

Active Living



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

Mason County Senior Activities Center

November & December 2020

Dear Members and Friends:

We do not have to tell you thousands have died during the Covid-19 pandemic. Nor do we have to tell you normal life has been severely disrupted. However, we can tell you that seniors, who want to be active and socialize, are not able to do so because of the temporary closure of the Mason County Senior Activities Center in Shelton, WA. We would love to be open for our members, but we must follow state guidelines instituted by our governor and our health department.

The MCSAC is a privately funded non-profit organization. During the past nine months we have lost income because of the temporary closure. We still have bills to pay, a mortgage to pay off, and repairs that need attention. We can, with luck, last about a year. But we need to take action now if we want to be able to continue beyond that.

How long will the pandemic last? Nobody knows. We can't sit back and hope it will go away. We need to ensure our Senior Center will still be operational when the pandemic ends.

Why is the Senior Center important to our community? We provide exercise classes to our seniors like line dancing, gentle tai chi and yoga, Zumba, and hula hooping; and have an active walking group. We offer painting and other art classes, and crafts, sewing, quilting, beading and woodcarving. We have at least 3 day trips a month, and our members enjoy exclusive viewings of first run movies at Shelton Cinemas.

Our inexpensive, nutritional lunches, served Monday through Friday, are cooked in our commercial kitchen by Senior Services for South Sound and are open to the Community. They also provide the Meals on Wheels program.

We offer nutritional programs, wellness programs, informational programs, and speakers from the community. But we are also involved with our community. We sponsor a winter and spring bazaar for the public, AARP tax services, Bingo Karaoke, Friday Fun Night, Sunday Bingo and Spaghetti, and provide the facilities for Weight Watchers. We are also the place where people come for foot care and diabetic shoes. Our medical lending library sees a lot of traffic.

One of our fundraising options was to start a gofundme campaign. We need to get the word out that we are struggling and we need help. Here is the web address for that: <https://charity.gofundme.com/o/en/campaign/support-mason-county-senior-activities-center-during-covid-19-closure>

If you can help, please do. We appreciate everyone of our members and friends and want to be here for another 40 years.

Thank you for your support!

Mason County Senior Activities Association

Annual membership dues are \$40

Generally, your greatest service to someone in their time of trouble, sorrow, or confusion, is your comfort. Take the time to listen to their troubles and concerns with patience, kindness, and empathy, but without offering unsolicited advice or suggestions. Your kindly hand on their shoulder, supportive hug, and patient listening are often the greatest gifts you can offer.

-Jonathan Lockwood Huie



Above: Tulip Festival Trip

Beside: Walkers at Perchival Landing

Below: Christmas Lunch and platefuls of cookies



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-Saturday 9:30-5:00

Donations Monday – Saturday 10-4:30

Your quality donations are needed!

Call for Free Pickup: 360-427-0858

Store Director: Michelle Marks

Assistant Manager: Krystal Perez

Staff: Linda Trail, Cathy Jones and Moriah Ward

Dedicated Volunteers:

Adelheid Krohne	Gary Yuan	Ruth Coots
Aloma Perez	Irene Moffatt	Vivian Bentkowski
Arlyn Skarich	Jan Kallinen	Marilyn Olson
Axel VanWormer	Jane Donahue	Jill Neil
Betty Thompson	Kyle Dimisillo	Wayne Souza
Carole Pelela	Maxine Neese	
Cynthia Middleton	Pamela Johnson	
Doug Kreklow	Rachel Sedlaek	
	Reda Keller	

Additional volunteers are always needed.

Call Michelle at 360-427-0858 to volunteer.

This institution is an equal opportunity provider and employer.

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 Virtual Board Meeting

Tuesday, December 8th at 9:30 am

The MCSAA Board meets the second Tuesday of each month at 9:30 am. If a member desires to bring something before the board, he or she should make the request in writing and give the request directly to MCSAA Board President Clay Long or Director Patti 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. To attend the virtual meeting, email Patti for the link.

