

Active Living



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

Mason County Senior Activities Center

May 2019

Are you missing something?

The unstable beams in our dining room are gone! We used to fear that an earthquake would bring them down, but now we are safe from this falling threat. They were removed on Sunday April 7th by the highest bidder. It took skill and engineering to take them out without damage to our facility and injury to the removal crew. Now the dining room feels open and light with our newest change.



We had a successful Spring Bazaar

On Saturday April 6th we had our annual Spring Bazaar. Thirty-four vendors sold handmade crafts, jewelry and art at the Pavilion. Most of the vendors are regulars and we added a few new ones, like Hello Fresh, who offers meal kit delivery service and Sarah Feldman, who makes wreaths, to name a few. We want to thank the vendors who donated to our raffle including our own Dorothy McMath, others included the Bottai's with a handmade jewelry piece, Linda Bourboulis gave a handmade gel candle, and too many more to list here. We had fun, made a few dollars and made new friends.

We'd like to thank the volunteers that made this such a success, starting with Patt Matsen, who help with the vendor applications and their location placement. In the kitchen were Anita, Shirley, Irene, Reiko, Janna & Judy. Selling our baked goods were Marilyn, Karla and Patti Vernie, and we can't forget the bakers themselves! Soda and coffee were sold by Sam and Doris; sewing, crafts and other items were sold by Patti K and Mary. Thank you volunteers! Without you this wouldn't have been such a success. We cleared over \$1800 in profit for the Senior Center!

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!!!

- May 3 Evolution Massage
- May 10 Spirited Art
- May 10 Friday Fun Night
- May 10 Whitney Gardens & Rocky Brook Falls
- May 15 Volunteer Party with live music
- May 19 Viking Fest
- May 23 Early Stage Memory Loss Seminar
- May 30 Northwest Trek
- May 31 Evolution Massage
- May 31 Bingo Karaoke Hat Night
- June 5 Car Night Cruise-In
- June 10 Rainer's Game
- June 19 Hell's Canyon Dinner Cruise
3 days to the Snake River
- June 22 Elvis Live by Danny Vernon

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

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

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.

Nifty Thrifty is the major funding source of the MCSAA

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.



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, May 14 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, May 21 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.

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.

Something New!!!

Members now can use MyActiveCenter. How It Works: If you have been issued a MySeniorCenter Key Tag from your local senior center, MyActiveCenter is for you. Once you've activated your account, you can join groups and enroll in activities at that 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 Coffee
Decaf Coffee
Paper Napkins
Small Paper Plates
12 Oz. Paper Coffee cups
Lipton Tea bags
Nifty Thrifty needs:
Clear Packing Tape
1" Masking Tape
Large Padded Envelopes
Bubble Wrap



Thank you very much for your donations!

New to Medicare Free Presentation
May 23, 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
May 23 at 12:00 pm. To 3:00 pm
Conference Room

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

Commodity Supplemental Food Program

There is a sign up for the Commodity Supplemental Food Program – CSFP. This is a program for seniors over the age of 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 through 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.

Happy Birthday!

Happy Birthday to All!

Did you know that we have 96 members who are having birthdays in the month of May? 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 April birthday partiers.
Happy Birthday !



Carol Ann Acocks

Carol Ann is one of our volunteers who seems to turn up everywhere. Having retired from the Shelton School District, she was ready to share her time and energy with our Mason County Senior Activities Center. She served as secretary during her recent term on the board. And now Carol Ann is the driving force behind care of our garden. Belonging to Master Gardeners of Shelton means she brings her expertise to help us. Lately Carol Ann's been spotted on a ladder in our garden, trimming the ivy and giving directions to her husband John on what needs to be trimmed and what gets to stay.

She continues to serve on the Bingo Karaoke committee selling Bingo cards at the entrance table. In addition she makes sure we are in compliance with all the Gambling Commission's Bingo regulations. This is not an easy task but one that we are very thankful that she does.

