

Active Living



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

Mason County Senior Activities Center

June 2020

News On Our Reopening

The Senior Center is serious about health and safety. We want to make sure that everyone understands and respects the health and safety of each of us, staff and members alike. We at the Senior Center are following the Safe Start Reopening Phase guidelines issued by Governor Inslee and the Department of Health. We anticipate the state authorizing Phase 3.

- During Phase 3, the Senior Center will be able to allow members back into our building at reduced counts.
- We will require anyone that wants to enter wear a face mask and be scanned for a fever.
- All members will need to log into the kiosk so that we can track attendance. These steps are necessary for us in order to be compliant and we ask that you respect us in our efforts.

The staff will be doing their job to keep everyone safe. We understand that everyone is ready to return just as we are ready to welcome your return.

Even though we have been closed to the public for the past 2 months we have been busy behind the scenes. We started a food drive for those in need during the pandemic. We collect nonperishable food on Tuesdays, and give food boxes out on Thursdays. We have also been getting food from the Mason County Division of Emergency Management.

To receive donated food you must call the center at 360-426-7374 and request to be added to our list. You don't need to be a member or a senior to receive food. The food drive has been a great success and we love that we have been able to help our community, but it is temporary during this time of need.

During our closure there have been changes at the center, one of them is the Senior Services for South Sound which leases our kitchen has been overwhelmed with cooking Meals on Wheels and is no longer handling the 40 pound food commodity boxes. The commodity boxes will be handed out at a specific time each month in our parking lot. To be placed on this list you need to call Todd with Thurston County Food Bank at 360-352-8597 x206

We will send out a **Robocall** informing you of our opening date once we know it.

Meet Nancy!

Welcome Nancy Dudacek Milliman as our new Senior Center Director. She is looking forward to getting to know all of you and we know that everyone is looking forward to meeting her also. Nancy has business and marketing in her background, which makes her a great fit for us. When you return to the center make sure that you look her up and say hi!

Center Holidays

2020

January 1	New Year's Day
January 20	MLK Day
February 17	Presidents Day
May 25	Memorial Day
July 3	Independence Day
September 7	Labor Day
November 11	Veterans' Day
November 26-27	Thanksgiving
December 25	Christmas

Find the three Leaves

We have three leaves 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 certificate for a free movie or lunch.

Last month's winner: Marilyn P.



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:

Director: Nancy Dudacek Milliman

Event, Activities & Volunteer Coordinator:
Val Wedman

Bookkeeper & Data Coordinator:
Penny Wilson

Volunteers: Contact Receptionist to help.

Receptionists:

Bob & Susi Edwards	Patt Matsen
Janna Yorke	Kathleen Blanchette
Ella Kowalski	Phyllis Glisson

Center Hosts:

Doris Fredin	Jill Neil
Irene Moffatt	Bill Bezanson
Ella Kowalski	Linda Bostwick

Gift Shop: Jill Neil

Sunshine: Jill Neil

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

Newsletter and Layout: Patricia Vernie and
Penny Wilson

Editorial Committee:

Terry Nelson	Julie Whaley
Gale Glenn	Val Wedman
Avis Ross	

Photographer: Glenn Harper

Mailing Team: Gil Palmer, Al Lawrence,
Bill Bezanson & Ann Olli

Distribution: Nila LeGault, Reiko Mauer and
Steve Mutoli

Web-master: Dave Pierik

Nifty Thrifty Store

Your Hometown Thrift Store
Voted Mason County's Favorite Thrift Store
826 W. Railroad Ave., Shelton, WA 98584
(360) 427-0858

E-mail: niftythrifty@hcc.net or

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

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

MCSAA

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

Members: **Remember to show your
cardboard 2020/2021 membership card
before cashier starts ringing up your order.
Your plastic key card is not proof of
current membership. Contact the
Center if you need another
cardboard card.**

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

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	Cynthia Middleton	Monika Dod
Aloma Perez	Doug Kreklow	Pamela Johnson
Arlyn Skarich	Gary Yuan	Rachel Sedlaek
Axel VanWormer	Irene Moffatt	Reda Keller
Betty Thompson	Jan Kallinen	Ruth Coots
Bev Pittman	Jane Donahue	Vivian Bentkowski
Carole Pelela	Keith Jennings	Marilyn Olson
Conner Harris	Kyle Dimisillo	
	Maxine Neese	

Additional volunteers are always needed.

