

Active Living



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

Mason County Senior Activities Center

November 2019



Upcoming Events!!!

We need you, our members, to attend general membership meetings. The attendance at our monthly member meetings has dwindled. At the last meeting we barely made a quorum. When you attend the monthly meetings you have the opportunity to voice your opinions and ask questions about activities around the center.

The next two meetings are very important for you to attend. We are looking for board member nominations between now and the November 19th meeting.

At the December 17th meeting we will vote for two new board members. If you know someone who would be a good board member please come to the November meeting and nominate them, or if you want to be on the board have a friend nominate you.

We want your input on who should run. The meeting lasts approximately 1 hour and is only once a month. Please attend and help us help you.

The current nominees for the board are Marilyn Olsen and Anna Richerzhagen. Their information is on page 5.

- Nov 2 Holiday Bazaar
- Nov 4 Sky View Observatory
in Seattle
- Nov 8 Spirited Art
- Nov 8 Friday Fun Night
- Nov 11 Closed for Veteran's Day
- Nov 19 Museum of Flight
in Seattle
- Nov 21 New Medicare changes
by Jeff Boothe
- Nov 22 Bingo Karaoke Pajama Party
- Nov 28-29 Closed for Thanksgiving
- Dec 25-26 Closed for Christmas
- Dec 27 No Bingo Karaoke

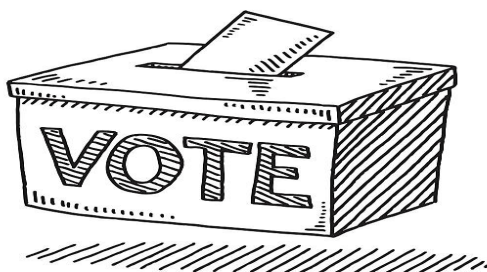
Center Holidays

2019

- November 11 Veterans' Day
- November 28-29 Thanksgiving
- December 25-26 Christmas

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



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.



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

[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	Patt Matsen
Janna Yorke	Janice Rozzano
MaryAnn Miljanovich	Ella Kowalski
Phyllis Glisson	

Center Hosts:

Doris Fredin	Jill Neil
Irene Moffatt	Laurie Wood

Gift Shop: Jill Neil

Sunshine: Jill Neil

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

Newsletter: Patricia Vernie, Penny Wilson
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,
Bill Bezanson & Ann Olli

Distribution Coordinator: Nila LeGault

Webmaster: Dave Pierik

2019/2020 Membership Bonuses

Nifty Thrifty Discount

In store, receive 20% off regular priced items of \$5 or more with some exceptions. Your 2019/2020 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 2019/2020 cardboard membership card required at check-in.

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>

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.**

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, Mariah Ward and Krystal Perez

Dedicated Volunteers:

Adelheid Krohne	Gary Yuan	Axle Wormer
Aloma Perez	Irene Moffatt	Marilyn Olson
Arlyn Skarich	Jan Kallinen	
Betty Thompson	Jane Donahue	
Bill Keller	Keith Jennings	
Carole Pelela	Maxine Neese	
Charal Cowsert	Reda Keller	
Doug Kreklow	Ruth Coots	
	Vivian Bentkowski	

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, November 12th 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, November 19th 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. 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.

Nifty Thrifty Certificate

Great news! Every member will receive a \$5 Gift Certificate to Nifty Thrifty when you sign up or renew your membership to the Senior Center. One certificate per member, per membership year.

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.

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

<https://myactivecenter.com>

Center Wish List

We would greatly appreciate donations of:

Regular and Decaf Coffee
Coffee Mate
Plastic Spoons & Forks
Napkins
Small Paper Plates
12 Oz. Paper Coffee cups-no lids
Large Oval Paper Plates
Individually wrapped chocolate candies
Nifty Thrifty needs:
Clear Packing Tape
1" Masking Tape
Large Padded Envelopes
Plastic Grocery Bags



New to Medicare Free Presentation **November 14th, 11 am-11:45 am.** **Conference Room**

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. Free individual Medicare consultations are also available by advance reservation on November 14th from 12:00 to 3:00pm. Call SHIBA at 1-800-562-6900 or 360-586-6181 ext.134 for an appointment.

Located in our 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 & 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, 11:45 am & 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.

Blood pressure check — 10:30-11:00 am. Provided free by Providence Homecare & Hospice on the first & third Thursday, located by our dining room.

