

Active Living



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

Mason County Senior Activities Association

501(c)3 Non-profit

July 2023

Association News:

We wish to thank the Squaxin Island Tribe for their generous donation of \$2500 towards our Senior Nutrition Program. We knew when starting this program that it may never be self-sufficient. Donations like these help us to keep this program viable.

Senior Center News:

We are having a 3rd of July BBQ. We will have games in the garden starting at 11:30 and BBQ lunch at noon.

Mark your calendars now...Members Only annual picnic is on August 8th.

Years ago we used to go on international trips and big overnight domestic trips. We would like to know if there is any interest in doing these trips again. Both Teresa and Penny have catalogs with a variety of sample trips in them if members want to get an idea of what is available.

Big thank you to our clean-up crew for making our Shelton streets cleaner. Kudos to the City of Shelton for providing the bags and picking up the end result. Next clean up date is Sept. 13th.

Nifty Thrifty News:

The parking lot at Nifty Thrifty has been updated and has been repainted. You will be seeing some other upgrades over the next few months, like new shelving and replacement of counters. These are going to be big improvements for the staff and shoppers.

When you look at the list of volunteers for Nifty Thrifty, you may see several but many volunteer only give two hours or less a month. Volunteers are the lifeblood to this organization and are much needed at Nifty Thrifty.

Upcoming Events!!!

July 4 Closed
 July 6 Nordic History Museum
 July 11 Board Meeting
 July 13 Birthday
 July 14 Friday Fun Night
 July 15 Out to Lunch Bunch
 July 18 General Meeting
 July 21 Lavender Festival Sequim
 July 28 Volunteer Ice Cream Social

Center Holiday Closures 2023

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

Contents

Center Calendar.....10-11
 Community Services.....4-5
 Classes/Activities Schedule.....12-13
 Friday Fun Night.....6
 Meetings.....3
 Menu.....19
News and Updates.....8-9
 Nifty Thrifty Calendar.....20
 Sponsors.....14-16
 Trips.....7
 Walkers.....6

Mason County Senior Activities Association

Annual membership dues are \$50

Activities Center

"50 and Better Activities Center"

Address: 190 W. Sentry Dr., Shelton

Phone: (360) 426-7374

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

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

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

Staff:

Senior Center Director: Penny Wilson

Activities and Volunteer Coordinator:: Teresa Sanders

Bookkeeper/Event Supervisor: Hiring

Kitchen Manager: Debra del Bosque

Kitchen Volunteers:

Judy Siegel Denise Murchison

Receptionists:

Denise Avery-Baeten Wendy Price

Carla Trantum Stacey Dickinson

Center Hosts:

Doris Fredin Shirley Schober

Gift Shop: Open

Sunshine: Open

Van Drivers: Glenn Harper, Bill Price, Gary Miner,

Mike Mosberger, Mat Taylor, Gil Palmer

Ava Taylor, Wayne Souza

Newsletter and Layout: Penny Wilson

Editorial Committee:

Gale Glenn, Avis Ross, Steve Mutoli,

Dave Pierik

Photography: Gale Glenn and staff

Mailing Team: Gil Palmer, Bill Bezanson,

Mike Mosberger, Dorothy Harper

Distribution: Reiko Mauer, Steve Mutoli,

Doris Fredin

The Senior Center is always looking for volunteers.

If you are interested, please see Teresa Sanders, our
Volunteer Coordinator.

Greatest needs right now:

*Volunteer Drivers, and Hostesses, Back Up
Receptionist*

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 2023/2024 membership card
before cashier starts ringing up your order.
Your plastic key card is not proof of
current membership. Contact the
Center if you need another
cardboard card.**

Open Monday-Saturday 9:30-5:00

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

Your quality donations are needed!

Store Director: Michelle Marks

Assistant Manager: Melissa Elliot

Staff: Linda Trail, Cathy Jones and Moriah Ward

Dedicated Volunteers:

Aloma Perez

Axel Van Wormer

Betty Thompson

Cynthia Middleton

Doug Kreklow

Gary Yuan

Irene Moffatt

Jan Kallinen

Jane Donahue

Maxine Neese

Rachel Sedlaek

Reda Keller

Ruth Coots

Vivian Bentkowski

Marilyn Olson

Rich Sawyers

Cheral Cowsett

Wayne Souza

Denise Miner

John Skans

Additional volunteers are always needed.