Call Michelle at 360-427-0858 to volunteer.

This institution is an equal opportunity provider and
employer.

2020/2021 Membership Bonuses

Nifty Thrifty Discount

In store, receive 20% off regular priced items of
\$5 or more with some exceptions. Your 2020/2021
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 \$15 value) Non-transferable. Photo
ID and 2020/2021 cardboard membership card
required at check-in.

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.

Meetings

MCSAA Board Meeting Tuesday, June 9th at 9:30 am Virtual Meeting

The MCSAA Board meets the second Tuesday of each month at 9:30 am. If a member desires to bring something before the board, he or she should make the request in writing and give the request directly to MCSAA Board President Clay Long or Director Nancy Dudacek Milliman, 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 2020 Board
President: Clay Long
Vice President: Bill Bezanson
Secretary: Terry Nelson
Treasurer: Marilyn Olson
Bill Young
Wayne Souza

MCSAA Member General Meeting Tuesday, July 21st 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 2020) are invited to the General Meeting. You will hear updates on Center, Nifty Thrifty and Pavilion activities. We encourage you to attend, it's your business!

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.

Inclement Weather

In case of inclement weather, the Center follows the Shelton School District's weather policy. Lunch is still served at 11:45am (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.

Center Wish List

We would greatly appreciate donations of:

Regular and Decaf Coffee
Sugar packets
Plastic Spoons & Forks
Napkins
Small Paper Plates
12 Oz. Paper Coffee cups-no lids

Nifty Thrifty needs:

Clear Packing Tape
1" Masking Tape
Large Padded Envelopes
Plastic Grocery Bags
Bubble Wrap

Packing Peanuts

Charity Sewing and Knitting

Group needs:

Cotton Batting (at least 45"x45")
100% Cotton Sewing Thread (any color)



Thank you very much for your donations!

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

Please keep in mind that the regularly scheduled activities will resume once the Senior Center reopens. We will reopen as soon as we are able to per the state and county. This is unfamiliar territory to all of us and we want to do our part in helping stop the spread of the Covid-19 virus. Please stay safe during this time.

Trips

Trips are on a temporary hiatus until it is deemed safe. I know that this is disappointing. It is for us too! Val has some ideas of some fun and exciting things to do and see in the future. We just have to wait and see what she comes up with.

Volunteer Appreciation Party

You are a crucial part of what makes the Senior Center a wonderful place! We want to celebrate all our volunteers who give so generously of their time. We have live music and will be serving ice cream sundaes the third Wednesday each month in the MCSAC dining room. From 12:30-1:00 Please attend!

Service Restart Dates to be Determined



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

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 & Fri, 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 Mason County Senior Activities Center

Current MCSAC Membership is NOT required for the following Services.

Senior Nutrition Lunches Monday -Thursday, 12 pm & Friday, 11:30 am

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 \$7.50.

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. Foot care room is located by the front restrooms.

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 bread and other items, as available, on our table near the dance floor.

Area Agency on Aging — 2nd Wed., 12 noon to 1:00 pm, Brandon will be available to answer questions and provide assistance in the dining room.

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

Walmart Vision Center -Second Wednesday at lunch-time. Eyeglass cleaning and adjustment.

Commodity Supplemental Food Program

There is a sign up for the Commodity Supplemental Food Program – CSFP. This is a program for seniors over the age of sixty who meet federally regulated income guidelines. CSFP participants receive a 40-pound box of food once per month. For questions, or to get your application call **Todd at Thurston County Food Bank** for information **360-352-8597 x206**.