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 milk, 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, Laura 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.



Marilyn Olson

I enjoy being at the senior center and helping where I can. I volunteer at Nifty Thrifty and here at the center during special events. I just completed training for working with hospice care. I know the importance of the role that MCSAA serves in the community and to each of it's members. My background in business management and volunteerism makes me well suited for a position on the board. I care about people and would love the opportunity to help "behind the scenes" here at the center.



Anna Richerzhagen

Hi, My name is Anna Richerzhagen, and I am 52. I have lived in Shelton since 2001. I love living here! I enjoy spending time with friends, reading, knitting, and playing with my dog Mia.

I have been volunteering at the Senior Center for several years and have since become a member. Many of you know me from Bingo Karaoke. I am the lady sitting in front checking people in.

I would be very honored to serve on the board.



.....
: *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.* :
:
:

Membership Dues Increase

Our fiscal year runs from October 1 through September 30, and we recently passed a new budget for the 2019/2020 business year. Effective October 1st, 2019 the annual dues will be increased by \$10. The annual dues will now be \$40 per year. That's about .77 cents a week. We found the increase necessary because the minimum wage is going up from \$12 per hour to \$13.50 per hour on January 1, 2020. We have no choice but to find different avenues to cover this expense and our membership dues are one of them. If you anticipate a hardship because of this please come see Patti. Thank you in advance for your understanding of this increase.



Happy Birthday to All!

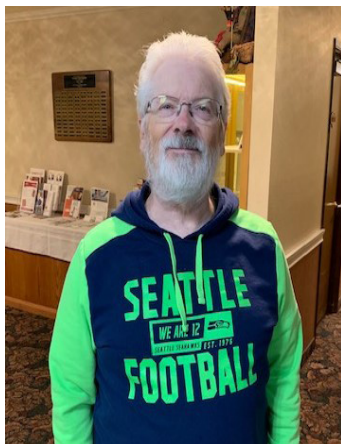
Did you know that we have 75 members who are having birthdays in the month of November? Wow, who could have imagined that!

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.

Happy Birthday!



Halloween themed cake by Sue Puls and some of our October birthday partiers. Happy Birthday !



Terry Nelson, Linda Scafford and Gale Glenn are three of our birthday partiers.



Dave Brown

Dave is one of those guys you see everywhere and when someone needs help he's always willing to lend a hand. He retired after 21 years in the Navy. He also spent 21 years working for Sears as an Appliance Technician. He's lived in Shelton since January 2004. He worked for Habitat for Humanity and helped build at least 15 houses and install freshwater plumbing in them. Dave grew up in Olympia graduating in 1958. He enjoys the senior center as a social gathering place. He helps here at the center whenever asked, whether it be setting up tables or cutting cake. We appreciate him greatly.

When you see Dave, tell him THANKS!



Activities Open to the Public

Friday Fun Night

Friday November 8th from 6-9 pm at the Pavilion. Dance or listen to music provided by our own DJ Glenn (requests happily taken!) Socialize, 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.

Spirited Art

Friday November 8th from 5-8pm. 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!

May have additional charge for supplies.

Call ahead for amount.

\$15.00 members and \$20.00 nonmembers.

Square Dancing

Friday November 15th from 7-9pm

\$5.00 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.

Learn to Square Dance

Monday's 4:30-6:30pm for this 10 week course.

Cost is \$5. the next course starts on January 6th.

Bingo Karaoke

Friday November 22nd from 7-10 pm

Date change due to the Thanksgiving Holiday

Doors open at 6pm

Enjoy the **Pajama Party** Theme



MCSAC is hosting this class

Every Tuesday, Wednesday & Thursday

From 5:30-6:30 pm

Seated Zumba Gold

Wednesdays at 4:15 - 5:05 pm

Seated Zumba is designed for the lowest impact

Chair options OK in all of these classes.

\$5 per class required. Punch card available from teacher. Open to the public.

For Your Musical Enjoyment



John Schwennesen
November 1 & 15
Lunchtime Music



Richard Shatto &
Dennis Schosboek
November 8
Lunchtime Music



Dan Washburn
3rd Wednesday of the
month 12:00-1:00 pm for
the Thanksgiving lunch



Sarah Huey
Friday November 22
Lunchtime Music

Volunteers Wanted

Do you have some time to invest in MCSAA?

