

Active Living



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

Mason County Senior Activities Center

June 2019

If you haven't eaten at the Senior Center lately, you're missing out. Senior Services for South Sound serves up hot, nutritionally balanced meals 5 days a week. In the kitchen, Debra del Bosque along with her assistant Justin Mitchell and many volunteers plan, cook and serve our lunch for a small fee. After lunch has been served, the extra food is packaged for the Meals on Wheels program. This kitchen prepares meals for the Meals on Wheels program for all of Mason County. Every Monday and Thursday the kitchen creates 100 packages of 7 meals to be distributed to those on the program. Every other week they also send out donated pet food to the recipients with pets. Lunch is served Monday through Thursday at noon and at 11:30 on Friday. The menu is included with this newsletter, so choose your favorite meal and come join us for lunch.

Lunch is a big hit at the Senior Center. It's always fun to meet your friends here and share stories like so many of our members do. Membership is not required to purchase lunch.



Remittance Envelopes

In last months newsletter mailing we included our new Remittance Envelope for your convenience. Our hope is to receive enough donations to pay off our mortgage. As a nonprofit we rely on others generosity and do not receive government subsidies. We are self supporting and our largest source of income comes from Nifty Thrifty. At this point the envelopes have paid for themselves and they continue to come in. We will include the envelopes in our mailings on a quarterly basis and are grateful for the donations we've already received. Any size donation counts and they are truly appreciated. We are looking at donations as one gift at a time; they all count no matter the size. If you can afford to give to the Senior Center, please do.

Mission Statement

To enhance the quality of life of senior adults in our community through recreation, information, education and nutritional services, including health and wellness programs.

Upcoming Events!!!

- June 5 Car Night Cruise-In
- June 10 Rainiers' Game
- June 14 Friday Fun Night
- June 19 Cannabis Education
- June 19 Red Wind Casino
- June 22 Elvis Live by Danny Vernon
- June 28 Bingo Karaoke -Red/White/Blue
- July 3 Mariners' game

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

Center Holidays

2019

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

Find the three Roadrunners

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



Mason County Senior Activities Association

Annual membership dues are \$30

Activities Center

"50 and Better Activities Center"

Address: 190 W. Sentry Dr., Shelton

Phone: (360) 426-7374

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

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

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

Staff:

Executive Director: Patricia Vernie

Event, Activities & Volunteer Coordinator:
Val Wedman

Bookkeeper/Data Coordinator: Penny Wilson

Volunteers: Contact Receptionist to help.

Receptionists:

Bob & Susi Edwards Glenda Miller

Janna Yorke Janice Rozzano

MaryAnn Miljanovich

Patt Matsen Phyllis Glisson

Center Hosts:

Doris Fredin Jill Neil

Irene Moffatt Harry Fournier

Gift Shop: Patti Kempton

Sunshine: Jill Neil

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

Newsletter: Patricia Vernie and Richard Britz

Editorial Committee:

Terry Nelson Julie Whaley

Gale Glenn Val Wedman

Avis Ross Richard Britz

Layout: Richard Britz

Photographer: Glenn Harper

Mailing Team: Ern Brown, Gil Palmer, Al Lawrence,
& Ann Olli

Distribution Coordinator: Nila LeGault

Nifty Thrifty Store

Your Hometown Thrift Store

Voted Mason County's Favorite Thrift Store

826 W. Railroad Ave., Shelton, WA 98584

(360) 427-0858

E-mail: niftythrifty@hcc.net or

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

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

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

MCSAA

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

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

Donations Monday – Saturday 10-4:30

Your quality donations are needed!

Call for Free Pickup: 360-427-0858

Store Manager: Michelle Marks

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

Dedicated Volunteers:

Adelheid Krohne

Aloma Perez

Arlyn Skarich

Betty Thompson

Beverly Pittman

Bill Keller

Carole Pelela

Charal Cowsert

Doug Kreklow

Ed Seiner

Gary Yuan

Irene Moffatt

Jan Kallinen

Jane Donahue

Karyn Lidington

Keith Jennings

Maxine Neese

Reda Keller

Ruth Coots

Vivian Bentkowski

Axle Wormer

Marilyn Olson

Additional volunteers are always needed.

Call Michelle at 360-427-0858 to volunteer.

This institution is an equal opportunity provider and employer.