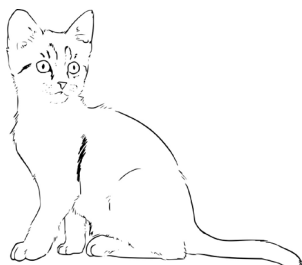
Staying Connected

During this closure we at the Senior Center have been very concerned over our ability to stay connected. We discussed using technology such as emails or Zoom meetings, but after dissecting the pros and cons of this we decided to call members personally. We asked volunteers to call members and they stepped up to the task. On the calls volunteers asked how each member was doing or if they needed anything or had urgent needs. More than anything they were just thankful to hear a friendly voice. The volunteers also liked being able to talk to members, they are also staying safe at home. The feedback on the calls have been positive and we're thankful that we can help. If you or you know of a member that still would like a call please let Val know.

The volunteers that have helped with the calls are:

- Shirley Schober
- Ella Kowalski
- Patt Mattson
- Janna Yorke
- Marilyn Olson
- Phyllis Glisson.
- A big thank you to Val for coordinating the efforts.

We would like to thank **Glenn Harper** for his service on the Board at the Senior Center. Glenn has decided to leave the board and pursue work in the home healthcare industry. We want to wish him good luck in this career path. He has assured us that we will still see him around the center volunteering in various capacities. Make sure to thank him for all he's done for us next time you see



Saying goodbye to a friend is never easy. Our Friday volunteer receptionist Janice Rozanno passed away recently and will be greatly missed.

Weekend Senior Nutrition Program

This program will provide one nutritionally sound meal for each weekend day. Meals will be a packaged meal that Senior Services for South Sound uses for the Meals on Wheels program. Meals are frozen, packaged in a microwavable container and from available and prepared stock.

This meal program is available to current members of the Mason County Senior Activities Association. The cost is a suggested donation of \$3.00 per meal. We have scholarships available for those unable to pay and will be grateful for any donations to further this program.

To order a weekend meal, call the Senior Center by Thursday noon for the following week's pick up. Provided meals must be picked up Friday by 2:00pm. No special orders accepted.

Please see Patti or Nancy for information on ordering your meals or call 360-426-7374.

Shelton Senior Center Walkers

"It's the friends we meet along the way that helps us appreciate the journey."

Please consider joining the Shelton Senior Center Walkers group to enjoy nature, build strength, meet new friends and get more involved in life and our beautiful Northwest.

We walk/hike April through most of October. See the bulletin board at the Senior Center for walk details as walks do change weekly. Happy trails to you.

We understand you want to continue life as usual and the senior center is encouraging everyone to be cautious and follow guidelines set up by the CDC and W.H.O.



We got a call from Angie Lynch asking how she could help our seniors. We mentioned the food drive. Angie organized a vintage car cruise through Shelton, on May 29th, with donations of canned food going to us as admission. The following Monday, she brought us boxes and boxes of those generous donations in her vintage station wagon. Thank you Angie Lynch and Hitchin' Vintage for making this happen.



The Spring Bazaar is canceled. Unfortunately, we aren't able to have the bazaar but the vendors who signed up have been given the chance to have their vendor fee applied to the Fall Holiday Bazaar. So far most have accepted this option and the Fall Bazaar looks like it will be a huge success. Fall Bazaar applications are available by emailing to Director@mcsac.net and requesting the information.

Activities Subject to Phase 3 Opening. Will Be Open to the Public.

Friday Fun Night

Friday **TBA** from 6-9 pm at the Pavilion. Dance or listen to music provided by our own DJ Glenn (requests happily taken!) Eat, drink and be merry! Word is out that Friday Fun Night is the place to be. Limited bar and food available. 21+

Donations are greatly appreciated.

Square Dancing

TBA from 7-9pm

\$7.00 per person and open to the public. Dust off those dancing shoes and join The Salty Sashayers for an evening of fun. Not for beginners.

Bingo Karaoke

TBA. Doors open at 6pm, Bingo starts at 7pm. Cost \$15. Must be 21 or over. This is the best Bingo Karaoke Party EVER!!!.

Sunday Bingo & Spaghetti Feed

TBA. Doors open at 11:00

Spaghetti Feed beginning at 11:30

Bingo played from 1:00 till 3:00ish

\$10 for 10 plays of shape bingo and three 50/50 games at \$5 per game. Proceeds benefit the Greenhouse Fund and Mortgage Reduction Fund and Beyond

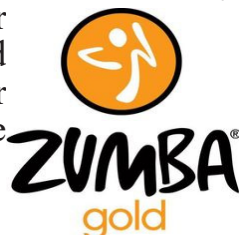
Have some extra time?