As you know, volunteers are what makes our world go round here at the Senior Center. And we have some gaps that we're asking you to fill. 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. Stop by the reception office and fill out a volunteer form today!

See Val or Patti for more information.

Volunteer Appreciation Party

You are what makes the Senior Center a wonderful place! We want to celebrate our volunteers who give so tirelessly. We have live music and will be serving ice cream to go with the Thanksgiving desserts. Wednesday November 20th in the MCSAC dining room. 12:30-1:00 Please attend!



Center Van Trips

Advance purchase is required to reserve your spot. Costs are per person and include round trip van transportation, admissions and/or ticket to the venue as advertised. Most require a minimum of 8 people. (Meals are not included unless listed.)

Cancellations occurring prior to 2 weeks of travel will be refunded. After that, there will be a \$5 cancellation fee. However, if venue tickets have already been purchased by MCSAA, we will be unable to refund that cost. You may find another to take your place. Exceptions may be possible due to illness. Please contact Val directly for these circumstances. **No refunds will be issued if cancellation occurs within 3 business days of the trip.**

We keep our trip prices very low. **Trips cannot operate if there are last minute cancellations or changes.**

Casino shuttle trips are open to the public, advertised as being 21+ and the casino expects you to have ID with you

All trips are also available to nonmembers, provided they accompany a paying, current MCSAA member . There is generally an additional charge to nonmembers. Please be aware that there is a 2-guest maximum for each MCSAA member.

November Van Trips



Monday November 4th

Seattle Sky View Observatory

At 902 feet and 76 floors, the Columbia Center in downtown Seattle is approximately 300' taller than the Space Needle. This indoor observatory takes up the entire 73rd floor and offers a 360 degree panorama of Seattle and its surroundings.

Cost:\$48(member) \$53 (non-member)

Price includes transportation and Sky View experience. Leaves MCSAC at 2:00 pm

Cost includes transportation and parking. Bring money for food.

Tuesday November 19th

Museum of Flight

Leaves MCSAC at 8:30 am

Cost members \$42, nonmembers \$47

Price includes transportation and admission with private docent tour.

Bring money for lunch, prices vary.

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".

Future Center Van Trips

December 7 Lady Alderbrook Cocoa Cruise. Have lunch at the Alderbrook clubhouse on your own and then cruise on the Lady Alderbrook. Leave MCSAC at 11:30. Cost \$35 members, \$40 nonmembers.

December 17 Zoolights at Point Defiance Zoo. Leaving MCSAC at 3:15. Cost \$32 member and \$37 nonmember. Cost includes transportation and admission. Grab a bite at the Plaza Cafe in the zoo on your own.

Senior Walkers

The season is over but email galeglenn@msn.com to get on the email list for off season hikes.

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

Casino Shuttle Trip

For adults 21 years and older. MCSAA Membership is not required. Sign up and pay at the reception desk to get on the shuttle list.

Cost: \$5 per person-needs 10 passengers

Red Wind Casino Shuttle Trip
Every other month on the 3rd Wednesday,

Next shuttle Dec. 18.

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.

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

Joy of Painting Landscape Class

3rd Wed. of the month, 9:00 am to 3:30 pm.

Join Certified Instructor Tony Lirette for his

Joy of Painting class where you complete a beautiful 16"x 20" oil painting each class using the Bob Ross method.

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

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



Monday Art Workshop

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

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

Friday Chorus

Want to learn how to sing with a chorus? Now's your chance! Come in on Friday at 12:30 p.m. and join in on the fun. John Schwennesen is your teacher. \$1 donation per class is suggested.

Fitness Classes

\$1 donation per class is requested except where listed

Ballroom Dancing with Doris Tue 1:30-2:30

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.

Seated Zumba: Wed 4:30 to 5:15 pm \$5 required

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 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 1:00-3:00

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

Bingo with Shelton Health & Rehab 4th Tuesday at 1-3 pm, **cancelled until Nov 26.**

Bridge Tuesdays and Thursdays 12:00 pm

Chorus Friday 1:00

Cribbage Monday-Friday, 8:00 am

EZ Crafters Thursday 9:00 am to noon

Hand & Foot Wed. 1:00 pm. Fun card game

Jokers Rule! Thursday 9:00 am to noon. Learn this fun, free game with cards & marbles.

Machine Knitting 1st and 3rd Tuesdays 9-noon

Mahjong Thursday, 1:00 pm Come learn.