2019 Membership Bonuses

Nifty Thrifty Discount

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

Free Bingo Karaoke Birthday Packet

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



Inclement Weather

In case of inclement weather, the Center follows the Shelton School District's weather policy. Lunch is still served at 12 noon (11:30 on Fridays) as long as we open by 10:00 am. Please listen to our local radio station, KMAS 1030 AM & 103.3 FM or Seattle TV stations for details.

Meetings

MCSAA Board Meeting Tuesday, June 11 at 9:30 am Conference Room

The MCSAA Board meets the second Tuesday of each month at 9:30 am. If a member desires to bring something before the board, he or she should make the request in writing and give the request directly to MCSAA Board President Clay Long or Executive Director Patricia Vernie, 24 hours in advance so the member can be added to the agenda. Please include your name, member number and phone number so Clay can contact you if there are any questions.

MCSAA 2019 Board

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

MCSAA Member General Meeting Tuesday, June 18 at 10:45 am Dining Room

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

Receptionist Meeting

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

Special Guest Speakers

At our next Members Meeting
Denise Murchison and Sharon Benedict
will be speaking on the dangers of leaving
animals in cars.

Don't miss this informative meeting
Tuesday June 18th at 10:45 AM. .

Something New!!!

My Active Center is for you! Use your My Senior Center key tag to activate your account at <https://myseniorcenter.com> You can join groups and enroll in activities at the Center on line. When you enroll in an activity, it appears on your My Activities page.

<https://myactivecenter.com>

Center Wish List

We would greatly appreciate donations of:

Regular and Decaf Coffee
Coffee Mate
Plastic Spoons
Paper Napkins
Small Paper Plates
12 Oz. Paper Coffee cups
Individually wrapped chocolate
candies



Nifty Thrifty needs:

Clear Packing Tape
1" Masking Tape
Large Padded Envelopes

Thank you very much for your donations!

New to Medicare Free Presentation June 27, 11 am-11:45 am. Conference Room

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

Free Individual Medicare Consultations
June 27 at 12:00 pm. To 3:00 pm
Conference Room

Commodity Supplemental Food Program

There is a sign up for the Commodity Supplemental Food Program – CSFP. This is a program for seniors over the age of sixty who meet federally regulated income guidelines. CSFP participants receive a 40-pound box of food once per month. For questions, or to get your application call **Debra in the kitchen** for pick up information.360-426-3697.



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

190 W Sentry Drive, Shelton, WA 98584
 (360) 426-3697
 Monday - Thursday @ 12 noon
 Friday @ 11:30 am

Home Delivered Meals

Services are available which provide nutritious meals to older and disabled adults who are homebound and meet assessment criteria.

Senior Services for South Sound Olympia
 Food Service Manager-Debra del Bosque
 Food Service Asst. Manager-Justin Mitchell
Serving Mason County Residents
 (360) 586-6181 Ext 124

www.SouthSoundSeniors.org

Drivers Wanted

Meals on Wheels is seeking compassionate volunteers with the desire to serve others in need and donate a few hours every two weeks as meal delivery drivers. Must have

- * Valid Washington Drivers License,
- * Auto insurance
- * Background check.

Mileage reimbursement is available.



Memory Cafe

4th Thursdays, 2:30 to 4:30 pm, Sisters Restaurant

You are welcome to join us for lively conversation, refreshments and music at Memory Cafe. All with dementia or Alzheimer's and their loved ones are welcome to attend and connect with peers in a relaxed, unstructured environment. No RSVP necessary.

Brighter Days Adult Day Program

Mon. & Wed, 9:00 am to 2:00 pm. Faith Lutheran Church, 1212 Connections St., Shelton.

Brighter Days Adult Day Program offers respite to caregivers while ensuring their loved one is in a safe, fun and nurturing community.

Benefits of Attending Brighter Days

- * Opportunities to Socialize with peers
- * Expanded support network
- * Increases self-esteem-- combats apathy
- * Increases cognitive stimulation
- * Enhanced life experience through humor, Reminiscing, and creative expression
- * Caregiver respite
- * Nutritious snacks and lunch provided
- * Possible delay or prevention of placement in a long term care facility

For more information about any of these programs, please contact Paul Taylor, STARS Director, at 360-407-3967, ext. 107.

Services for All Seniors at MCSAC

Current MCSAA Membership is NOT required for the following Services.

Senior Nutrition Lunches

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

The nutritious full course meals are prepared by Senior Services for South Sound's Senior Nutrition Program in partnership with the Lewis-Mason-Thurston Area Agency on Aging. Although not required, suggested donation is \$3 for seniors 60 years and older based on your ability to pay. Those under 60 are required to pay \$7.55.