The Senior Center needs volunteers for various jobs around the center.
Contact Val, 360-426-7374

Nifty Thrifty needs volunteers.
Contact Michelle 360-427-0858

Coming Soon. Start dates to be announced

**Every Tuesday, Wednesday & Thursday
From 5:30-6:30 pm** \$5 per class required. Punch card available from the teacher Sarah Martin. Open to the public.



For Your Friday Musical Enjoyment



John Schwennesen
Lunchtime Music



Richard Shatto &
Dennis Schosboek
Lunchtime Music



Dan Washburn
Fills in where he can



Sarah Huey
Lunchtime Music

New to Medicare Free Presentation Presentations on Hold. Please call for a virtual appointment.

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.. Call SHIBA at 1-800-562-6900 or 360-586-6181 ext.134 for an appointment.

SHIBA provides individual consultations by advance reservation. Call SHIBA at 360-586-6181 ext.134.

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".

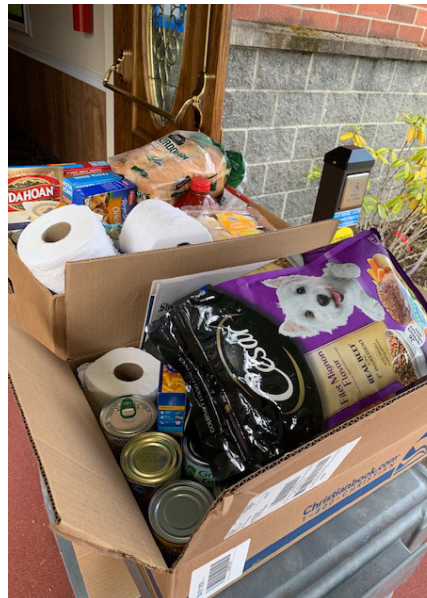
Grief Support Group

The Providence Sound Grief Support Group meets at the Senior Center. This group will meet the 1st and 3rd Tuesdays each month from 2:00 to 3:30 in our carpeted room. Open to the community. Free to attend.

Thank You

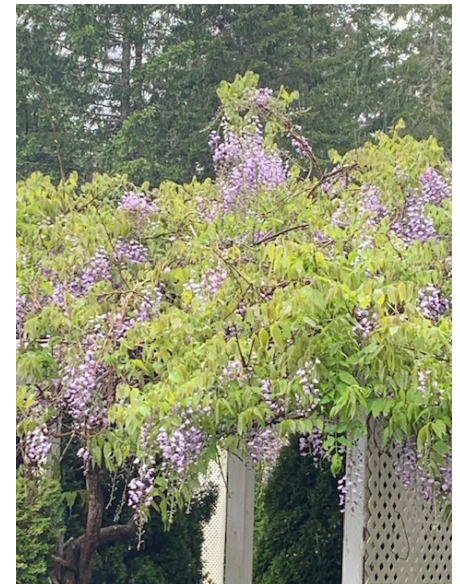
It is so hard to put into words the gratitude we feel during this turbulent time. These members and non-members have generously donated to us during this time of struggle. Because of these wonderful people we have weathered this time in much better shape than we were anticipating. List is alphabetical by first name. If we missed anyone we sincerely apologize.

Alice W., Al L., Ann D.,
Avis R., Barbara D., Barbara G.,
Bernice Lax, Bill Woods,
Billie and Clay L., Carolina H,
Charlotte B., Claire V.,
Connie R., David S.
Debra M., Dee and Richard S. Dorothy H.,
Dorothy V., Dudley P, Estate of Nancy H.,
Eva H., Frank S., Gail S.,
Gale G., George and Paula B. of 5XL,
Hardware Distillery, Ina H., James B.,
James G., James V.,
Janeen M., Janna Y.,
Jerold D., Judith P., Karen B., Karin L.,
Kate M., Lois O., Lori S., Lucy F.,
Margaret L., Margaret W.,
Marilyn C., Marilyn O.,
Marlys S., Mary V.,
Michele and Bob K., Mikel Ann F.,
Norma K., Pam C.,
Pat S., Patricia .,
Peggy F., Peggy S.,
Priscilla Club of Cloquallum,
Raymond P., Reiko M.,
Sally J., Sandi B.,
Sandra B., Sara W., Sheryal B., Steven S.,
Susan C., Susan M B., Synnove P.,
Virginia B., Wyatt C



Outgoing food for one of the families we help
As of this printing we are helping over 35 households and 51 people as well as their pets. Thank you members and friends who have donated.