For relaxation we see Carol Ann learning line dancing and attending Friday Fun Nights with John. Next time you see Carol Ann 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 May 10 from 6-9 pm at the Pavilion. Join us for line dancing or just dancing with our very own DJ, Glenn. Food, wine and beer for purchase. Bring your friends and come ready to have fun. 21+ **Donations are greatly appreciated.**

Spirited Art

Friday May 10 from 5-8 pm. Enjoy the fun of creating a piece of art while sipping a glass of wine and snacking on some cheese, fruit and crackers. What a great way to start off the weekend!

\$15.00 members, \$20.00 non-members Must be 21+

Bingo Karaoke

Theme: Crazy Hat

Friday May 31. 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.

Paper Crafting 101

Thursday May 9 and 23 from 1:30 to 3:30.

Learn more about paper than you thought was possible!

Nutrition Class Mondays in May

Heart Disease, Obesity, Cancer, Diabetes, Alzheimer's, Autoimmune Disease

Are you facing any of these?

We will offer informational videos and discussions. Our goal is to help you make informed decisions about lifestyle choices.

Classes will be from 10:00am to 11:30am.

Early Stage Memory Loss Seminar

Thursday May 23

From 12 to 3pm



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 Schwenenes

May 3 & 17

From 11 to 12:30



Richard Shatto

May 10

From 11 to 12:30



Dan Washburn

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



Sarah Huey

Friday May 31 11-12:30



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.

Gardeners. Our garden is starting to look a bit shaggy and needs some TLC. Do you have the time and inclination to help with that?

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 May Class is Full)

Wait listed- you must be reserved, 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.**



May 10 Whitney Gardens & Rocky Brook Falls in Brinnon

Leaves MCSAC @ 12:00
 Costs-members \$15 non-members \$20
 Early dinner at Geoduck Family Restaurant on your own.

May 19 Viking Fest in Poulsbo

Leaves MCSAC @ 8:30
 Costs-members \$18 non-members \$23
 Price is for transportation only.
 Lunch on your own. All day trip.

May 30 Northwest Trek in Eatonville

Leaves MCSAC @ 9:30
 Costs-members \$37 non-members \$42

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

June 5 Wed. Night Car Cruise-in Bremerton

June 10 Rainer's game Tacoma

June 19-21 Hell's Canyon Dinner Cruise

\$379.00 Member, Nonmember \$399.00



Hell's Canyon Dinner Cruise is a 3-day, 2-night trip on June 19,20 &21. Hell's Canyon is located on the Snake River in eastern Washington.

Itinerary:

Wednesday, June 19:

Leave MCSAC at 9:00AM Destination is Red Lion Hotel in **Lewiston, ID**, about 6 hours without stops. Rooms are based on double occupancy and have 2 queen beds.

July 3rd Mariners vs St. Louis Cardinals -Seattle



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.

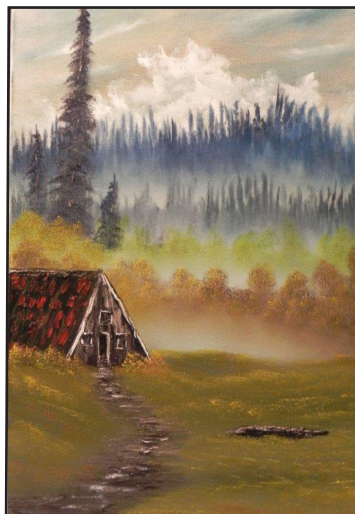
Join Certified

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.

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.

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.

Open Dance with Al, Don & Doris Tues 1:30pm

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: Wed. 4:15 to 5:05pm \$5 **no class 5/29 - 7/3**

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

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, 10:00 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.

Sewing Circle Tue. & Fri., 9:00 am to 4:00 pm

Senior Walkers

Tuesday at 10:00

May 7 Oakland Bay County Park

May 14 Murhut Falls

May 21 Priest Point Park

May 28 Percival Landing Waterfront

Details of the walks are posted on the bulletin board!



April 17th Joy of painting class.
All the paintings look wonderful!
Who knew we had so much talent at the Senior Center?



Coming soon....