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

Area Agency on Aging — 3rd Wed., 11:30 to 12 noon, Laura & Todd will be available to answer questions and provide assistance.

Foot care — with Michelle Gamber - (by appointment only) 1st & 3rd Wed., 2nd & 4th Tue., & 4th Thurs & Fri. From 8 am to 3 pm, Cost: \$19.

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

Free Medical Supplies Lending Library — Borrow walkers, toilet seat boosters, wheel chairs, etc., from our lending library. Limited supplies fluctuate. Please see the receptionist.

Abundance Table — We continue to offer milk, bread and other items, as available, on our table near the dance floor.

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

Happy Birthday!

Happy Birthday to All!

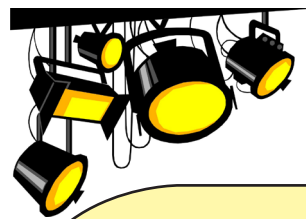
Did you know that we have 93 members who are having birthdays in the month of June? Wow, who could have imagined that! As of January we stopped listing all of our monthly birthday folks by name to ensure we're doing our part to help everyone maintain their privacy and protect their identity. It was always fun to note who was having a birthday or maybe even better for you to have someone wish you Happy Birthday. The world we live in today is different and a little treacherous so we have to adapt to it to make sure we keep each other safe.



As always for those of our members who are having birthdays this month, we wish you the very best birthday and would love to see you at our regular birthday celebration on the 2nd Friday of the month. Sue Puls provides a beautifully decorated cake to enjoy. You are entitled to a free lunch. Please bring your current membership card and photo ID. Lunch will be regular price for all others.



Some of our May birthday partiers.
Happy Birthday !



Volunteer Spotlight



Axel Wormer Nifty Thrifty Volunteer

Axel came to Nifty Thrifty about 3 years ago through a training program offered by EFI. At the end of his training program, Axel left us to pursue work options elsewhere. About 6 months ago he returned to volunteer for us and we're so happy he did. Axel fills in where needed and loves to sort and organize the videos and baseball cards when they come in. Like any other young person Axel likes to play on his cell phone, laptop, and loves all kinds of music and is knowledgeable in all genres.

He keeps fit by working out on his treadmill and helps his parents. In the spring he played basketball in the Special Olympics. When asked why he likes to come to Nifty Thrifty he said he likes work as a volunteer and loves keeping busy. He especially loves the people he works with.

Next time you see Axel be sure to say
"thanks for all you do."

Nifty Thrifty Certificate

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

Activities Open to the Public

Friday Fun Night

Friday June 14 from 6-9 pm at the Pavilion. Enjoy music provided by our own DJ Glenn (requests happily taken!) Have fun line dancing, other dancing or just listening 21+ **Donations are greatly appreciated.**

Spirited Art

Cancelled for June. Will return in July.

Bingo Karaoke

Theme: Red, White & Blue

Friday June 28. Come ready to have fun!

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

\$10 and no one under 21 admitted.

Dress as your favorite star. See you here!

Paper Crafting 101

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

Medical Marijuana

Cannabis Facts and Fictions

June 19 from 1:30 to 2:30. A short historical look at peoples relationship with cannabis and how it became illegal. Then we will explore the medical uses of cannabis looking at the two main components of cannabis. THC and CBD

The last 15 min. will be questions and answers.



MCSAC is hosting this class

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

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

No Seated Zumba class 5/29 - 7/3

Designed for the lowest impact and seated.

Chair options OK in these classes. Drop in rate is \$5. **Only Wednesday classes** qualify for SilverSneakers and Silver&Fit benefits. If you qualify for these benefits you only have to pay the reduced \$1 class fee.

Open to the public Silver Sneakers & Silver & Fit benefits **not available from 5/29 - 7/3.**

For Your Musical Enjoyment



John Schwennesen

June 7 & 21

From 11 to 12:30



Richard Shatto

June 14

From 11 to 12:30



Dan Washburn

3rd Wednesday 12:30-1:30
for the Volunteer Sundaes
Party 3rd Wednesday



Sarah Huey

Friday June 28 11-12:30

Volunteers Wanted

Do you have some time to invest in MCSAA?

As you know, volunteers are what makes our world go round here at the Senior Center. And we have some gaps that we're asking you to fill.

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

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

**A Matter of Balance (The June Class is Full)
Reservations Required -Wait List Available-
No Drop-ins.**

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

The next session starts on July 10th.