Call Michelle at 360-427-0858 to volunteer.

This institution is an equal opportunity employer.

2023 Membership Bonuses

Nifty Thrifty Discount

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

Members receive a discount on Pavilion rentals. For more details please see a staff member or contact pavilion@mcsac.net.

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.

Meetings

MCSAA Board Meeting

Tuesday, July 11th at 9:30 am

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

MCSAA 2023 Board

Clay Long, President

Bill Bezanson, Vice President

Synnove Pettersen, Treasurer

Lori Shipman, Secretary

Leona Osterman

Marilyn Olson

Patti Vernie

Irene Garavito

MCSAA General Membership Meeting Tuesday July 18th at 9:30 am

Speaker: The General Membership meeting for MCSAA is on the third Tuesday of each month at 9:30 am. All members in good standing and current paid membership are invited to the general meeting. As always it is incredibly important to attend.

Front Entrance Bulletin Board

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

Center and Nifty Thrifty Wish List

We would greatly appreciate donations of:

Senior Center needs:

Disposable Coffee Cups, paper preferred

Decaf Coffee

Napkins

6 inch paper plates



Nifty Thrifty needs:

Clear Packing Tape

1" Masking Tape

Large Padded Envelopes

Plastic Grocery Bags

Bubble Wrap

Regular Coffee

Sugar and Creamer

Large Black Garbage Bags

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

Thank you very much for your donations!

MCSAA at Shelton Cinemas Members Only

Fridays, usually start at 1:00 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 11:00 am on Friday at the reception desk and \$4.00 at the cinema. Doors open at 12:45 pm. Please follow the rules of the cinemas.

Tuesday Movie at the Senior Center

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

Inclement Weather and Closures

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

Services for All Seniors at Mason County Senior Activities Association

Current MCSAA Membership is NOT required for the following Services.

Senior Center Cafe

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

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

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

Meals are open to the public but rules of the building will be strictly enforced. Donations and grants are our only funding sources for this program.

Prepaid Lunch Tickets

Did you know that the front office has prepaid lunch donation tickets? Our tickets are business card sized and are convenient for those who don't like to carry cash. The tickets are \$4 each. Instead of donating before lunch, you just use the card.

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 12th.

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 20 from 11 am to 12:15 pm

Free Zoom Presentations. Choose *one* of these available appointment times:
“Welcome to Medicare”

Wed., July 5 from 10 am to noon

Tues., July 11 from 1 pm to 3 pm

Thurs., July 20 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.

Financial Fitness with Darrell McVea

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

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

Haircuts by Tammy

We are scheduling appointments for the 2nd and 4th Wednesday of the month. Walk-ins welcome but if there are no appointments scheduled after lunch Tammy leaves. Cost is \$13. Please arrive with clean hair.

Services for All Seniors Continued

Massage by Jessica Sullivan

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

Loud Crowd

The LOUD Crowd provides accountability and education through group sessions where "SPEAK OUT!" exercises are performed. Participants practice speaking with intent. As an added bonus, this maintenance program promotes camaraderie and provides support and encouragement. This group meets the 1st and 3rd Tuesday of the month in the meeting room at 12:30 pm.

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.

Zumba Gold with Sarah Martin

Tuesday and Thursdays 5:30-6:30 pm. \$5 per class. Punch card option available. Sarah makes this class enjoyable for all skill levels. Always wanted to try but were afraid, don't be! This class welcomes all!

LMT-Area Agency on Aging

July 26 at 11:00am to 12:30pm, Brandon will be available to answer questions and provide assistance, referrals, and guidance to services available to seniors in Mason county.