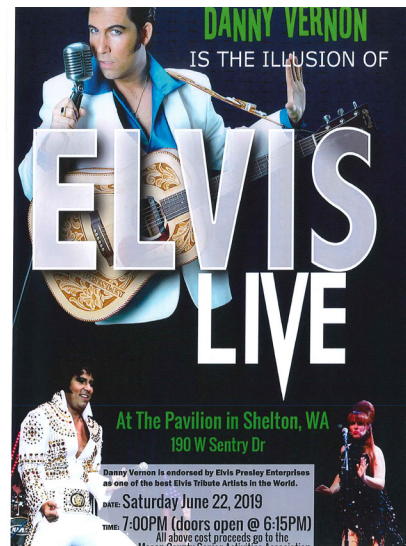
We're excited to announce that we will be having Square Dancing once a month on a Friday evening. We are working on the time and which Friday. We are also considering Square Dancing lessons earlier in the day but still need to set the time. There will be a small cover charge for the dance and the lessons. 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.

For Our Volunteers

You are what makes the Senior Center a wonderful place! We want to celebrate all of you who give so tirelessly. So, beginning in May we are setting aside time once a month to show our appreciation. We'll have live music and an ice cream sundae bar. Every 3rd Wednesday from 12:30-1:30 in the MCSAC dining room.



Saturday June 22, 2019
Doors open @6:15 and Show starts at 7:00PM
Purchase Tickets for \$20.00 on-line at Brownpepertickets.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. Good luck!





Your Attention Please

We are looking for Shelton and Washington memorabilia. Do you have anything that you would like to donate to the Senior Center for a display we are planing. 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. Did you used to bowl at Timber Bowl and have any memorabilia from there, how about old logging or fishing activities from the past? Any of these would be interesting for us to share. Give Patti a call if you are interested in donating something.



Anybody up for a game of pool?

The pool table has a new home at the Senior Center. An anonymous donor paid for the move and new felt making this possible for us. The table now has both a new home and also a new pretty green felt top and is now happily settled in the carpeted room. 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 by 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 making it useful as a table.
5. Be mindful of the noise you are making.



Beginning Quilting

Betty Thompson is willing to teach a beginners' quilting class once or twice a month. In this class you will learn the basics of quilting. If you've always wanted to learn to quilt, don't miss this opportunity. You don't need to know how to sew, but previous sewing experience is helpful. Betty is our expert quilter and you couldn't be in better hands for learning this time honored craft. Classes will be on Wednesdays from 1:00 to 3:45 Class cost is \$20.00. Supplies are included unless you want a different color fabric for your quilt squares. Contact **Patti Vernie** in the director's office to get your name on the class list.

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. We have the repair person but we need some lawn dug up to make way for the shallow pipes. Once the ground thaws we will be ready to go to work. 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.



Betty Palmer makes a pretty model! What a nice smile she has and she makes walking the catwalk look easy.



Cyndy Armitage and Tina Gilman Nutt from Alpine Way brought lunch and lots of prizes for the Style Show



Adele Leverich brought Easter baskets to the Spring Bazaar and they sold fast. There was nothing but compliments for her baskets. Thank you Adele for such an excellent display!



It looks like a real power couple! Shirley and Bill at the Style Show lookin' good you two!



We had lot's of wooden toys and hand crocheted pillows. If you have young children to buy for this was the place. Such imagination and quality!



The Puls were here with their fine leather craft. Many of their items were hand tooled and one of a kind. You can't buy this quality at the big chain stores.

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

Aetna® Medicare plans are now available in your area

Discover a total approach to your health and wellness

Starting at

\$0

monthly plan premiums

Call to learn more.

Jeff L Boothe

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A licensed sales agent will answer your call.

jboothe511@yahoo.com

aetna® Medicare Solutions

Aetna Medicare is a PDP, HMO, PPO plan with a Medicare contract. Enrollment in our plans depends on contract renewal. See Evidence of Coverage for a complete description of plan benefits, exclusions, limitations and conditions of coverage. Plan features and availability may vary by service area.

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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 Ave. location or the Sentry Dr. 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 Association 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

www.AlpineWayLiving.com

900 W. Alpine Way | Shelton, WA 98584

Retirement Living • Assisted Living • Memory Care



MAPLE GLEN SENIOR LIVING PRESENTS

Sunday Brunch

JOIN US THE
2nd Sunday of every month
10:30AM-1:00PM

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

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Karen L Schade
Financial Advisor

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Shelton, WA 98584
360-426-4590

Edward Jones
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I have answers.