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

Center Van Trips

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

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

June 5 Wed. Night Car Cruise-in Bremerton

Leaves MCSAC at 3:30

Members \$10, non members \$15

Dinner on your own at Airport Diner

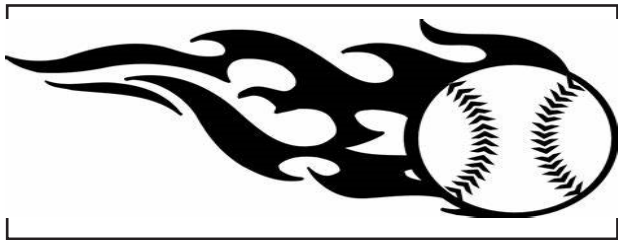


June 10 Rainer's Game Tacoma

Leaves MCSAC at 9:00am

Members \$53, non members \$58

Includes transportation and picnic style BBQ and beverage package. Sign-up deadline May 28



Kindness

We would like to remind everyone that this is a senior center, a place where our members should be able to socialize and feel safe. Rudeness, mean gossiping and bullying have no place here. Remember what your mother said,

"If you can't say anything nice, don't say anything at all".

Center Van Trips

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

Future Center Van Trips

July 3rd Mariners vs St. Louis Cardinals -Seattle

Leaves MCSAC at 3:00pm

Members \$45, non member \$50

Bring money for ballpark food

Sign-up deadline June 12

July 19 Monarch Sculpture Park

Leaves MCSAC at 9:30 am

Members \$14, non members \$19

Lunch on own at Izzy's

July 24 Woodland Park Zoo

Leaves MCSAC at 9:00am

Members \$25, non members \$30

Lunch on your own

Aug. 3 Kitsap Forest Theater for Mama Mia

Aug. 15 Seattle Underground Tour

Aug. 23 International Kite Festival



Casino Shuttle Trip

For adults 21 years and older.

MCSAA Membership is not required.

Cost: \$5 per person-needs 10 passengers

Red Wind Casino Shuttle Trip

Every other month on the 3rd Wednesday,

Next shuttle June 19

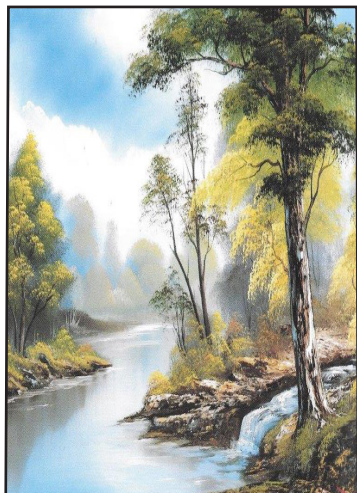
9:00 am to 4:00 pm

Classes and Activities for Members

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

Joy of Painting Landscape Class

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



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

All materials are provided. **Minimum** class size of 4 people, so please register early or class could be canceled.

Monday Art Workshop

Mondays, 1:00 to 3:00 pm, Dining Room.

Need a place to paint? This workshop offers you a great spot to paint with friends and coffee...and it's only \$2.00 Every Monday afternoon 1:00-3:00 in the MCSAC dining room. Bring your own supplies and work on your project.

Friday Chorus

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

Fitness Classes

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

Tai Chi: M, W, F; 8:00 to 8:45 am & 8:45 to 9:15 am, T & Th. 12:45 pm,

Gentle Yoga: T and Th. 8:00 to 8:50 am.

Line Dance: Beginners: M & W, 9:00 – 10:00 am; Int./Adv.: M & W 10:00 – 11:00 am; Int./Adv., T & Th 9:00 – 10:30 am; all skills Fri. 9:00 – 11:00 am.

Zumba: Tue & W. 5:30pm to 6:30 pm \$5

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

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

Something for
EVERYONE!

Friendly Reminder
Friday movies are for **members only**.
No exceptions.

MCSAA at Shelton Cinemas

Members Only

Fridays, usually at 1:00 pm, but times may vary. Call the Center.