June Birthday Celebrants

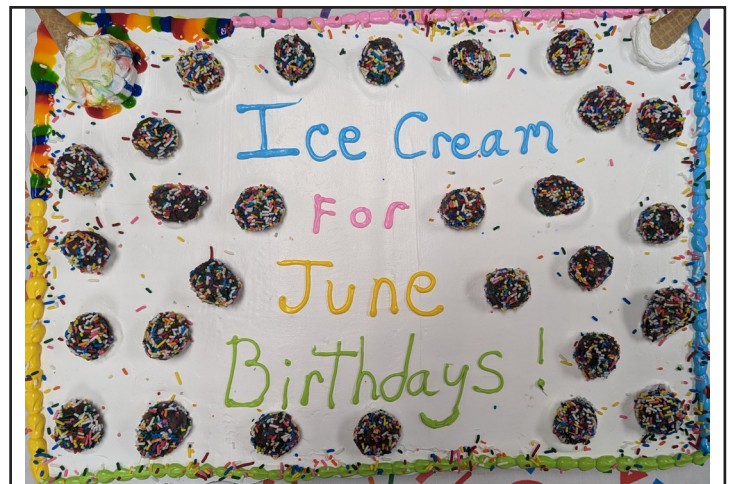


Members, please come celebrate your birthday at the Senior Center on **THURSDAY July 13th at 12:30PM**

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

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

July has 71 member birthdays.



Birthday Celebration on the 2nd Thursday of the month at 12:30 after lunch.

**Mason County Senior Activities
Association “FUN”draisers
Open to the public 21+**

Friday Fun Night

Friday July 14th 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! We even have a Dungeons and Dragons group that meets here.

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

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

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

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

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 4th--Harstine State Park, NEW WALK**, dogs ok, Discover Pass required.
- **July 11th--Living Legacy Trail**, dogs ok, Discover Pass required, bring a sack lunch
- **July 18th--Nisqually National Wildlife Refuge** - No dogs, bring a sack lunch, National Parks pass required
- **July 25th--Watershed Park in Olympia** - dogs ok

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 MCSAA member and pay the non-member price. Up to 2 guests per member.

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

July Trips

July 6 Nordic History Museum and Ballard Locks

Leave MCSAC at 9am
Members \$35/Non-members \$40
Walking Trip
Bring Lunch money

July 15 Out To Lunch Bunch Trip

Leaves MCSAC at 11:30am
The Boathouse in Allyn
Once a month, on a Saturday, we will be going to lunch in within 30 miles of Shelton. Cost to reserve your seat in the van is \$7. Cost to drive yourself \$2. Lunch on your own. Limited 9 people in the van.

July 21 Lavender Festival and Farms in Sequim

Leave MCSAC at 9am
Members \$25/Non-members \$30
Walking Trip
Bring money for lunch and shopping

Please keep in mind that trips fill fast and we can only accommodate so many on any given trip. We will always have a wait-list for serious trip goers.

August Trips

Aug. 4 Woodland Park Zoo

Leave MCSAC at 9 am
Members \$30/Non-members \$35
Walking Trip
Bring Lunch money

Aug. 16 Lady Alderbrook Cruise

Leave MCSAC at 1pm
Members \$45/Non-members \$50

Aug. 23 International Kite Festival in Long Beach

Leave MCSAC at 9 am
Members \$35/Non-members \$40
Walking Trip
Bring Lunch money and \$5 for the kite museum if you want to tour it.

August. 26 Garlic Festival in Centralia

Leave MCSAC at 9 am
Members \$25/Non-members \$30
Walking Trip
Bring money for lunch and shopping

Are you interested in taking a long trip with the Senior Center; Europe, South America, Canada or even in other parts of the United States? Please let Penny or Teresa know what places you would like to travel to so we can plan trips for 2024 and 2025..

SENIOR DRIVERS ED?????

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

Gerald Apple, A former SHS teacher, from WTSEA (Washington Traffic Safety Education Association) will be here on September 20 to teach the class.

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

This class is open to the public.



Our walking group may be called the “Senior Walkers” but they are a force of full fledged energy that most under 50’s would not be able to keep up with. Here they are in Westport, walking along the beach and sand dunes. Don’t worry they still had a fabulous fish and chips lunch before the car ride home.

Abundance Table

Recently we have had a lot of items placed on the abundance table that do not belong there.

If you have items of clothing, kitchen items, shoes or something else that could be sold at Nifty Thrifty, please donate there.

We have also had many items that just need to go into the garbage. Opened food or vitamins should not be put on our table. We can not accept and cpap equipment or tubing or diabetic testing supplies. Please check before you drop off.

