

Active Living



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

Mason County Senior Activities Center

July 2022

Upcoming Vote!!!

At the June members meeting, the membership voted whether or not to keep our current vaccination policy. We had 27 members vote which represents 4.5% of our membership. The vote resulted in keeping the policy. It was then decided that the vote was not fair to the members who could not vote. So, at our next general members meeting we will be counting the ballots.

All current members have been sent a ballot in this newsletter. New members will receive a ballot when they sign up for membership.

We have statements both Pro and Con for the vaccination policy. These statements were written by members and edited for space.

To Keep the Policy:

The center's rule posted on the front door in BOLD LETTERS is for our individual benefit to keep our members safe and out of the hospital. We are considered one of the most vulnerable groups and have the most severe consequences of COVID-19 including death. COVID-19 is not the flu, over 1,000,000 dead nationally, over 13,000 died in our state and 142 have died in our county, mostly seniors. Vaccinations protect us and those around us.

For Removal of the Policy:

Not everyone that comes into the center has had their Covid Booster shot(s). The center only verifies the first two shots. The Covid vaccine does not prevent you from getting ill, it only helps to keep you from getting deathly ill. All after hours events are not subject to the policy. We are the only local senior center that has this policy after the 4th of July.

In Other News:

We applied for and was awarded a \$5,000 grant from the Community Foundation of South Puget Sound for our nutrition program. This grant will help to keep our suggested donation low as food costs go up.

Nifty Thrifty received a donation from the Yesteryear Car Club to help with repairs and tires for the box truck.

Upcoming Events!!!

- July 4 Closed
- July 6 Bowling Trip
- July 12 Board Meeting
- July 13 Nordic History Museum
- July 19 General Meeting
- July 27 Zoo trip
- Aug 9 Members Only Picnic

Center Holiday Closures 2022

January 1	New Year's Day
January 17	MLK Day
February 21	Presidents Day
May 30	Memorial Day
June 20	Juneteenth
July 4	Independence Day
September 5	Labor Day
November 11	Veterans' Day
November 24-25	Thanksgiving
December 26	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/>

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

Staff:

Senior Center Manager: Penny Wilson

Activities & Volunteer Coordinator: Will Adams

Bookkeeper/Admin Assistant: Alex Banks

Kitchen Manager: Debra del Bosque

Kitchen Volunteers:

Judy Siegel Denise Murchison

Receptionists:

Patt Matsen Denise Avery-Baeten

Wendy Price

Center Hosts:

Doris Fredin Shirley Schober

Gift Shop: Open

Sunshine: Open

Van Drivers: Clay Long, Glenn Harper, Bill Price

Gary Miner, Irene Garavito,

Mike Mosberger

Newsletter and Layout: Penny Wilson

Editorial Committee:

Julie Whaley, Gale Glenn, Avis Ross,
Patt Matsen, Steve Mutoli, Gary Miner,
Dave Pierik, Linda Frizzell

Photography: Gale Glenn and Will Adams

Mailing Team: Gil Palmer, Bill Bezanson,

Mike Mosberger, Dorothy Calleja

Distribution: Nila LeGault, Reiko Mauer

Steve Mutoli, Doris Fredin

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

Greatest needs right now:

Volunteer Dishwashers, Receptionist, Hostess

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 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 2022/2023 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	Irene Moffatt	Vivian Bentkowski
Axel VanWormer	Jan Kallinen	Marilyn Olson
Betty Thompson	Jane Donahue	Rich Sawyers
Carole Pelela	Maxine Neese	Cheral Cowsert
Cynthia Middleton	Pamela Johnson	Paul Kemmerr
Doug Kreklow	Rachel Sedlack	Wayne Souza
Gary Yuan	Reda Keller	Denise Miner
	Ruth Coots	

Additional volunteers are always needed.

Call Michelle at 360-427-0858 to volunteer.

This institution is an equal opportunity employer.

2022/2023 Membership Bonuses

Nifty Thrifty Discount

In store, receive 20% off regular priced items of \$5 or more with some exceptions. Your 2022/2023 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.

Meetings

MCSAA Board Meeting

Tuesday, July 12th at 9:15 am

The MCSAA Board meets the second Tuesday of each month at 10:00 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 Manager 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 2022 Board

President Gary Miner
Vice President Bill Bezanson
Treasurer Marilyn Olson
Secretary Patti Vernie
Leona Osterman
Synnove Pettersen
Lori Shipman
Sam Selby

MCSAA General Membership Meeting

Tuesday July 19th at 9:15 am
Dining Room

VOTE: VACCINATION POLICY

Speaker: Avoiding Scams with Darrell McVea, Peninsula Credit Union

The General Membership meeting for MCSAA is on the third Tuesday of each month at 9:30 am. All members in good standing (membership paid for 2022/23) 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 receptionist or Will.