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

- Bingo** Thurs. 1-3 pm. \$1.00 for three cards
- Bingo with Shelton Health & Rehab** 4th Tuesday at 1-3 pm
- Bridge** Tuesdays and Thursdays 12:00 pm
- Chorus** Friday 1:00
- Cribbage** Monday-Friday, 8:00 am
- EZ Crafters** Thursday 9:00 am to noon
- Hand & Foot** Wed. 1:00 pm. Fun card game
- Jokers Rule!** Thursday 9:00 am to noon. Learn this fun, free game with cards & marbles.
- Knitting & Crochet Circle (Chix with Stix)** Every Tuesday 1:00 pm
- Mahjong** Thursday, 1:00 pm Come learn.
- Mexican Train Dominoes** M,W,F 9:00 am
- Pinochle** Mon. & Wed. (Int., Adv) 12:30pm; Fri (beginners/all) 12:30 pm. Please arrive early to get a seat. \$2
- Puzzles** Mon. through Fri. during Center hours on the white table in the dining room.

Senior Walkers

Tuesday at 10:00

June 4 Westport Dunes Trail

June 11 Staircase ONP

June 18 McLane Creek

June 25 Point Defiance Park -Tacoma

Details of the walks are posted on the bulletin board!



May 15th Joy of painting class.
All the paintings look wonderful!

Who knew we had so much talent at the Senior Center?



For Our Volunteers

You are what makes the Senior Center a wonderful place! We want to celebrate our volunteers who give so tirelessly. We'll have live music and an ice cream sundae bar. Every 3rd Wednesday from 12:30-1:30 in the MCSAC dining room.

Please attend!

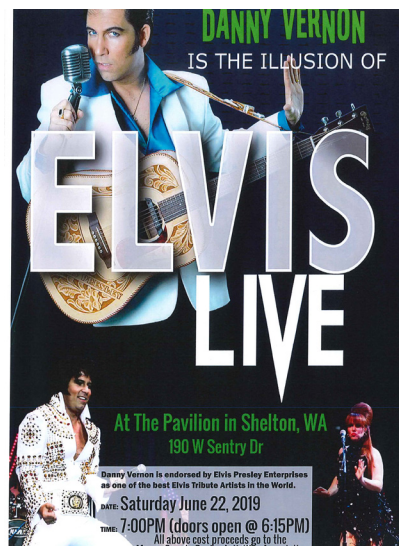


Coming soon....

We're excited to announce that we will be having Square Dancing once a month on a Friday evening. We are working on the time and which Friday. We are also considering Square Dancing lessons earlier in the day but still need to set the time. There will be a small cover charge for the dance and the lessons. As soon as we have all the details, we will let you know. **Update**, this is still in the planning phase and will most likely start in September. Let us know if this would interest you.

Guests

There have been questions about how many times a guest may attend activities at the center. The answer is two. The third time they come in, they need to become a paid member. Please don't harass guests if you think they have visited too often. Let one of the staff know and we will address it with them.



Saturday June 22, 2019
Doors open @6:15 and Show starts at 7:00PM
Purchase Tickets for \$20.00 on-line at Brownpapertickets.com or in person at MCSAC at 10:30 M-F in the dance hall.
Call 360-898-3188 for info

Moonlit Garden Quilt Raffle

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





Your Attention Please

We are *STILL* looking for Shelton and Washington memorabilia. We've received some great T-Shirts from businesses that no longer exist and Nifty Thrifty is sending us some business cards from old timers.

We also received a Fedora from the L.M. Men's Shop that used to be in downtown Shelton. Did you bowl at Timber Bowl and have any memorabilia from there, how about old logging or fishing activities from the past? We know that many of you have interesting histories in the area and we believe that a display would be a great way to share with other members. If you have anything that you would like to donate or loan to the Senior Center for our planned display, please consider bringing it in or giving our Executive Director Patti a call at 360-426-7374.



Anybody up for a game of pool?

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

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



Needed: A few good men and women who can use a wheelbarrow and a shovel. Here is the scoop...landscaping project is waiting for some volunteer garden enthusiasts. The irrigation system – lawn sprinklers – need repair. If you want to join the work party, give me a call. Carol Ann Acocks, 360-426-5820, team co-leader with Clay Long.

Please remember MCSAA when making donations.

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

Thank you in advance for your generosity.

Fathers Day Pie Contest.

Enter your best pie for this contest on Friday June 14th right after lunch. We had some really good ones last year; let's see what we can do this year.



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



Feeling Groovy at the bingo Karaoke Party

In-case you couldn't make the Bingo Karaoke Party at the Pavilion on April 26th, well you missed a good time. It was Hippie Night and everyone came letting their Freak Flags fly! Ann is that you in those Foster Grants?



And the winner is....

Look at all that money! Denise had good luck at bingo and so did many others. Maybe it's time for you to come find out how much fun we have at the Pavilion!



What a good looking group!