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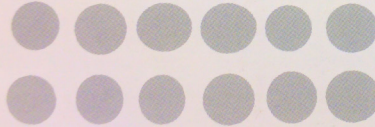
This newsletter reaches more than 1,500 seniors throughout Mason County.

STEPHS ESPRESSO

2230 Olympic Hwy. N Shelton WA

360-427-1290

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

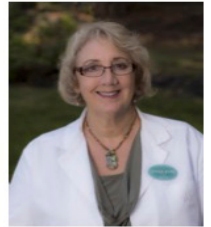


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427-3187

Leona Byrd, BC-HIS
Leonab@Miracle-earw.com

- Free Hearing Screenings
- Land I claims accepted
- Federal claims accepted
- Open Monday through Friday



Leona has been helping Mason County hear better since 1998.
Call for an appointment today

Shelton

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FREE

Property Valuations
Coffee, Maps, Info

John Borgert
Designated Broker
jborgert@att.net
360-490-6654

31 Mill Creek Rd SE
Shelton, WA 98584
SellingShelton.com

Fish Fry!

Fri. May 17th 4-7 pm

Cost \$11 at door

Fresh lingcod, fries, coleslaw, drink

public
Welcome



At **Union City Masonic Center**
Across from Lucky Dog Casino
Questions: 360-589-8040
unioncity27@gmail.com

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

Vintage Specialty

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

360-426-4803

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

MTA MASON TRANSIT AUTHORITY

May 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 Domingos 10:00 Cribbage 10-11 Int./Adv. Line Dance 12:30 Pinochle (Int, Adv) 1:00 Art Workshop	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 Six 1:30 Open Dance 5:30-6:30 PM Zumba Gold	8 & 8:45 Gentle Tai Chi 9-10 Beginning Line Dance 9:00 Mexican Train Domingos 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 5:30-6:30 pm 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 Domingos 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	
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
V = Vegetarian Menu is subject to change					
6	7	8	9	10	11/12
12:00 Lemon Pepper Fish	12:00 Asian Chicken Salad	12:00 Tamale Pie	12:00 Beef Taco Casserole	11:30 Country Fried Steak	
Foot care by Appt 9:30 Board Meeting	10:00 A Matter of Balance Foot care by Appt 12:00 Clam Chowder	10:00 A Matter of Balance Foot care by Appt 11:00 Free eye glass adjust 12:00 Clam Chowder	12:00 Chicken ala King 10:30 Blood Pressure Check 1:30 Paper Crafting 101	11:30 Music by John Schwennesen 1:00 MCSAC Chorus	
13	14	15	16	17	18/19
12:00 Teriyaki Chicken	12:00 Homemade Meatloaf	9:00 Joy of Painting 10:00 A Matter of Balance Foot Care by Appt 11:30 AAA Q&A 12:30 Volunteer Party 12:00 Baked Fish	Foot care by Appt 12:00 Chef Salad Order without meat V	11:30 Music by John Schwennesen 12:00 Early Stage Memory Loss 1:00 MCSAC Chorus 11:30 Turkey, Veggie & Cream Cheese Wrap	May 19 8:30 Viking Fest
20	21	22	23	24	25/26
12:00 Sausage and Veggie Quiche	10:45 Member meeting Foot care by Appt 12:00 Spaghetti w/Meat Sauce	10:00 A Matter of Balance 12:00 BBQ Pulled Pork Sandwich	Foot care by Appt 10:30 Blood Pressure Check 11:00 Medicare Class 1:30 Paper Crafting 101 12:00 Coconut Curry Chicken	Foot care by Appt 11:30 Music by Sarah Huey 1:00 MCSAC Chorus 11:30 Egg Salad	
27	28	29	30	31	
Closed for Memorial Day	1:00 Bingo - Shelton Health & Rehab 12:00 Chicken Cesar Salad Order without Chicken V	10:00 A Matter of Balance 12:00 BBQ Chicken	9:30 Northwest Trek 12:00 Meatloaf	12:00 Hearty Bean Soup V 1:00 MCSAC Chorus BK Crazy Hat Night	