MCSAA 2020 Board
President: Clay Long
Vice President: Bill Bezanson
Secretary: Terry Nelson
Treasurer: Marilyn Olson
Gale Glenn
Wayne Souza

What do we live for, if it is not to make life less difficult for each other?

-George Eliot

I've learned that people will forget what you said, people will forget what you did, but people will never forget how you make them feel.

-Maya Angelou

In these stressful times, let us remember to encourage and help each other, to make things better. We can't control covid-19, but we can control our response. Remain positive. Look forward, not backward. Don't let the gremlins get you down. The center will reopen; we will get back to the good old days.

-The Board

Center Wish List

We would greatly appreciate donations of:

Nifty Thrifty needs:

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



Thank you very much for your donations!

Election news (nothing to do with Trump or Biden)

Just as the nation argues over the recent election, our senior center is also facing uncharted waters. Normally we have had nominations for the board in November, and the election in December. Since we have been unable to have the member's general monthly meeting, we are unable to have an election, let alone nominations.

The board voted to retain Terry Nelson, our secretary, whose term expires at the end of December. He will serve until we are able to have an election at which time he can choose to run again, or to withdraw from the board. Gail Glenn has also been voted by the board to be a temporary board member until we can have an election. At present the board still has one opening which we hope to fill.

Fiscal responsibility is the prime responsibility of the board of directors. How to raise money and balance expenditures with income, making hard decisions each month is our duty. We also have to protect our liability and insure we are fulfilling our legal responsibility. We base our decisions on financial and legal reasons, bearing in mind how we can best serve our membership.



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.



Services for All Seniors at Mason County Senior Activities Center

Current MCSAC Membership is NOT required for the following Services.

Free Medical Supplies Lending Library — Borrow walkers, toilet seat boosters, wheel chairs, etc., from our lending library. Supplies fluctuate. Please call 360-426-7374 Tuesday thru Thursday

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**.

Nifty Thrifty continues to do well. Michelle, her staff, and the volunteers, are doing a great job during the pandemic.

We want to thank them for their continued service and dedication. We hope the rising cases of covid-19 will not hamper shoppers and any new restrictions by the governor will not interfere with Nifty Thrifty operations. We need to keep Nifty Thrifty open.

When you shop at Nifty Thrifty, remember to thank them. It can get a bit crazy there, and the pandemic makes things crazier.

Now is a good time to find Christmas decorations as Nifty Thrifty has a lot to choose from.

Nifty Thrifty will remain open unless the governor and health department say otherwise.



When it comes to books, Nifty Thrifty is the place to buy. Our book room has a treasure trove of new and old books. Looking for a good casual read, mom or dad likes a specific author, or need a new cookbook? We are the place to come first.

When you renew your membership you will receive a \$5 gift certificate good at Nifty Thrifty.

Do you have a family member who loves shopping at our store? Buy them a gift certificate!

Nifty Thrifty is taking donations but please call first so that you know if we are full or not. 360-427-0858

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.