Thank you to the Bingo Karaoke volunteers. Without you this wonderful party wouldn't be happening each month.



We enjoyed delicious cake for our 38th anniversary in April



You can't beat Mother nature when it comes to beauty. Tulips at the Skagit Valley Tulip Festival. If you haven't gone to the festival before, you're missing out.



This is one happy group! Walking through the tulip fields and then a picnic lunch. The weather was perfect for this outing.



The garden is looking beautiful thanks to Carol Ann and John Acocks, plus many other volunteers. Thank you all so much.



The Walkers first walk of 2019



Joy of Painting



Joy of painting



Live music to celebrate our volunteers



Ice Cream Bar at our monthly Volunteer Appreciation event



Cowboy Hat Day at the center



Bill plotting his next play



The Good Ol' Cribbage Boys



Winning Smiles

National Days in June

- June 6: Gardening Exercise Day**
- June 7: Doughnut Day**
- June 11: Making Life Beautiful Day**
- June 13: Kitchen Klutzes of America Day**
- June 14: International Bath Day**
- June 18: National Splurge Day**
- June 27: National Sunglasses Day**

Which one are you going to Celebrate?

KIOSK

Please remember to check in at the kiosk on your way in. Even if there is a line.

It helps **us** to know who is here volunteering, visiting and eating lunch.

It helps **you** to know what is going on at the center with information and reminders.

In the event of an emergency we need to know how many people are possibly at the center.

We want to thank you all for checking in!



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

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Y0001_4002_13447_M_FINAL_3571 Accepted 09/2018

72.12.732.1 (9/18)-3673



Code of Conduct Reminder!

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

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

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

Become a Corporate Sponsor

Sponsorship is a great way for businesses throughout the community to support the Mason County Senior Activities Association and thus our Senior Center, Nifty Thrifty & Pavilion. Our Sponsors mean so very much to our Senior Center! Businesses can sponsor the many special events that are to benefit the Center's Members throughout the year. We have raffles that businesses can donate gift certificates, merchandise, or services to during our Bingo Karaoke Party on the last Friday of the month.

Sponsors donate in many special ways including:

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

If you are interested in becoming one of our valued Sponsors, please contact our Executive Director at info@mczac.net or 360-426-7374 for more information about the benefits of becoming one of our Corporate Sponsors.

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



360-426-2600

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\$8 ADULTS • \$4 CHILDREN 12 AND UNDER • FREE WITH TOURING PARTIES

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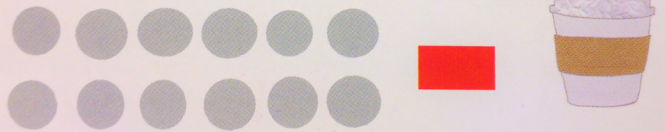
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Buy 12 drinks get the 13th drink free. excludes energy drinks



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 homemeatservice@gmail.com

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 I have answers.**

Jeff Boothe 360-490-5771
 Licensed Sales Representative TTY 711
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Sojourners Welcome!
 Stated Communication 2nd Thursday
 of each Month (In June, 3rd Thursday)
 Dinner 6:30 (Public Welcome!)
 Lodge 7:30 pm (Masons Only)

At **Union City Lodge #27** F.&A.M.
 Across from Lucky Dog Casino
 Questions: 360-280-9925
 unioncity27@gmail.com

We offer large size ad spaces with reasonable payment plan options. Call 360-426-7374 and ask for Penny for more information.
 This newsletter reaches more than 1,500 seniors throughout Mason County.

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

The Pavilion

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

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

Probates-Wills-Powers of Attorneys-
Deeds-Foreclosures

Julie Cook
Attorney at Law

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



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Assistance Dog Laws



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

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

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

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

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

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

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

In Fine Time Sewing Machine Repair

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kixfixing@gmail.com

360.490.8825



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

MasonCountySeniors.com

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

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

SIMPLE ★ ECONOMICAL ★ RESPECTFUL

mccombwagner.com

CELEBRATE **120** YEARS ANNIVERSARY

SINCE 1897

MCCOMB & WAGNER
FAMILY FUNERAL HOME AND CREMATORY

The Wagners

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Need to Dial-A-Ride?