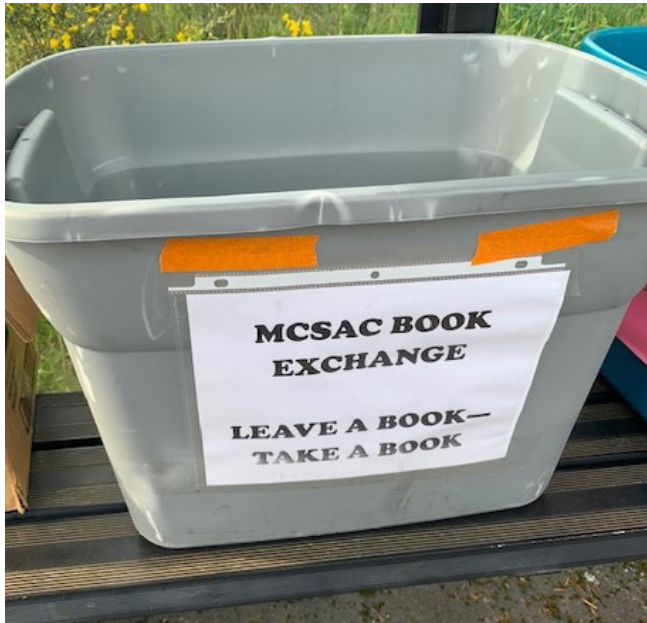
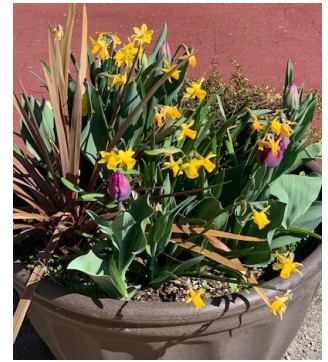
The wisteria in bloom in the garden



Mason County Division of Emergency Management has helped us tremendously getting food for our seniors. All of these boxes and bags of fruit are from them.



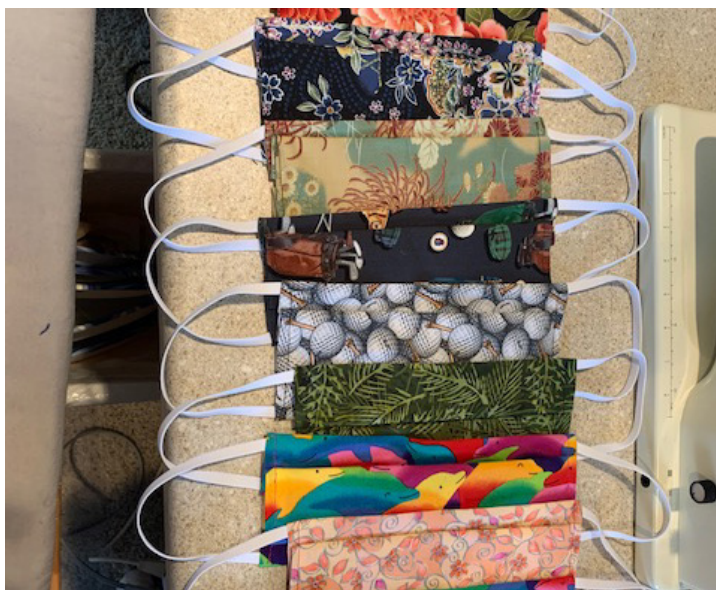
Under normal circumstances our menu would be on this page but at the time of this printing we are not sure the exact date Senior Services will start providing our lunches.