The abundance table is not a place to store your purse or coat during line dancing. We are not responsible for stolen or lost items.

Senior Center Volunteer of the Month

When you come into the Senior Center and are volunteering please check in at the kiosk. Not only will we be able to see who has checked in but it will allow us to run a raffle to randomly choose our volunteer of the month. Every hour we receive from our volunteers is precious. We plan to announce the winner at our general meeting every month.

Our July volunteer of the month is:

Denise Avery-Baeten

You might know her as our Monday receptionist.

Nifty Thrifty’s volunteer of the month for July is:

Drew Eken

Drew passed away in May but his memory lives on and Nifty Thrifty wanted to honor him in July.



We Have A Facebook Group

We have had a Facebook page for many years. It is a great way to find out information but it is not a great way to connect with all the members of the association. One suggestion was that we start a Facebook group.

Facebook groups are a place to connect, learn and share with people who have similar interests. You can create or join a group for anything — stargazing, baking, parenting — with people across the globe or across the street. Facebook groups can be public or private.

Our Facebook group is for our members only. Share pictures, ideas, sell things, see upcoming events. We want it to be a community outside of the center. Our group's name is MASON COUNTY SENIOR ACTIVITIES ASSOCIATION MEMBERS.

We look forward to seeing you.

Pinochle Tournament Fundraiser for the Senior Center

August 12th doors open at 11:30 and play starts at 1:00. Cost is \$15.00 at the door. Includes lunch. Please bring a dessert or cookies to share.

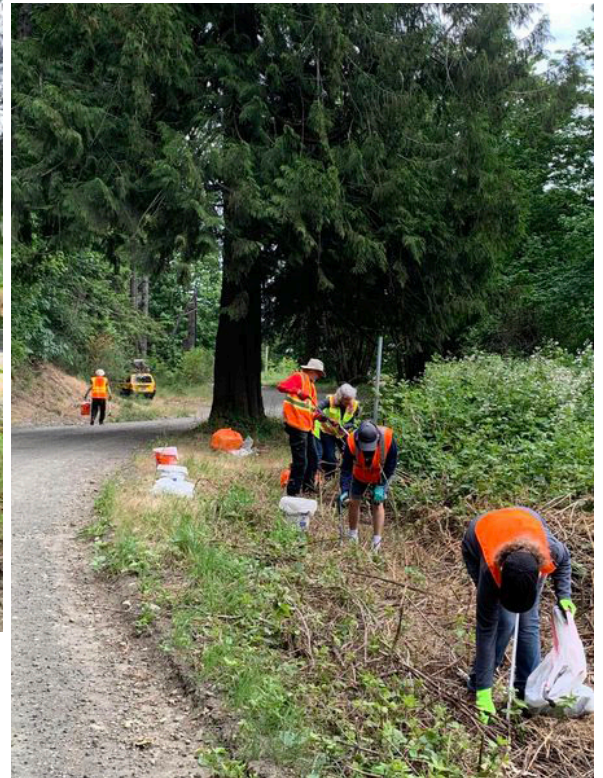
Hula Hooping with Angie is Back!

Thursdays from 8:30-9:30am. We are limiting the class to 10 people at this time due to space so sign up soon. We have a few Hula Hoops for you to use if you don't have one.



Our clean-up crew are an amazing group of volunteers. Cleaning-up after other people is a thankless job. We need to continue to thank this crew for doing this for our community.

A great way to thank them is to join them in September when they dust off their vests and get their grabbers and buckets. Please see Gale or Teresa to get on the list to help.



Thank you!

2023 July

Every Monday	Every Tuesday	Every Wednesday
8:15 Cribbage 8:15 Gentle Tai Chi 9:00 Line Dance 10:00 Mexican Train 10:30 Boxing 10:30 Line Dance 101 Beginners 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 12:00 Lunch 12:30 Bridge 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 Crafting with Teresa (1st Wednesday of the month) 10:00 Mexican Train 12:00 Lunch 12:30 Pinochle--Intermediate 1:00 Hand & Foot
Monday	Tuesday	Wednesday
3 Garden games and BBQ for Lunch	4 Center Closed 10:00 Walkers: Harstine State Park	5 Chicken Pot Pie
10 Biscuits and Gravy	11 9:30 Board Meeting 10:00 Walkers: Living Legacy Trail Salisbury Steak	12 Haircuts 1:00 Parkinson's Support Group Baked Fish
17 Swedish Meatballs	18 9:30 General Meeting 10:00 Walkers: Nisqually National Wildlife Refuge Baked Chicken	19 Tuna Casserole
24 BBQ Chicken	25 10:00 Walkers: Watershed Park Soup and Salad	26 Newsletter Folding Haircuts Chicken Wings
31		