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

Service Hours
Monday-Saturday
6:00 AM - 8:00 PM

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

June 2019 Activities

Every Monday	Every Tuesday	Every Wednesday	Every Thursday	Every Friday	Every Weekend
8 & 8:45 Gentle Tai Chi 9-10 Begin Line Dance 9:00 Mexican Train Dominoes 10:00 Walkers 10:00 Cribbage 10-11 Int./Adv. Line Dance 12:45 Gentle Tai Chi 1:00 Chix with Stix 1:30 Open Dance 5:30pm Zumba Gold	8:00 Gentle Yoga 9:00 Line Dance-Int./Adv. 9-4 Sewing Circle 10:00 Walkers 10:00 Cribbage 12:00 Bridge 12:45 Gentle Tai Chi 1:00 Chix with Stix 1:30 Open Dance 5:30pm Zumba Gold	8 & 8:45 Gentle Tai Chi 9-10 Beginning Line Dance 9:00 Mexican Train Dominoes 10:00 Cribbage 10:00 Int./Adv. Line Dance 12:30 Pinochle (Int, Adv) 1:00 Hand & Foot Cards 4:15-5:05pm Seated Zumba 5:30pm Zumba Gold	8:00 Gentle Yoga 9:00 Line Dance - Int./Adv. 9:00 EZ Crafters 9:00 Jokers Rule! 10:00 Cribbage 12:00 Bridge 12:45 Gentle Tai Chi 1:00 Bingo 1:00 Mahjong	8 & 8:45 Gentle Tai Chi 9:00 Mexican Train Dominoes 9:00 Open Line Dance 9-4 Sewing Circle 10:00 Cribbage 12:00 Pinochle (begin/all) 1:00 MCSAA Goes to the Movies 1:00 Chorus	Saturday/Sunday 1/2
Monday V = Vegetarian Menu is subject to change	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
3 Priority Footwear 12:00 Chicken Reuben Sandwich	4 10:00 Walkers: Westport 12:00 Vivian's Chicken Noodle Soup	5 Foot Care by Appt 10:00 A Matter of Balance 11:00 Free eye glass adjust 3:30 Night Car Cruise 12:00 Country Fried Steak	6 10:30 Blood Pressure Check 12:00 Sloppy Joe's	7 11:30 Music by John Schwennesen 1:00 MCSAC Chorus 11:30 Baked Fish	8/9
10 Rainer's Golden Years Game Trip 12:00 Stuffed Bell Pepper	11 Foot care by Appt 9:30 Board Meeting 10:00 Walkers: Staircase 12:00 Veggie and Cheese Quiche V	12 10:00 A Matter of Balance 11:00 Free Eye Glass Adjustment and Cleaning 12:00 Chicken & Veggie Stir Fry	13 Porcello's Gold Buyers 10:30 Blood Pressure Check 1:30 Paper Crafting 101 12:00 Homemade pizza	14 11:30 Richard Shatto 1:00 MCSAC Chorus 5:00 Spirited Art 6:00 Friday Fun Night 11:30 Veggie & Sausage Pasta 12:00 Birthday Cake	15/16
17 12:00 Salisbury Steak	18 10:00 Walkers: McLane Creek 10:45 Member meeting 12:00 Spinach Lasagna V	19 Red Wind shuttle Foot Care by Appt 9:00 Joy of Painting 10:00 A Matter of Balance 11:30 AAA Q&A 12:00 Soup & Sandwich 12:30 Volunteer Party with Dan Washburn 1:30 Cannabis Facts	20 10:30 Blood Pressure Check 11:00 Medicare Class 12:00 Chicken Cutlet	21 11:30 Music by John Schwennesen Foot care by Appt 1:00 MCSAC Chorus 11:30 Tamale Pie	22/23
24 Priority Footwear 12:00 Tuna Cakes	25 Foot care by Appt 10:00 Walkers: Pt Defiance Park 1:00 Bingo - Shelton Health & Rehab 12:00 Spaggetti and Meatballs	26 10:00 A Matter of Balance 1:00 Reception Meeting 12:00 Meatloaf	27 Foot Care by Appt 10:30 Blood Pressure Check 1:30 Paper Crafting 101 11:00 Medicare Class 12:00 Turkey Chili Stuffed Potato	28 Foot care by Appt 11:30 Music by Sarah Huey 1:00 MCSAC Chorus 11:30 Asian Chicken Salad 7:00 BK Red, White & Blue	29/30