MCSAC book exchange in the bus stop shelter. Leave a book take a book!



Thank you Reiko and Sharon for your donations!



Patti V. made masks for Nifty Thrifty, more masks will be available for purchase in our gift shop at the center when we open.



Thank you both Gale and Dan for your donations!

Every Monday	Every Tuesday	Every Wednesday
8 & 8:45 Gentle Tai Chi 8:00 Cribbage 9–10 Begin Line Dance 9:00 Mexican Train Dominoes 10–11 Int./Adv. Line Dance 12:30 Pinochle (Int, Adv) 1:00 Art Workshop	8:00 Gentle Yoga 8:00 Cribbage 9:00 Line Dance-Int./Adv. 10:00 Machine Knitting 10:00 Senior Center Walkers 12:00 Bridge 12:45 Gentle Tai Chi 1:30 Charity Sewing 5:30pm Zumba Gold	8 & 8:45 Gentle Tai Chi 8:00 Cribbage 9–10 Beginning Line Dance 9:00 Mexican Train Dominoes 10:00 Int./Adv. Line Dance 12:30 Pinochle (Int, Adv) 1:00 Beading Social 1:00 Hand & Foot Card Game 5:30pm Zumba Gold
Monday	Tuesday	Wednesday
<p>The lunch menu for July is not ready at time of printing. We will have copies available once we reopen and also post it on our website.</p>		1
6 6:00 Square Dance Lessons	7 10:00 Walkers 1:30 Charity Sewing 2:00 Grief Support Group	8 Foot Care by Michelle 11:00 Free Eye Glass Adjustment and Cleaning 1:00 Beading Social
13 6:00 Square Dance Lessons	14 Foot Care by Michelle 9:30 Board Meeting 10:00 Walkers 1:30 Charity Sewing	15 9:00 Joy of painting 12:00-1:00 Area Agency on Aging 1:00 Beading Social
20 6:00 Square Dance Lessons	21 10:00 Walkers 10:45 Member meeting 1:30 Charity Sewing 2:00 Grief Support Group	22 Joy of Painting Foot Care by Michelle 12:30 Volunteer Appreciation 1:00 Beading Social
27 Priority Footwear 6:00 Square Dance Lessons	28 Foot Care by Michelle 10:00 Walkers 10:00 Book Club 1:00 Bingo with Shelton Health	29 1:00 Reception Meeting

This schedule reflects regular scheduling. Not all activities will be the same or be held immediately.

Activities		
Every Thursday	Every Friday	Every Weekend
8:00 Gentle Yoga 8:00 Cribbage 9:00 Line Dance - Int./Adv. 9:00 EZ Crafters 9:00 Jokers Rule 9:00 Woodcarvers 9:30 Knit & Chat 12:00 Bridge 12:45 Gentle Tai Chi 1:00 Bingo 1:00 Mahjong 4:00 Quilt Block of the Week Class 5:30 Zumba Gold	8 & 8:45 Gentle Tai Chi 8:00 Cribbage 9:00 Mexican Train Dominoes 9:00 Open Line Dance 12:00 Pinochle (begin/all) 1:00 MCSAA Goes to the Movies 12:30 Chorus	
Thursday	Friday	Saturday/Sunday
2	3 Closed for Holiday	4/5
9 4:00 Beginning Quilting	10 Lunchtime Music: Richard Shatto & Dennis Schosboek 12:00 July Birthday 6:00 Friday Fun Night	11/12 Sunday Bingo
16 1:30 Paper Crafting 4:00 Beginning Quilting	17 Lunchtime Music: John Schwennesen 7:00 pm Square Dancing	18/19
23 4:00 Beginning Quilting	24 Foot Care by Michelle 9:30 Artist Trading Cards Lunchtime Music: Sarah Huey	25/26
30 Foot Care by Michelle 4:00 Beginning Quilting	31 Bingo Karaoke - Beach Party	



Nifty Thrifty June 2020



O P E N N O W !