Center and Nifty Thrifty Wish List

We would greatly appreciate donations of:

Senior Center needs:

Decaf Coffee
Napkins
Disposable Coffee Cups, paper preferred
6 inch paper plates

Nifty Thrifty needs:

Clear Packing Tape
1" Masking Tape
Large Padded Envelopes
Plastic Grocery Bags
Bubble Wrap
Coffee
Sugar and Creamer
Large Black Garbage Bags



Thank you very much for
your donations!

MCSAA at Shelton Cinemas Members Only

Fridays, usually 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.

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.

Beyond the local news, we use two other forms of communication to let members know if we will be closed. We send out a robo-call, using our regular telephone number and a robo-text using the number 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 \$3 per meal. 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.

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.

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 July 13th.

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., July 21 from 11 am to 12:15 pm

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

"Welcome to Medicare"

Wed., July 6 from 10 am to noon

Tues., July 19 from 1 pm to 3 pm

Thurs., July 21 from 10 am to Noon

To pre-register to reserve your Zoom webinar spot: 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.

We have applications for farmers markets vouchers. Please see the receptionist for the form.

July Birthday Party

Members, please come celebrate your birthday at the Senior Center on the second Friday of your birth month.

At 11:30 am, for members-only with a birthday during July, you are welcome to a free lunch. Bring your current membership card and photo ID. (Regular price for everyone else.)

At noon we celebrate you. Enjoy a beautifully decorated birthday cake or cupcakes and ice cream.

July has 47 member birthdays. Come help us celebrate them.

Please remember that the Senior Center is for you.

Do you have an art project you are working on and want to get out of the house? Bring it in even if it isn't artists workshop day. Same for sewing. Have a board game you like to play? We have space and room.

Just check to see if there is a class or activity using the space. The Senior Center is a great place to have lunch and make friends. Who knows maybe there will be enough interest to start another class.

Veterans Wall

We are going to turn one of our walls in the back of the dining area into a Veterans wall for members and volunteers. Let us honor you!

From our veterans we will need:

- 5x7 photo of them. It can be in uniform or a current photo.
- Name
- Rank when they left service
- Branch and years served
- Optional what conflicts they served during

You can turn this information into the receptionist

Friday Fun Night

Friday July 8th 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!

Word is out that Friday Fun Night is the place to be for couples dancing, line dancing and an all around good time.

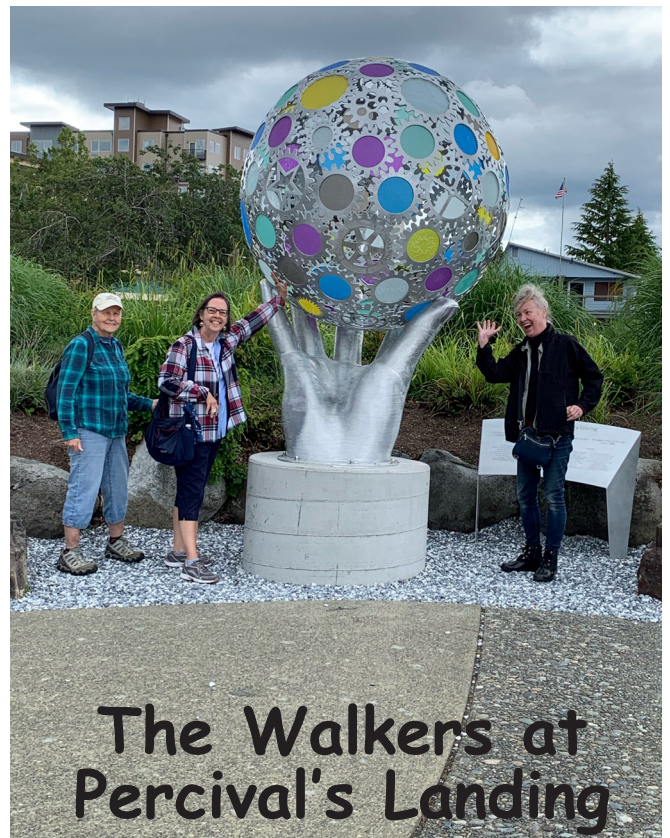
Mark you calendars for the second Friday of every month.