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

Open Sew Tue. 4:30-6:30 pm, bring your current projects or learn something new from others.

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 4:30-6:30pm Come learn quilting techniques and fun projects. See page 10 for current offerings.

Woodcarvers Thursdays 9-11am

Beading Class

Weekly Class Mondays from 10-noon in the MCSAC Sewing Room with Grace Wegener. Weekly you will learn the basics of jewelry making. Differences in beads and tools that you will need will be explained if you want to do this on your own. Everyone should walk out with a completed bracelet. You are encouraged to bring some favorite beads or a necklace to take apart to use for your bracelet. Cost is \$15 members/\$20 nonmembers per class Limited Space. Sign up with reception.



Beading Social - Members Only

Starting Wednesday October 2nd from 1-3 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.

Paper Crafting 101

Paper Crafting classes are a great way to get creative! Join Dorothy Skans on the 2nd Thursday from 1:30 to 3:30 for this exciting class. Supplies are provided by our teacher.

\$1 donation requested.

Junk Journaling

Junk Journaling is a new class of hand making a book comprised of recycled items. It's like a diary, but with more graphics, memorabilia and keepsake items. The 3 month session has 6 classes in which you will build this 190 page work of art. It will take place the 1st and 3rd Fridays in November and December at 9:30-11:30am. Cost is \$40 for materials. Sign up is required. Class began October 4th.

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 in November and December from 9:30 to 11:30am. Ideal class size is 9. Sign up is required. \$1 donation requested.

Open Sew Tuesday

The open sew group is off to a good start! Come in and join us. We have beginners to very experienced sewists. All learning from each other. Every Tuesday 4:30-6:30 pm, \$1 suggested donation.

Are You A New Quilter Wanting To Learn A Certain Technique, Sharpen Your Skills, or start a Charity Quilt group? We need to hear from you! Please either call Penny at 360-426-7374 or send an email to bookkeeper@mcsac.net

Upcoming Quilting Classes

November 21st, 4:30-6:30 pm. Coffee Cup Cozy, \$5 members/\$10 nonmembers

This is a one-session technique class where you will learn how to make Coffee Cup Cozys that can be personalized for your family members based on your fabric choices and embellishments. These make great holiday gifts! Material list will be available from the receptionist when you sign up.

December 5th, 4:30-6:30 pm. Beginning Quilting Machine Applique

This will be a 3 session class. **Members \$15/ nonmembers \$20.** Details to follow.

January classes will be in the Dec. newsletter. If there is anything you want to learn let Penny (bookkeeper@mcsac.net) know.

Woodcarving

The Shelton chapter of the Capital Woodcarvers Club is changing the meeting location to the Mason County Senior Activities Center every Thursday (except holidays and Center closure days) 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 grateful to the MCSAC 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.

Senior Nutrition Program November 2019

Monday Tuesday Wednesday Thursday Friday

<p>4</p> <p>Biscuits and Gravy Hash browns Fruit</p>	<p>5</p> <p>Tuna noodle casserole Peas and Carrots Dinner Roll Peaches</p>	<p>6</p> <p>Chicken Curry Brown Rice Stir Fry Vegetables Oranges Dinner Roll</p>	<p>7</p> <p>BBQ Pork Sandwich Jo-Jo's Cole Slaw Fresh Fruit</p>	<p>8</p> <p>Open Faced Hot Turkey Sandwich Mashed Potato's w/ Gravy Green Beans Cranberries</p> <p>Chicken Caesar Salad Dinner Roll Fresh Fruit</p>
<p>11</p> <p>Closed for Veteran's Day</p>	<p>12</p> <p>Vegetarian Chili Cornbread Fresh Fruit Side Salad ▼</p>	<p>13</p> <p>Baked Ziti with four cheese Vegetable Medley Fresh Fruit Garlic Bread ▼</p>	<p>14</p> <p>Homemade Meatloaf & Mashed Potatoes w/ Gravy Veggies Fresh Fruit Dinner Roll</p>	<p>15</p> <p>Marinated Asian Chicken Salad Mandarin Oranges Dinner Roll</p>
<p>18</p> <p>Spaghetti w/ Meat Sauce Green Beans Peaches Garlic Bread</p>	<p>19</p> <p>Country Fried Steak Mashed Potatoes w/Gravy Mixed Vegetables Pears</p>	<p>20</p> <p>Thanksgiving Dinner You bring the pie, we supply the ice cream.</p>	<p>21</p> <p>Crustless Quiche Florentine with ham Mixed Green Salad Fresh Fruit</p>	<p>22</p> <p>Marinated Pasta Salad w/Turkey, Cheese & Veggies Side Salad Fresh Fruit Dinner Roll</p>
<p>25</p> <p>Turkey Meatball Sub Whole grain Bun Side Salad Fresh Fruit</p>	<p>26</p> <p>Shepherd's Pie Steamed Carrots Peaches</p>	<p>27</p> <p>Herbed Baked Fish Rice Pilaf Mixed Vegetables Grapes</p>	<p>28</p> <p>Fresh Fruit</p>	<p>29</p> <p>Closed in observance of Thanksgiving</p>