Senior Nutrition Program May 2019

Monday

Tuesday

Wednesday

Thursday

Friday

<p>6 Lemon Pepper Fish Wild Rice Blend Carrot Raisin Salad Fresh Fruit Dinner Roll</p>	<p>7 Asian Chicken Salad w/Mandarin Oranges Crunchy Noodles & Toasted Almonds Fresh Fruit Dinner Roll</p>	<p>1 Clam Chowder Garlic Toast Green Salad Fresh Fruit</p> <p>8 Tamale Pie Crisp Green Salad Fresh Fruit</p>	<p>2 Chicken ala King over Egg Noodles Fresh Green Salad Orange Wedges Dinner Roll</p> <p>9 Beef Taco Casserole Spanish Rice Salsa Fresh Fruit</p>	<p>3 SITE CHOICE Country Fried Chicken Mashed Potatoes w/ Gravy Mixed Veggies Peaches</p> <p>10 Veggie Lasagna Fresh Spinach Salad Spiced Pears Garlic Bread</p>
<p>13 Teriyaki Chicken w/Steamed Rice Steamed Broccoli Fresh Fruit Dinner Roll</p>	<p>14 Homemade Meatloaf Mashed Potatoes w/Gravy Tomato and Cuke Salad Fresh Fruit Dinner Roll</p>	<p>15 LOCALLY GROWN FOOD DAY Baked Fish Scalloped Potatoes Peaches</p>	<p>16 Chef Salad w/ Tomato Wedged Fresh Fruit Dinner Roll</p>	<p>17 Turkey, Veggie & Cream Cheese Wrap Tomato Bisque Soup Tropical Fruit Salad</p>
<p>20 Sausage and Veggie Quiche Cottage Cheese & Peaches</p>	<p>21 Spaghetti w/Meat Sauce & Parmesan Spinach Salad Spiced Pears Garlic Bread</p>	<p>22 BBQ Pulled Pork Sandwich Coleslaw Oven Fries Applesauce</p>	<p>23 SITE CHOICE Coconut Curry Chicken Spring Veggies Steamed Rice Mandarin Oranges</p>	<p>24 Egg Salad on Fresh Spinach Pear Crisp</p>
<p>27 Closed in Observance of Memorial Day</p>	<p>28 Chicken Caesar Salad w/Tomato Wedges Parmesan & Homemade Seasoned Croûtons Fresh Fruit</p>	<p>29 BBQ Chicken Potato Salad Mixed Green Salad Apple Slices</p>	<p>30 Meatloaf Mashed Potatoes w/ Gravy Mixed Veggies Peaches</p>	<p>31 Hearty Bean Soup Cheesy Cornbread Mixed Green Salad Fresh Fruit</p>



May 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Sales Color Orange	We Pick up your left over garage sale items!!!!	Shop local support small businesses	1 Orange Tags 50% off	2 Furniture 25% off	3 MCSAA 33% off	4 Clothing 50% off
5 Closed	6 Electronics 25% off	7 Seniors & Military Receive 15% Off	8 Clothing 50% off	9 Craft and fabric 25% off	10 Books 50% Off	11 Books 50% Off
12 Closed	13 White Tags 25% off	14 Seniors & Military Receive 15% Off	15 Jewelry 25% off	16 Craft and fabric 25% off	17 Books 50% off	18 Books 50% off
19 Closed	20 Orange Tags 75% Off	21 Seniors & Military Receive 15% Off	22 Electronics 25% off	23 Kitchen Items 25%off	24 Jewelry 25% off	25 Orange Tags 90% Off
26 Closed	27 Closed Memorial Day	28 Seniors & Military Receive 15% Off	29 Knickknacks 25% off	30 Shoes 25% off	31 Shoes 25% off	Did You know? We deliver
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

Last Name, First

Member #

New Member

Renewal

Key Tag X

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 second Friday in 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__

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.

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: _____

Signature _____

DATE: ___ / ___ / 201__ PHONE # _____

Print Name: _____ DOB: ___ / ___ / ___

Any other names used? _____

Last Name, First _____

Member # _____

New Member Renewal

Key Tag X _____