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!	We pick up donations Call us at 360-427-0858
Closed	1 White tags 25% off	2 Seniors & Military Receive 15% Off	3 Jewelry 25% off	4 Bras 25% off	5 Shoes 50% off	6 Clothing 50% off
7 Closed	8 Furniture 25% off	9 Seniors & Military Receive 15% Off	10 Furniture 25% off	11 Books 50% off	12 Books 50% off	13 Kitchen Items 25% off
14 Closed	15 Green Tags 75% Off	16 Seniors & Military Receive 15% Off	17 Electronics 25% off	18 Kitchen Items 25%off	19 Jewelry 25% off	20 Green Tags 90% Off
21 Closed	22 Purses 25% off	23 Seniors & Military Receive 15% Off	24 Clothing 50% off	25 Fabric and Crafts 25% off	26 Kitchen items 25% off	27 Did You know? We deliver
28 Closed	29 MCSAA Members Receive 33% off	30 Seniors & Military Receive 15% Off	We are always accepting donations!	Recycle!!! Reuse !!! Repurpose!	Nifty Thrifty is the major funding source for the MCSAA	Hours Mon—Sat. 9:30-5:00

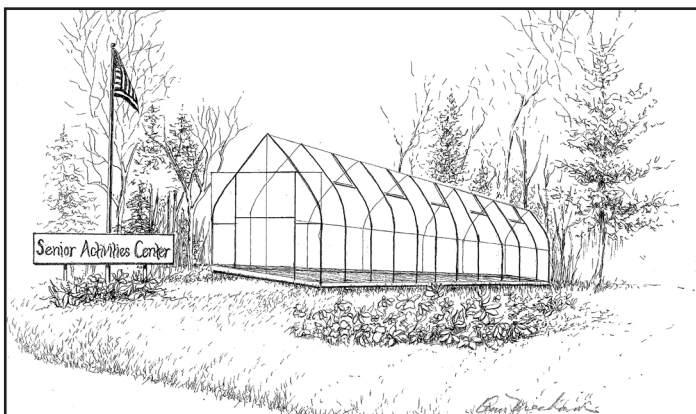
Our goal is to provide quality merchandise at fair prices. Nifty Thrifty Store is the major funding source of the Mason County Senior Activities Association. Please call 360-427-0858 and ask about donation pick up services.



Happy Birthday to All!

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. April, May and June birthday celebrants are entitled to a free lunch on that Friday. Please bring your current membership card and photo ID. Lunch will be regular price for all others.

In June there are 71 member birthdays!



When the going gets tough, the tough get going. We found this is so true here at the center. There are so many little things that need to be done and it helps when our volunteers step up. Many of them do so without being asked. We could never be successful without them. We started a food drive for those affected by the Covid-19 pandemic and it has been a huge success. We started taking donations in early April and the word got out that we need volunteers to help. We ended up with a great new volunteer, his name is Steve Elliot. He helps box the food and also delivers to those who aren't able to come pick up at the center.

We receive boxed food from the Mason County Division of Emergency Management each week and Steve is a huge help in lifting the boxes into our truck.

Steve is a great addition to our organization and hopefully you will be able to meet him once we reopen.

Our Future Greenhouse

Here is a rendering of our plans for the greenhouse. We are raising money with our Sunday Bingo and Spaghetti Feed. If you don't play bingo but want to donate, you can. We have a greenhouse fund and anything helps. Art by Ann Mecham.

Classes and Activities for Members

All classes subject to change. Please confirm with the receptionists

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

Due to the cost of business, donations for activities are suggested and are greatly appreciated.

Joy of Painting Landscape Class "Fisherman's Paradise"

Date TBA, 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.

Fitness Classes

**\$1 donation per class is requested
except where listed**

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, Wed & Thu. 5:30pm to 6:30 pm \$5 required per class, punch cards available from instructor for savings.

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

Friendly Reminder

Friday movies are for **current** members only.

No exceptions.

MCSAA at Shelton Cinemas *Members Only*
Movies will begin again once the theater gives us an opening date.

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

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.

Beading Social Wednesdays 1:00-3:00pm

Bingo Thurs. 1-3 pm. \$1.00 for three cards

Book Club 4th Tuesday in the dining room

Bridge Tuesdays and Thursdays 12:00 pm

Chorus Taking a brief hiatus

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.