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

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

Donations are greatly appreciated.

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



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>Guided Sewing Circle, 1st Thursday of the month; Open Sew, the rest of the month</p> <p>There are also other small projects to be made for sale at the boutique, bazaars or Nifty. You can also bring in projects that you might need help with, for example binding tips and tricks or general sewing projects. If you need very specific help please don't hesitate to call and ask. We have very talented members.</p>	Thursday	9:00AM-12PM	\$1 donation
<p>EZ Crafters</p> <p>The crafters work on a variety of projects, many of which end up for sale in our annual bazaar. The crafters also do all of our table decorations. The laughter from their room can be infectious.</p>	Thursday	9AM-12PM	\$1 donation
<p>Art Workshop</p> <p>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. The artists are a wealth of knowledge in technique and skill from beginner to advanced.</p>	Monday	12:30PM-3:30PM	\$1 donation
<p>Knit and Chat</p> <p>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.</p>	Thursday	10AM-12PM	\$1 donation
<p>Machine Knitting Class</p> <p>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, if you are new please let us know by the Wednesday before so we have enough machines.</p>	Paused until Sept.	12PM-3PM	\$1 donation
<p>MCSAC Chorus</p> <p>Come join our Chorus. Led by John Schwennesen, you will learn a variety of songs, old and new, in our relaxed setting.</p>	Friday	12:30PM-1:25PM	\$1 donation
<p>Nifty Thrifty Book Club</p> <p>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. We will meet in the carpeted room at the Senior Center.</p>	Last Thursday of the month	1PM-3PM	\$1 donation

We are so fortunate to have such a great group of volunteers who teach and lead all of our activities. Without them, we would not be the center we are. THANK YOU VOLUNTEERS!!!

Classes and Activities for Current Members

FITNESS FOR MEMBERS			
DESCRIPTION	DAY	TIME	COST
Tai Chi: 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
Tai Chi: Zoom	Wednesday Thursday	W 8:15-9:00 AM TH 10-10:45 AM	\$1 donation
Tai Chi Slow Set: At the Center	Friday	1:30 PM - 2:30 PM	\$2 donation
Line Dance: At the Center	Monday Wednesday Friday	9-11:00 AM	\$1 donation
Line Dance: Advanced at the Center	Tuesday Thursday	10 -11:30 AM	\$1 donation
Yoga: Zoom	Tuesday Thursday	8:30-9:15 AM	\$1 donation
Yoga: At the Center	Tuesday Thursday	8:30-9:15AM	\$1 donation
Senior Walkers (April-October)	Tuesday	10:00 AM	\$1 donation

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

2022 July

Every Monday	Every Tuesday	Every Wednesday
8:15 Cribbage 8:15 Gentle Tai Chi 9:00 Line Dance 10:00 Mexican Train 12:00 Lunch 12:30 Pinochle--Intermediate 12:30 Artists Workshop	8:15 Cribbage 8:30 Zoom Yoga 8:30 Yoga 10:00 Line Dance--Advanced 10:00 Senior Walkers 11:00 Tai Chi 12:30 Bridge 12:00 Lunch 1:00 Movie at the Senior Center 5:30 Zumba with Sarah	8:15 Cribbage 8:15 Gentle Tai Chi 8:15 Zoom Tai Chi 9:00 Line Dance 10:00 Mexican Train 12:00 Lunch 12:30 Pinochle--Intermediate 1:00 Hand & Foot