**(Menu Subject to change) **

November 201

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 10:00 Beading Class 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. 9:00 Machine Knitting 12:00 Bridge 12:45 Gentle Tai Chi 4:30 Open 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 Cards 4:15-5:05pm Seated Zumba 5:30pm Zumba Gold
Monday	Tuesday	Wednesday
4	9:00 Machine Knitting 11:45 Tuna Noodle Casserole	5
Sky View Observatory leave 2:00 11:45 Biscuits and Gravy	Foot Care by Michelle 10:00 A Matter of Balance 11:00 Free Eye Glass Adjustment and Cleaning 12:00-1:00 Area Agency on Aging 1:00 Beading Social 11:45 Chicken Curry	6
11	8:00 Chair Yoga Foot Care by Michelle 9:00 Machine Knitting 9:30 Board Meeting 11:45 Vegetarian Chili	12
Closed Veteran's Day	10:00 A Matter of Balance 1:00 Beading Social 11:45 Baked Ziti with Four Cheeses	13
18	Museum of Flight leave at 8:30am 10:45 Member meeting 11:45 Country Fried Steak	19
11:45 Spaghetti w/Meat Sauce	Foot Care by Michelle 9:00 Joy of Painting 10:00 A Matter of Balance 12:30 Volunteer Appreciation Party 1:00 Beading Social 11:45 Thanksgiving Dinner w/Pot luck dessert	20
25	Foot Care by Michelle 1:00 Bingo with Shelton Health & Rehab 11:45 Shepherd's Pie	26
Priority Footwear 11:45 Turkey Meatball Sub	10:00 A Matter of Balance 1:00 Beading Social 11:45 Herbed Baked Fish	27

9 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 4:30 Beginning Quilting Classes	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
	1 9:30 Junk Journaling Lunchtime Music: John Schwennesen 11:30 Open-faced Hot Turkey Sandwich	2/3 10-3 Holiday Bazaar
7 9:00 Woodcarvers 10:30 Blood Pressure Check 11:45 BBQ Pork Sandwich	8 10:00 Newsletter 1st Edit Lunchtime Music: Richard Shatto & Dennis Schosboek 12:00 October Birthday Party 5:00 Spirited Art 6:00 Friday Fun Night 11:30 Chicken Caesar Salad	9/10
14 9:00 Woodcarvers 9:30 Knit & Chat 10:30 Blood Pressure Check 11:00 SHIBA 1:30 Paper Crafting 101 11:45 Homemade Meatloaf	15 9:30 Junk Journaling 10:00 Newsletter Edit Lunchtime Music: John Schwennesen 7:00 pm Square Dancing 11:30 Marianated Asian Chicken Salad	16/17
21 9:00 Woodcarvers 9:30 Knit & Chat 10:00 United Healthcare presentation 10:30 Blood Pressure Check 11:45 Crustless Quiche Florentine with Ham	22 9:30 Artist Trading Cards Lunchtime Music: Sarah Huey 11:30 Marinated Pasta Salad w/ Turkey, Cheese and Veggies 6:00 pm Bingo Karaoke: Pajama Party	23/24
28 Closed Happy Thanksgiving	29 Closed Happy Thanksgiving	30