Machine Knitting Tuesdays 10:00-1:00pm

Mahjong Thursday, 1:00 pm Come learn.

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

Open Sew/Charity Sewing Tue. 1:30-6:15 pm, bring your current projects, learn something new from others, or work on projects for the center to sell or give.

Pinochle Mon. & Wed. (Int., Adv) 12:30pm; Fri (beginners/all) 12:00 pm. Please arrive early to get a seat. \$1

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

Quilt Class Thursday 4:00-6:15 pm Come learn quilting techniques and fun projects. Class fee \$5 per week.

Woodcarvers Thursdays 9-11am



Paper Crafting 101

Paper Crafting classes are a great way to get creative! Join Dorothy Skans on the second Thursday from 1:30 to 3:30 for this exciting class. Supplies are provided by our teacher. \$1 donation requested.

Upcoming Quilting Classes

Block of the Week Quilt as You Go

Members \$5 per week/non-members \$10 per week. Each week we will learn a new block and ideas on how to quilt it. Finished project size is up to you. This class will continue throughout the year. Classes will be drop in style so you do not have to attend or sign up for all of them. Blocks will get progressively more difficult as the year progresses. Baby quilt uses between 9-16 blocks and King size needs 72 blocks. Materials list available on the bulletin board in the sewing room. You can pay for your class ahead of time with the receptionist or during class.

Upcoming blocks/classes:

Texas Flower

How to Put “*Quilt as You Go Blocks*” Together

Mosaic #20

Crosses and Losses

“Award Winners & Other Great Books” book club

Every 4th Tuesday from 10-11:30am in the MCSAC dining room. \$1.00 donation requested.

Mask Making

Want to make a mask but don't know where to start? Penny has 3 different patterns for masks you can make. Patterns and help will be available during our charity sewing group on Tuesdays from 1:30 to 6:15. Please email Penny for a supply list. bookkeeper@mcsac.net



It's never too late to make new friends or join a group like our Thursday Crafters, Tuesday Sewing Group, or our new Book Club. We have many groups doing many different activities. Don't stay home and wonder if you should be part of something at the center. Come in and see for yourself how much fun we're having!

Artist Trading Cards (ATC)

ATCs are 2.5 X 3.5” collectible pieces of art that are created and exchanged in different crafts community. The goal is to make 1 for yourself and enough for the rest of the group. All materials are provided. This class will be the 4th Friday of the month from 9:30 to 11:30am. Ideal class size is 9. \$1 donation requested.

Woodcarving

The Shelton chapter of the Capital Woodcarvers Club is meeting at the Senior Center every Thursday from 9AM to 11AM. The woodcarvers also meet in Olympia and Elma on other weekdays and can provide assistance, training and access to tools and wood supplies.

We are so excited for this opportunity to share our time and expertise demonstrating hand knife and gouge woodcarving techniques for anyone interested in learning this hobby.

\$1 donation requested. Located in the back of the dining room.

Beading Social - Members Only

Wednesdays from 1-3pm in the Craft Room we are having a beading social for members only. In this class you will bring your own project and supplies. Share your beading knowledge and design ideas with others. There is no charge for this class.

Charity Sewing and Knitting

Tuesdays from 1:30pm to 6:15pm. We meet in the sewing room and work on sewn/knitted projects to sell in our Boutique, Bazaars or give to those in need (we have some ideas about the projects to give away.) You're welcome to join the group and make items for the boutique or to give away also. We are always looking for donations of yarn, fabric, sewing supplies and batting. Call the Senior Center and ask for Penny for more information.



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 monthly member meetings and the Bingo Karaoke Party.

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@mcsac.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.



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Stated Communication 2nd Thursday
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Dinner 6:30 (Public Welcome!)
Lodge 7:30 pm (Masons Only)

B
Ask 1



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



Last Name, First

2020/2021 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: ____/____/20____

Member #

New Member

Renewal

Key Tag X

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)
- Host (Make Coffee/tea/ maintain treats & utensils)
- Cook/clean/prep for Friday Lunches
- 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 to 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
- Miscellaneous
 - b. Grant Writing
 - c. 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 _____