Monday	Tuesday	Wednesday
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4 Closed	5 10:00 Senior Walkers: Woodward Bay Natural Resources Conservation Swedish Meatballs	6 Lunch music by John Schwennesen BBQ Chicken
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11 Biscuits w/Sausage Gravy	12 9:15 Board Meeting 10:00 Senior Walkers: Chehalis Western Trail, Monarch Sculpture Park Sausage and Pasta	13 1:00 Parkinson's Support Group Hair Cuts Lunch music by John Schwennesen Tamale Pie
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18 12:30 Financial Fitness Salisbury Steak	19 9:15 General Meeting: Vote Results 10:00 Senior Walkers: Oxbow on Skokomish River Shepherd's Pie	20 Lunch music by John Schwennesen Pot Roast
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25 Baked Chicken	26 10:00 Senior Walkers: Friends Landing/Lake Quigg Newsletter Folding Salad Bar	27 Hair Cuts Nifty Thrifty Discount Day for Members Lunch music by John Schwennesen Tuna Casserole
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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--Advanced 10:00 Zoom Tai Chi 10:00 Knit and Chat 12:30 Bridge 12:00 Machine Knitting 12:00 Lunch 1:00 Mahjong 1:00 Thursday Bingo 1:00 Senior Portraits 5:30 Zumba with Sarah	8:15 Cribbage 8:15 Gentle Tai Chi 9:00 Line Dance 10:00 Mexican Train 10:00 Scrabble 10:45 Tai Chi 11:30 Lunch 12:00 Pinochle--Beginning 12:30 Chorus 1:00 Senior Portraits 1:30 Tai Chi Slow Set 1:30 Friday Senior Movie	1
Thursday	Friday	Saturday/Sunday
	1 Lunch music by John Schwennesen Kitchen Choice	2/3
7 Meatloaf	8 12:00 July Birthday Party 6:00 Friday Fun Night Lunch music by John Schwennesen Spaghetti w/Meat Sauce	9/10
14 Chicken Pot Pie	15 10:30 Newsletter Editing Lunch music by John Schwennesen Turkey Dinner	16/17
21 11:00 SHIBA Tuna Salad and Soup	22 Lunch music by John Schwennesen Teriyaki Chicken	23/24
28 Breakfast for Lunch	29 Lunch music by John Schwennesen Pork Roast	30/31

**Proud Sponsor of our 2022
Tuesday In-House Movie**

Shelton-Mason County Journal

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ON SALE IN RECEPTIONIST OFFICE

Senior Portraits

We are now setting appointments for individual Senior Portraits. Portraits are taken on Thursdays and Fridays after lunch only. A digital copy will be emailed for you to print and share with your family and friends. Just another benefit of membership.

Great for holiday cards and all occasions.

Senior Walkers July Schedule

We meet at 9:50am and leave promptly at **10 am**. Walks are always on Tuesdays. *Please see bulletin board for complete details.*

\$1 suggested Donation

- **July 5: Woodward Bay Natural Resources Conservation** No dogs, Discover Pass
- **July 12: Chehalis Western Trail, Monarch Sculpture Park**, dogs ok, lunch out in Tenino, "NEW WALK"
- **July 19 Oxbow on the Skokomish River**, dogs ok, bring a sack lunch, no bathroom
- **July 26 Friends Landing/Lake Quigg - Montesano**, dogs ok, yearly potluck/picnic, Daniel will be providing the hot dogs and fixings.



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."

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 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 manager 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.**

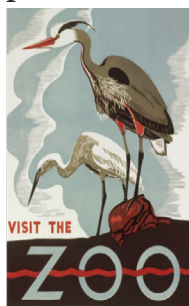
July Trips



Wed. July 6th Bowling at Westside Lanes
Leave MCSAC @ 11:30 am
Members \$20/Non-members \$25
Includes transportation, shoe rental and two games. Lunch on your own at the lanes



Wed. July 13th Nordic History Museum-- Ballard
Leave MCSAC at 9:30
Members \$49/Non-members \$54
Includes transportations and admission.
Lunch on your at the Cafe
Lockspot



Wed. July 27th Woodland Park Zoo
Leave MCSAC at TBA
Members \$21/Non-members \$26

August Trips



Tues. Aug. 2nd Bingo at BJ's Bingo and Gaming
Leave MCSAC@ 9 am
Members \$20/Non-members \$25
Includes Transportation ONLY



Thurs. Aug. 25th Walking Tour of the Uof W Arboretum.
This is a 90 minute guided walking tour of the Arboretum. Be prepared to walk a fair distance. This trip is limited to 10 people.
Leave MCSAC @ 8:30 am
Members \$45/Non-members \$50



Fri. Sept. 2 Washington State Fair, Puyallup
Leaves MCSAC at 9:00am
Cost members \$21 non-members \$26
Free admission with non perishable food item
Lunch on your own at the fair.

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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 Manager at Manager@mcsac.net or 360-426-7374 for more information about the benefits of becoming one of our corporate sponsors.



360-426-5585
 800-365-4096
 360-426-5935 Fax

www.gillisautocenter.com

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 180 W. Hulbert Rd.
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WARRANTY FOREVER!