November 2019

Nifty Thrifty



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Sales Color Orange	Nifty Thrifty is the major funding source for the MCSAA	Thank you for supporting the MCSAA	We Deliver furniture items for a small fee	Happy Turkey day!!!!	Orange Tags 50% off	White Tags 25% off
3 Closed	4 MCSAA Members Receive 33% Off	5 Seniors & Military Receive 25% Off	6 Knickknacks 25% off	7 Books 50% off	8 Books 50% off	9 All Regular priced clothing 50% off
10 Closed	11 Books 50% off	12 Seniors & Military Receive 15% Off	13 Kitchen items 25% off	14 Coats 25% off	15 Jewelry 25% off	16 Artwork 33% off
17 Closed	18 Orange Tags 75% off	19 Seniors & Military Receive 15% Off	20 Electronics 25% off	21 Furniture 25% off	22 Furniture 25% off	23 Orange Tags 90% off
24 Closed	25 Knickknacks 25% off	26 Seniors & Military Receive 15% Off	27 Closing early at 3:00 Electronics 25% off	28 Closed for Thanksgiving	29 Jewelry 25% off	30 Kitchen Items 25% off
Closed	We pick up donations Call us at 360-427-0858	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 9:30-5:30 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

.....

MCSAA Wants You!

.....

It's that time of the year again when we are looking for new board members. Every year two or three members of the board retire and must be replaced. At this time we need to fill two vacancies. New board members are voted in at the Annual Business Meeting on December 17, 2019. To be considered a candidate for the board you must announce your intent at or before the November general meeting. You may be nominated but the nomination needs to be made with you present and you must accept the nomination. Each term on the board is three years. You must be a member in good standing to vote for new board members. All members are encouraged to vote. You must be present to vote; voting by proxy is prohibited.

.....

The Mason County Senior Activities Association is not endorsing the use of Medical or other forms of Cannabis. The following informational presentation is provided independently of our association and does not represent the views of the Board or Staff.

Medical Cannabis informational presentation by Glenn Harper. Wednesday, November 13th from 1:00-2:00 in the carpeted room There will be a video with excerpts of prominent physicians talking about their experiences with medical marijuana and how they have effectively treated their patients using whole plant cannabis medicines and extracts. There will be a Q & A at the end of the presentation.



A full house for the October Joy of Painting Class. Good Job everyone!

Remittance Envelopes

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

We want your opinion

Do you like our new newsletter layout? This is the first issue of it's kind at MCSAA. We've redesigned the pages so that the Activities Calendar is now larger and easier to read. We've made it the center of the newsletter so that you can pull it out and put it on your fridge for easy reference. Please let Patti or Penny know if you like it. We will use your opinions for future printing. Thanks!

Weekend Senior Nutrition Program

New at MCSAC, the Weekend Senior Nutrition Program was created because many seniors don't have access to hot nutritional meals on weekends. 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.

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.

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.

Please call Patti at 360-426-7374 for information and to order your meals.

Thanksgiving Lunch November 20th

Come celebrate Thanksgiving with your friends at the Senior Center. Bring a potluck desert (optional) and be ready to enjoy a fabulous turkey dinner prepared by the kitchen.



At the Senior Center we're thankful for you! For all the friends and memories over the past year. Thank you all for being part of the center's family.



Changes available to Medicare users

You're invited to learn about new Medicare plan options available to Mason County residents in 2020. Join Jeff Boothe at one of the scheduled events to get your Medicare questions answered and find the best plan for you. There is no obligation or cost to attend. Reserve your seat by calling Jeff at 360-490-5771 to RSVP.

The presentations is at the senior center in the meeting room.

Session 2, November 21, 2019 10:30 - 11:30

Jeff Boothe is a licensed insurance broker.



Right: Oz and Karla greet you near the entrance and sell the 50/50 game cards at Bingo Karaoke. Left: One of the full tables at BK. Everyone is having fun challenging each other to get up and sing.



Left: Jill you rock in those red pants, fringe and all! Below: A few of the Spirited Art members show off this months Christmas decoration they made. Good job ladies!



Friday Fun Night regulars sharing stories, maybe some tall tales too. There is no reason to stay home when you can be with friends at the Pavilion!



Friday Fun Night and Red Solo Cups! Come have fun and socialize. We have coffee, soda and alcohol based drinks. We also have food for purchase, this time it was spaghetti.



Friday Fun Night Dungeons & Dragons game in the back room. This role playing game started in the 1970's and going full force at the Pavilion on the 2nd Friday from 5:30-9pm. \$3 member/\$5 non-member donation is requested.



Pikes Place Market trip on September 26th. It was a beautiful day and everyone enjoyed the outing.



December Beginning Quilting Class

Beginning Machine Applique.

Dresden Plate Table Topper. See page 10 for details

Guests

There have been questions about how many times a guest may attend activities at the center. The answer is two. The 3rd 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.