Activities

Every Thursday	Every Friday	Every Weekend
8:15 Cribbage 8:30 Yoga and Zoom Yoga 8:30 Hula Hoop Class 9:00 E-Z Crafters 9:00 Quilting/Sewing 10:00 Line Dance--Advanced 10:00 Zoom Tai Chi 10:00 Knit and Chat 12:00 Lunch 12:30 Bridge 1:00 Machine Knitting 1:00 Mahjong 1:00 Thursday Bingo 1:30 Beginning Slow Set 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 1:30 Tai Chi Slow Set 1:30 Friday Senior Movie	<p style="text-align: center;"><i>Any major changes to our schedule will be posted on our Facebook page.</i></p>
Thursday	Friday	Saturday/Sunday
		1/2
6 Nordic History Museum Trip Tamale Pie	7 Meatloaf	8/9
13 10:30 Family Story Writing 12:30 Birthday Party Teriyaki Chicken	14 Friday Fun Night Sloppy Joes	15/16 Out to Lunch Bunch Trip
20 Turkey Dinner	21 Lavender Festival Trip Spaghetti and Meatballs	22/23
27 10:30 Family Story Writing Biscuits and Gravy	28 Taco Soup	29/30

Classes and Activities for Current Members

All classes subject to change. Please confirm with the receptionists

CLASSES FOR MEMBERS

CLASS NAME	DAY	TIME	COST
Quilting/Sewing Class There small projects to be made for sale in our gift shop and bazaars as well as general quilting.	Thursday	9:00AM-12PM	\$1 donation
EZ Crafters The crafters work on a variety of projects, many of which end up for sale in our annual bazaar or table decorations.	Thursday	9AM-12PM	\$1 donation
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.	Monday	12:30PM-3:30PM	\$1 donation
Crafting with Teresa Every month Teresa will have a craft for you to create something great. All supplies will be provided.	1st Wed. of the month	10AM-12:00 PM	\$5 donation
Knit and Chat Come sit around the table; knit, chat and share all the projects.	Thursday	10AM-12PM	\$1 donation
Machine Knitting Class Have you ever done machine knitting? Or wanted to try? In the MCSAC Sewing Room.	Thursday	12PM-3PM	\$1 donation
MCSAC Chorus Come join our Chorus. Led by John Schwennesen,	Friday	12:30PM-1:25PM	\$1 donation
Family Story Writing Has your family been bugging you for stories. Start putting them down on paper.	2nd and 4th Thursday	10:30AM-Noon	\$1 donation
Intermediate Pastels With Annie Learn pastels with our very own Annie Jones. This class will go beyond what was learned in beginning Pastels. This class is for 2 weeks and include all supplies.	Returning this fall		
Community Clean Up Crew Our crew meets quarterly to pick up trash in Shelton. These volunteers do a great job for our community. March 8 and June 14, September 13, December 13	Wednesday September 14		
Machine Embroidery We were luckily donated an embroidery machine. To use our machine you will need training. Please make an appointment with Penny to learn how to use our machine. <i>Usage Fees will go into a maintenance fund to have our machines professionally serviced regularly.</i>	Monday or Friday by appt. only for training		\$20 for 1 on 1 training; then \$2.00 per day for use.