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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Julie Cook
Attorney at Law

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

**All-You-Can-Eat
Spaghetti Feed**
Fri. July 15th 4-7 pm
Donation \$13

Public
Welcome



At **Union City Lodge #27 F.&A.M.**
Across from Lucky Dog Casino
Call Wayne or Pete
360-589-8040 360-229-3164
unioncity27@gmail.com

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Let me help you find the right plan to fit your needs

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Independent Medicare Insurance Agent

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FOREST FUNERAL HOME



Kathleen Blanchette

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

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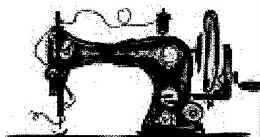
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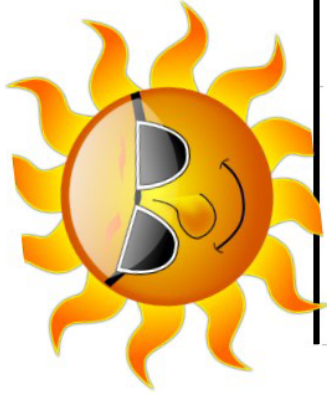
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Guest Reminder

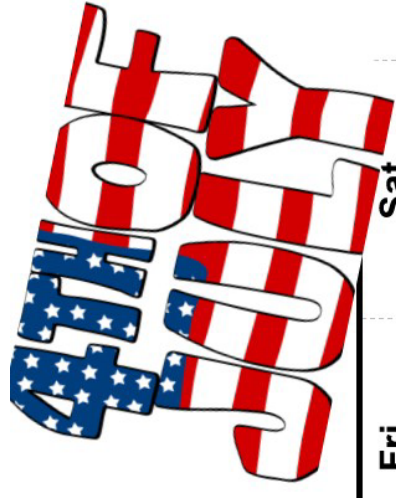
Guests must show their vaccination card and register on the kiosk as a new user. You may be a guest twice before you are required to join to participate in activities.

July 2022
Mason County Senior Activities Center Lunch Menu

Menu is subject to change		1 Kitchen Choice
\$3 minimum suggested donation for seniors 50+		
4 Closed	5 Swedish Meatballs Mashed Potatoes Gravy Mixed Vegetable Fruit	7 Meatloaf Mashed Potatoes Gravy Mixed Vegetables Fruit
6 BBQ Chicken Scalloped Potatoes Mixed Vegetables Fruit	8 Spaghetti w/Meat sauce Green Beans Fruit	15 Turkey Dinner
11 Biscuits Sausage Gravy Green Salad Fruit	12 Sausage Pasta Green Salad Fruit	13 Tamale Pie Green Salad Fruit
18 Salisbury Steak Mashed Potatoes Gravy Mixed Vegetables Fruit	19 Shepherd's Pie Green Salad Fruit	20 Pot Roast Mashed Potatoes Gravy Green Beans Fruit
25 Baked Chicken Mashed Potatoes Gravy Mixed Vegetables Fruit	26 Salad Bar	21 Tuna Salad Tomato Bisque Fruit
27 Tuna Casserole Green Salad Fruit	28 Breakfast for Lunch	22 Teriyaki Chicken Steamed Rice Mixed Vegetables Fruit
29 Pork Roast Mashed Potatoes Gravy Mixed Vegetables Fruit		



July 2022



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Closed	Yellow tags this Month	Enjoy the Sun!	Have a safe fourth!!!!	We have air conditioning	1 Yellow Tags 50% off	2 White tags 25% off
3 Closed	4 Closed for the holiday	5 Seniors & Military Receive 15% Off	6 Books 50% off	7 Books 50% off	8 Furniture 25% off	9 Crafts and fabric
10 Closed	11 Jewelry 25% off	12 Seniors & Military Receive 15% Off	13 Regular priced Kids clothes 4 for \$1.00	14 Electronics 25% off	15 Lamps 50% off	16 Drinking glasses 2 for \$1.00
17 Closed	18 Yellow tags 75 % off	19 Seniors & Military Receive 15% Off	20 Electronics 25% off	21 Dish Sets 25% off	22 Linens 25% off	23 Regular priced clothing 50% off
24 Closed	25 Yellow tags 90% off	26 Seniors & Military Receive 15% Off	27 MCSAA Members 33% off	28 Regular clothing 50% off	29 Books 50% off	30 Books 50% off
31 Closed	Call us about donations hours and times 360-427-0858	Make new friends, volunteer!	We are always looking for jewelry.	Recycle!!! Reuse !!! Repurpose!	Bring on the sunshine and good times !	Store Hours M-Sat 9:30-5:00 Closed Sunday

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