Senior Nutrition Program June 2019

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chicken Breast Reuben Sandwich Salad Bar Fresh Grapes	4 SITE CHOICE Chicken Noodle Soup Salad Bar Fruit	5 Country Fried Steak W/Country Gravy Mashed Potatoes Mixed Veggies Apple Slices	6 Sloppy Joe Sandwich Potato Salad Mixed Green Salad Fresh Fruit	7 Baked Fish w/ Tartar Sauce Wild Rice Blend Salad Bar Applesauce
10 Stuffed Bell Pepper Casserole Mixed Vegetables Cottage Cheese Cantaloupe	11 Veggie & Cheese Quiche Mixed Green Salad Fresh Oranges Dinner Roll	12 Chicken & Vegetable Stir Fry Brown Rice Asian Veggies Mandarin Oranges	13 SITE CHOICE Homemade Pizza Mixed Green Salad Cottage Cheese w/ Pineapple	14 Veggie Sausage Pasta Alfredo Salad Bar Fresh Melon
17 Salisbury Steak Mashed Potatoes & Gravy Salad Bar Fruit	18 Spinach Lasagna Salad Bar Mandarin Oranges Garlic Bread	19 Soup and Sandwich Combo Tossed Green Salad Yogurt & Fresh Berries	20 LOCALLY GROWN FOOD DAY Chicken Cutlet Mashed Potatoes W/ Gravy Salad Bar Fresh Melon	21 Tamale Pie Chips & Salsa Salad Bar Fresh Grapes
24 Tuna Cakes Scalloped Potatoes Broccoli Salad Bar Peaches	25 SITE CHOICE Spaghetti W/ Meatballs Salad Bar Fresh Fruit Garlic Bread	26 Homemade Meatloaf Mashed Potatoes w/ Gravy Salad Bar Applesauce	27 Turkey Chili Stuffed Baked Potato w/Cheese Steamed Broccoli Salad Bar Fruit	28 Asian Chicken Salad w/Sesame Dressing Fresh Fruit Dinner Roll

(Menu Subject to change)



Nifty Thrifty June 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Sales Color Green	We Pick up your left over garage sale items!!!!	Shop local Support small businesses	Did You know? We deliver	Call Ahead for your donations pick up please	Support your seniors!	1 50% off Green Tags
2 Closed	3 White tags 25% off	4 Seniors & Military Receive 15% Off	5 Jewelry 25% off	6 Bras 25% off	7 Shoes 50% off	8 Clothing 50% off
9 Closed	10 Furniture 25% off	11 Seniors & Military Receive 15% Off	12 Furniture 25% off	13 Books 50% off	14 Books 50% off	15 Kitchen Items 25% off
16 Closed	17 Orange Tags 75% Off	18 Seniors & Military Receive 15% Off	19 Electronics 25% off	20 Kitchen Items 25% off	21 Jewelry 25% off	22 Orange Tags 90% Off
23 Closed	24 Orange Tags 90% Off	25 Seniors & Military Receive 15% Off	26 Clothing 50% off	27 Fabric and Crafts 25% off	28 Kitchen items 25% off	29 Did You know? We deliver
30 Closed	We pick up donations Call us at 360-427-0858	Make new friends, volunteer!	We are always looking for jewelry.	Recycle!!! Reuse !!! Repurpose!	Nifty Thrifty is the major funding source for the MCSAA	Hours M-F 9:30-5:30 Sat 9:30-5:00

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

PAID

INFO ENTERED

Member Card_

FOB

INIT _____

MASON COUNTY SENIOR ACTIVITIES ASSOCIATION



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



2019 Membership Application and Agreement

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

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

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

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

Please, PRINT all information CLEARLY

FIRST NAME: _____ MIDDLE _____

LAST NAME _____ NICKNAME _____

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

CELL _____ - _____ - _____ EMAIL ADDRESS _____ @ _____

MAILING ADDRESS: _____, _____, _____, zip _____

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

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

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

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

Name: _____ Relationship _____

Phone #: _____ Cell _____

Physician _____ Phone #: _____

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

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

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

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

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

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

Signature _____ DATE: ____/____/201__

Last Name, First

Member #

New Member

Renewal

Key Tag X

SCHEDULED

WSP Check Completed

Volunteers are the Heart and Soul of our Center.

If you would like to volunteer your talents to our organization, please check those areas where you would like to help below.

Volunteer Questionnaire

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

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

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

Signature _____

Volunteer to help with Special events

Facility Management

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

Clerical/Secretarial

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

Miscellaneous

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

Your Ideas: _____

DATE: ____ / ____ / 201__ PHONE # _____

Print Name: _____ DOB: ____ / ____ / ____

Any other names used? _____

Last Name, First

Member #

New Member

 Renewal

Key Tag X