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: Intermediate	Friday	1:30 PM - 2:30 PM	\$2 donation
Tai Chi Slow Set: Beginners (\$5 sign up fee). Limited to 6 students	Thurs	1:30 PM - 2:30 PM	\$2 donation
Line Dance: 101 Beginning Learn the basic steps that are used in our dances.	Monday	10:30-11:15 AM	\$1 donation
Line Dance:	Monday Wednesday Friday	9-10:30 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 No Contact Boxing informal class	Monday	10:30AM -12PM	\$1 donation
Hula Hoop Limited class size	Thurs	8:30AM - 9:30AM	\$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	Wednesday	1 PM	\$1 donation
Mahjong	Wednesday	1 PM	\$1 donation
Mexican Train Dominoes	Monday Wednesday Friday	10AM	\$1 donation
Pinochle (Beginning)	Friday	12 PM	\$3 donation
Pinochle (Intermediate/Advanced)	Monday Wednesday	12:30PM	\$3 donation
Scrabble	Friday	10 AM	\$1 donation



Assisted Living
 Home Care
 Adult Day Health
 Memory Care
 Respite Care
 Travel to Medical Appointments
 Overnight Care
 Ambulation Assistance
 Mobility Assistance
 Domestic Chores
 Dementia Care
 And More

Contact Information
 Phone: 360-277-0636
 Email: Support@haveninallyn.com
 Address:
 180 E Wheelwright St
 Allyn, WA 98584
 Open 7 days a week,
 please call for appointment.

We are vastly different from other places due to our qualified team of RN's, LPNs, and caregivers. They are available 24 hours a day, 7 days a week, allowing the Haven the ability to meet the needs of our clients and their families.

**WHEN IT COMES TO MEDICARE YOU
 HAVE CHOICES**

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

Jeff Boothe

360-490-5771

jboothe511@yahoo.com

Independent Medicare Insurance Agent

Are you or a loved one enrolling in Medicare this year? Are you thinking about retiring? No matter your situation, I can answer your Medicare questions.



Edward Jones

Schedule your retirement review today.



Stefanie M Dantinne, AAMS®
 Financial Advisor
 821 W Railroad Avenue Suite A
 P.O. Box 1908
 Shelton, WA 98584-5021
 360-426-0982

> edwardjones.com

MKT-5894M-A

Guest Reminder

Guests must register on the kiosk as a new user so we know who is in the building. You may be a guest twice before you are required to join to participate in activities.

Become a Corporate Sponsor

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

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

Annie's
QUILT SHOPPE
Fabrics & Quilting Notions

Annie Gajadhar
 Janice Easton
 Owners
 2505 Olympic Hwy N.
 Suite 220-A
 Shelton, WA 98584
 360.427.6164
 annie@anniesquiltschoppe.com
 www.anniesquiltschoppe.com

- Extensive Flannel and Batik Collections
- Cheerful and Friendly Customer Service
- Top Grade Quilting Supplies and Notions
- Long Arm Quilting Services



Alpine Way

Continuing Care Community

The Difference Between Living and Living Well

360-426-2600
www.AlpineWayLiving.com
 900 W. Alpine Way | Shelton, WA 98584
 Retirement Living • Assisted Living • Memory Care



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

360-764-0710 ~ pavilion@mcsac.net
 190 W. Sentry Drive, Shelton, WA 98584
<https://www.facebook.com/PavilionSentryPark/>

MAPLE GLEN

Senior Living

ASSISTED LIVING • RESPITE CARE




"Celebrating the Art of Life"



1700 North 13th Loop Road
 Shelton, WA 98584 • mapleglenl.com

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

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



McComb & Wagner
 Since 1897
 FAMILY FUNERAL HOME AND CREMATORY

360.426.4803
mccombwagner.com

Celebrating **125 YEARS**

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

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

We publish once a month.

COMPUTER SERVICE @ YOUR DOOR

DAVE'S COMPUTER SERVICE

360-898-3800

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



Crown Sign and Seal

Mobile and On Line Remote Notary
Shelton, WA

360-868-2452

www.CrownSignandSeal.com

Susan Ickes
Notary Public

email: CrownSignandSeal@gmail.com
Bonded and Insured

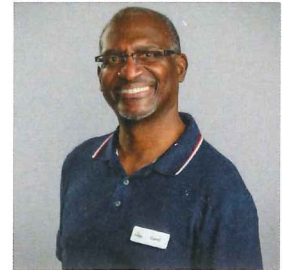
Fish Fry *Public Welcome*
Fri. July 21st 4pm-Sold Out
Cost \$13
Fish & Fries, Coleslaw & Drink



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



Darrell McVea
Community Financial Educator
360.426.1601 x3184
dmcvea@pcfcu.org



Edward Jones®

Life is full of moments that matter. Let us help you get ready for that next moment.