National Days in November

Nov 1: National Calzone Day

Nov 3: National Housewife's Day

Nov 10: Marine Corps Birthday

Nov 14: National Pickle Day

Nov 20: National Absurdity Day

Nov 23: National Espresso Day

Nov 29: National Flossing Day

Nov 30: National Mason Jar Day

Which one are you going to Celebrate?



We are looking for volunteers to distribute our newsletter. Nila LaGault is the only distributor right now and she can't be everywhere. If you know of a business that would display our newsletters, see Patti or Penny and they will give you some to deliver there. Thank you!



October Beginning Quilting - Triangles finished projects. Great job Pam and Esther!

KIOSK

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

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

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

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

We want to thank you all for checking in!



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

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Code of Conduct Reminder

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

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

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

Become a Corporate Sponsor

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

Sponsors donate in many special ways including:

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

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

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



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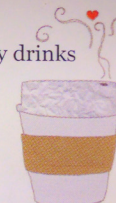
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Fish Fry

Fri. Nov. 8th 4-7 pm

Cost \$12 at door

Cod, Fries, Drink & 1 Side

*Public
Welcome*



At **Union City Lodge #27 F.&A.M.**

Across from Lucky Dog Casino

Questions: 360-280-9925

unioncity27@gmail.com

We offer small to large size ad spaces with reasonable payment plan options. Call 360-426-7374 and ask for Penny or email her at bookkeeper@mcsac.net for more information. This newsletter reaches more than 1,500 seniors throughout Mason County.

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



The Pavilion

Shelton's historic Venue for your events.
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The ad below is not associated with the MCSAA

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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.

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
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MASON COUNTY SENIOR ACTIVITIES ASSOCIATION



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



2019/2020 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 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 \$40 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__

Last Name, First

Member #

New Member

Renewal

Key Tag X

SCHEDULED

WSP Check Completed

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

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

- | | |
|---|---------------------------------------|
| ◇ Serve on the MCSAA Board | Volunteer to help with Special events |
| ◇ Membership (or other) Committee | Facility Management |
| ◇ Newsletter Publication | ◇ Electrical |
| ◇ Web Page updates | ◇ Plumbing |
| ◇ Social Media Sites/Updates | ◇ Carpentry |
| ◇ Teaching Computer Classes: Beg/Inter or Adv | ◇ Handyman/Repairs |
| ◇ Teach _____ Class (fill in your skill) | ◇ Painting |
| ◇ Teach Genealogy Class | ◇ Janitorial |
| ◇ Teach a Health/Diet/Nutrition Related Class | ◇ Garden/Grounds |
| ◇ Teach a writing class | Clerical/Secretarial |
| ◇ Teach a _____ exercise class | ◇ Data Entry |
| ◇ Reception Desk (answering phones, taking money, trips, registering new members) | ◇ Letter Writing |
| ◇ Host (Make Coffee/tea/ maintain treats & utensils) | ◇ Posters & Forms |
| ◇ Pavilion Event Chaperone | ◇ Emails |
| ◇ Volunteer to help with Special events | ◇ Excel/Word/Publisher |
| ◇ Cook/clean/prep for Special Events | ◇ Transcribe Minutes/ Take Dictation |
| ◇ Decorate/Set up for Special Events | Miscellaneous |
| ◇ Book/Provide entertainment | ◇ Legal |
| ◇ Newsletter & Flyer distribution | ◇ Grant Writing |
| ◇ Newsletter folding, sealing & mailing | ◇ Fundraising |
| ◇ Bingo Caller/set-up/take down/Karaoke Host | ◇ Budgets/Bookkeeping |
| ◇ Potluck Help | ◇ Event Planning & Organization |
| ◇ Decorate the Center for seasonal cheer | ◇ Finance & Accounting |
| ◇ Make Crafts to sell or decorate | Your Ideas: _____ |
| ◇ Photography (take pictures at events and of Members) | _____ |
| ◇ Trip Driver (must have clean driving record) | _____ |
| ◇ Volunteer to help with Special events | _____ |
| ◇ Community Ambassadors | _____ |

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

Signature _____

DATE: ____ / ____ / 20__ PHONE # _____

Print Name: _____ DOB: ____ / ____ / ____

Any other names used? _____

Last Name, First

Member #

New Member

 Renewal Key Tag X