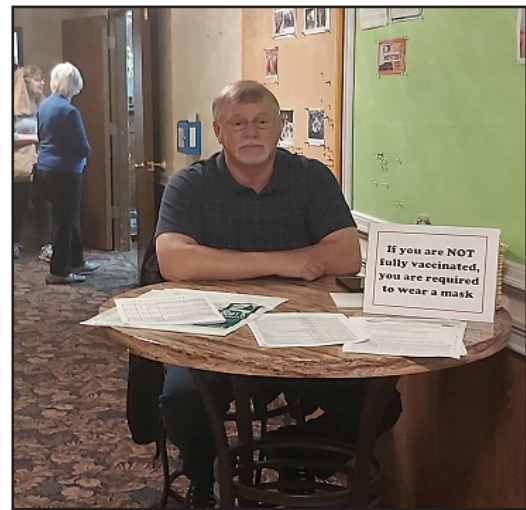
Walkers at Westport



Pinochle with Friends



Line Dancers Learning New Steps



A Huge Thank You To Our Front Door Volunteers

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 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."

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



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jboothe511@yahoo.com

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Humana

MEDICARE SUPPLEMENT



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Medicare Solutions

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 special events. 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 and emails over 800 newsletters to its members and distributes another 500+ 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 Director at director@mcsac.net or 360-426-7374 for more information about the benefits of becoming one of our Corporate Sponsors.

COMPUTER SERVICE @ YOUR DOOR

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360-898-3800

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

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Julie Cook
Attorney at Law

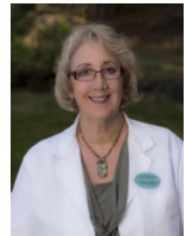
P.O. Box 821 / 613 West Pine St
Phone: 360-427-5616
Shelton, WA 98584
JULIEKAYCOOK@Yahoo.com



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Sojourners Welcome!
Stated Communication 2nd Thursday
of each Month (In June, 3rd Thursday)
Lodge 7:30 pm (Masons Only)
www.freemason-wa.org

2 B >
Ask 1



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Across from Lucky Dog Casino
Questions: 360-490-4695
unioncity27@gmail.com

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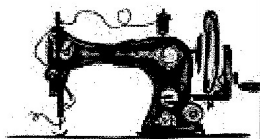
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Senior Services for South Sound & Meals on Wheels
 Congregate (group) meals are available at the **Senior Services for South Sound**

At the Pavilion

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

Monday and Wednesday @ 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

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.



The Pavilion

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

Event Coordinator: Val Wedman
 360-426-7374 ~ pavilion@mcsac.net
 190 W. Sentry Drive, Shelton, WA 98548
<https://www.facebook.com/PavilionSentryPark/>



Farmers Market Vouchers

LMTAAA is handling the Senior Farmers Market Voucher program this year. You can go to their website at:

<http://www.lmtaaa.org/farmersmarket> or pick up an application from the receptionist here at the Senior Center.

Applications need to be mailed to LMTAAA or emailed.

New to Medicare

Free Zoom Presentations. Join us for a free, unbiased webinar all about Medicare!
 Choose *one* of these available appointment times:

“Welcome to Medicare”

Wed, July 7 | Mon, July 12 | Thurs, July 15
 (These webinars run from 10 am to 11:30 am)
Tues., July 20 from 1 pm to 2:30 pm

To pre-register to reserve your Zoom webinar spot: ThurstonMasonShiba.Volunteers@southsoundseniors.org

Once we receive your email, we will send you the link to the webinar with more details.

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.

Senior Nutrition Program July 2021

Monday	Tuesday	Wednesday	Thursday	Friday
			-1- No Lunch	-2- Hearty Bean Stew over Brown Rice Mexican Blend Veg Pineapple
-5- CLOSED TO OBSERVE INDEPENDENCE DAY	-6- No Lunch	-7- Lemon Pepper Fish Rice Pilaf Mixed vegetables peaches	-8- No Lunch	-9- Homemade Meatloaf Mashed Potatoes Green Beans Applesauce
-12- SITE CHOICE	-13- No Lunch	-14- Pork Chop Mashed Potatoes & Gravy Mixed Veg Applesauce	-15- No Lunch	-16- Spaghetti & Turkey Meatballs over Whole Wheat Pasta Steamed Broccoli Mixed Fruit
-19- Potato Crusted Tilapia Rice Pilaf Green Beans Peaches	-20- No Lunch	-21- Barbecue Chicken Baked Beans Cole slaw Apple Slices	-22- No Lunch	-23- Hamburger or Turkey burger Oven Fries Fruit
-26- Cheese Ravioli With Marinara Roasted Eggplant & Zucchini Peaches	-27- No Lunch	-28- Baked Salmon with Dill Sauce Wild Rice Mixed Veg Fruit Crisp	-29- No Lunch	-30- SITE CHOICE



Nifty Thrifty July 2021



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Sales Color Yellow	Please do not leave pets or people in your car	We have air conditioning, come in and shop!	Please Call about donation times 360-427-0858	1 Yellow tags 50% off	2 Regular priced Clothing 50% off	3 Regular priced Clothing 50% off
4 Closed Happy Birthday USA!	5 Closed Happy Birthday USA!	6 Seniors & Military Receive 25% Off	7 Books 50% off	8 Artwork 25% off	8 White Tags 25% off	9 Books 50% off
10 Closed	11 DVDs 50% off	12 Seniors & Military Receive 15% Off	13 Kitchen Items 25% off	14 Kitchen Items 25% off	15 Shoes 50% off	16 Managers Choice
17 Closed	18 Yellow Tags 75% off	19 Seniors & Military Receive 15% Off	20 Kids clothes 50% off	21 Jewelry 25% off	22 White tag Clothing 25%off	23 Regular priced Clothing 50% off
24 Closed	25 Yellow Tags 90% off	26 Seniors & Military Receive 15% Off	27 Furniture 25%off	28 Everything outside 25% off	29 MCSAA 33%off	30 Fabric and crafts 25%off
31 Closed	Masks Required Please respect our staff and volunteers	Make new friends, volunteer!	Thank You for all of your support	We have a varied donation schedule	Nifty Thrifty is the major funding source for the MCSAA	Hours Monday-Saturday 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 times and pick up services.