Karen L Schade
Financial Advisor
1051 Se State Route 3 Suite E
Shelton, WA 98584
360-426-4590

MKT-5894N-A

> edwardjones.com

FOREST FUNERAL HOME



Kathleen Blanchette

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

(360) 427-8044

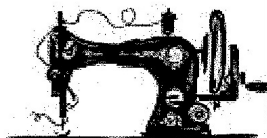
In Fine Time

Sewing Machine Repair

Vintage Specialty

kixfixing@gmail.com

360.490.8825



Pacific NW Contractors

RESIDENTIAL REMODELING EXPERTS

For All Your Construction Needs

360-451-3825

Lic# PACNWC934LR

SCHEDULED

WSP Check Completed

MCSAA 190 West Sentry Drive, Shelton WA 98584 Phone 360-426-7374 Fax 360-426-1955 www.mcsac.net

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

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

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

Facility Management

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

Clerical/Secretarial

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

Miscellaneous

- a. Grant Writing
- b. Fundraising

Your Ideas:

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

Signature _____ DATE: ____ / ____ / 20 ____

PHONE # _____

Print Name: _____ DOB: ____ / ____ / ____

Any other names used? _____

Additional information we might find useful? _____

Last Name, First

Member #

New Member

Renewal

Key Tag X

Senior Center Menu July 2023

3 3rd of July BBQ	4 Closed	5 Chicken Pot Pie Green Salad Fruit	6 Tamale Pie Green Salad Fruit	7 Meatloaf Mashed Potatoes and Gravy Mixed Vegetables Fruit
10 Biscuits and Gravy Mixed Vegetables Fruit	11 Salisbury Steak Mashed Potatoes and Gravy Mixed Vegetables Fruit	12 Baked Fish Scalloped Potatoes Mixed Vegetables Fruit	13 Teriyaki Chicken Steamed Rice Mixed Vegetables Fruit	14 Sloppy Joes Macaroni Salad Fruit
17 Swedish Meatballs Mashed Potatoes Mixed Vegetables Fruit	18 Baked Chicken Mashed Potatoes Mixed Vegetables Fruit	19 Tuna Casserole Green Salad Fruit	20 Turkey Dinner	21 Spaghetti with Meatballs Green Salad Fruit
24 BBQ Chicken Scalloped Potatoes Mixed Vegetables Fruit	25 Soup and Salad Fruit	26 Chicken Wings Baked Beans Coleslaw Fruit	27 Biscuits and Gravy Mixed Vegetables Fruit	28 Taco Soup Salad Fruit

\$4 suggested donation for seniors 50+, \$8 for guests under 50

Mon-Thurs Noon-12:30 and Fri 11:30-noon



Nifty Thrifty July 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Sales Color Yellow	Nifty Thrifty is the major funding source for the MCSAA!	Thank you for all the support	Welcome Summertime!!!	Come check out our new parking lot	Thank for supporting us through the chaos!	1 Yellow Tags 50 % off
2 Closed	3 Clothing 50% off	4 Closed 4th of July	5 Artwork 25% off	6 Purses 25% off	7 Furniture 25% off	8 Regular Clothing 50 % off
9 Closed	10 MCSAA members 33% off	11 Seniors & Military Receive 15% Off	12 Kitchen items 25% off	13 Books 50% off	14 Kids regular priced toys 75% off	15 White Tag 25% off
16 Closed	17 Yellow Tags 75% off	18 Senior & Military Receive 15% off	19 Electronics 25% off	20 Regular Clothing 50 % off	21 Knick Knacks 25% off	22 Shoes 50% off
23 Closed	24 Yellow Tags 90% off	25 Senior & Military Receive 15% off	26 Linens 25% off	27 Books 50% off	28 Kids Clothing 4 for \$1.00	29 Kitchen Items 25% off
30 Closed	31 Clothing 50% off	Make new friends, volunteer!	We are always looking for jewelry.	Recycle!!! Reuse !! Repurpose!	Donation hours vary from day to day please call !	Store Hours M-S 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.