- | | |
|--|---|
| <input type="checkbox"/> Serve on the MCSAA Board | <input type="checkbox"/> Facility Management |
| <input type="checkbox"/> Newsletter Publication | <input type="checkbox"/> a. Electrical |
| <input type="checkbox"/> Newsletter & Flyer distribution | <input type="checkbox"/> b. Plumbing |
| <input type="checkbox"/> Newsletter folding, sealing & mailing | <input type="checkbox"/> c. Carpentry |
| <input type="checkbox"/> Teaching Computer Classes: Beg/Inter or Adv | <input type="checkbox"/> d. Handyman/Repairs |
| <input type="checkbox"/> Teach _____ Class (fill in your skill) | <input type="checkbox"/> e. Painting |
| <input type="checkbox"/> Teach Genealogy Class | <input type="checkbox"/> f. Janitorial |
| <input type="checkbox"/> Teach a Health/Diet/Nutrition Related Class | <input type="checkbox"/> g. Garden/Grounds |
| <input type="checkbox"/> Teach a writing class | <input type="checkbox"/> Clerical/Secretarial |
| <input type="checkbox"/> Teach a _____ exercise class | <input type="checkbox"/> a. Data Entry |
| <input type="checkbox"/> Reception Desk (answering phones, taking money, trips, registering new members) | <input type="checkbox"/> Are you computer literate? Y N |
| <input type="checkbox"/> Host (Make Coffee/tea/ maintain treats & utensils) | Miscellaneous |
| <input type="checkbox"/> Cook/clean/prep for Friday Lunches | <input type="checkbox"/> b. Grant Writing |
| <input type="checkbox"/> Volunteer to help with Special events | <input type="checkbox"/> c. Fundraising |
| <input type="checkbox"/> Cook/clean/prep for Special Events | |
| <input type="checkbox"/> Decorate/Set up for Special Events | |
| <input checked="" type="checkbox"/> Provide entertainment | |
| <input type="checkbox"/> Bingo Caller/set-up/take down/Karaoke Host | Your Ideas: |
| <input type="checkbox"/> Potluck Help | _____ |
| <input type="checkbox"/> Decorate the Center for seasonal cheer | |
| <input type="checkbox"/> Make Crafts to sell or decorate to our fundraisers | |
| <input type="checkbox"/> Photography (take pictures at events and of Members) | |
| <input type="checkbox"/> Trip Driver (must have clean driving record) | |

**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? _____



November 2020



Eat TONS and take a nap.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Sales Color Orange	2 Orange Tags 50% off	3 Senior & Military receive 15% off	4 Books 50% off	5 Knickknacks 25% off	6 Regular priced clothing 50% off	7 White Tags 25% off
8 Closed	9 MCSAA Members Receive 33% Off	10 Seniors & Military Receive 15% Off	11 Jewelry 25% off	12 Kitchen Items 25% off	13 Shoes 50% off	14 Dvds 50% off
15 Closed	16 Books 50% off	17 Seniors & Military Receive 15% Off	18 Plastic Kitchen Ware 25% off	19 Knickknacks 50% off	20 White Tags Excludes Holiday 25% off	21 Orange Tags 75% off
22 Closed	23 Linens 25% off	24 Seniors & Military Receive 15% Off	25 Books 50% off Close at 3pm	26 Closed	27 Orange tag 90% off	28 Crafts 25% off
29 Closed	30 Electronics 25% off	Call For donation Hours (360) 427-0858	Covid got you down come and volunteer	Happy Thanksgiving	Donations needed	Come and check out our Christmas Items
Closed	Thank you for supporting the MCSAA	Make new friends, volunteer!	We are always looking for jewelry.	Recycle!!! Reuse !!! Repurpose!	Lots of books? Consider donating them to Nifty Thrifty.	Store Hours M-F 9:30-5:00 Sat 9:30-5:00 Closed Sunday

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



December 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Green Tags	Please call for donation times and days. Thank you	1 Green Tags 50% Off	2 Regular Priced Clothing 50% off	3 Furniture 25% off	4 Furniture 25% off	5 Knick Knacks 25% off
6 Closed	7 MCSAA 33% off	8 Seniors & Military Receive 25% Off	9 Books 60% off	10 Artwork 25% off	11 White Tag Clothes 25% off	12 White Tag Clothes 25% off
13 Closed	14 Christmas 25% off	15 Seniors & Military Receive 15% Off	16 Green Tags 75% off	17 Kitchen Items 25% off	18 Coats 25% off	19 Electronics 25% off
20 Closed	21 Christmas 50% off	22 Seniors & Military Receive 15% Off	23 Books 50% off	24 Closed Happy Holidays	25 Closed Happy Holidays	26 Clothing 50% off
27 Closed	28 Green Tags 90% off	29 Seniors & Military Receive 15% Off	30 Christmas 75% off	31 Everything outside 25% off Close at 3pm	Enjoy your family and be safe	We will get through this together
Closed	Happy Holidays	Make new friends, volunteer!	Thank you for all your support	Come in and check out our Christmas decorations	Nifty Thrifty is the major funding source for the MCSAA	Hours Mon-Sat 9:30-5:00

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