

Active Living



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

Mason County Senior Activities Center

October 2021

What's Happening at Your Senior Center

We are so happy to announce that Penny Wilson, our bookkeeper, is now in training to become the new Senior Center Manager. She has been with us for almost 3 years. The Board feels that her genuine love for the Senior Center and her business background makes Penny the best candidate for the job.

We have updated flooring in the back of the building and it looks beautiful. It is no longer a tripping hazard.

New awning cover over the front walk will be installed soon. The old cover is starting to rip. We are afraid that the next big wind might completely tear it off. We will also be installing light cover panels for the lights. We also put in a new outdoor carpet for the walkway

We are going to be installing gates on the van shed.

The front office will be closed Tuesdays and Thursdays due to lack of volunteer receptionists.

The kitchen has been thoroughly cleaned and Terry added a fresh coat of paint.

Debra del Bosque is back in the kitchen and lunches will be 5 days a week. If you are interested in volunteering to work in the kitchen, please let Debra know.

We will have 5 open spots for the Board of Directors this year. Elections are in December. Nominations to the board will be at the November General Meeting. If you are interested in serving on the board, but not exactly sure what that entails, please talk to a current board member or Patti.

Our annual FLU SHOT clinic will be held on October 8th. Appointments are available now. Please call or talk to a receptionist to make your appointment. No walk-ins.

Upcoming Events!!!

- Oct 8 Birthday Celebration--Sept & Oct
- Oct 8 Flu Shot Clinic
- Oct 12 Board Meeting
- Oct 19 General Members Meeting
- Oct 21 Foot Care
- Oct 21 Medicare information with SHIBA

Center Holiday Closures 2021

January 1	New Year's Day
January 18	MLK Day
February 15	Presidents Day
May 31	Memorial Day
June 19	Juneteenth
July 5	Independence Day
September 6	Labor Day
November 11	Veterans' Day
November 25-26	Thanksgiving
December 24	Christmas

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Mason County Senior Activities Association

Annual membership dues are \$40

Activities Center "50 and Better Activities Center"

Address: 190 W. Sentry Dr., Shelton

Phone: (360) 426-7374

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

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

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

Staff:

Executive Director: Patti Vernie

Event, Activities & Volunteer Coordinator:

Bookkeeper & Data Coordinator: Penny Wilson

Volunteers: Contact Receptionist to help.

Receptionists:

Patt Matsen Kathy Abernathy-Robinson

Ella Kowalski Laurie Woolett

Center Hosts:

Doris Fredin Ella Kowalski

Judy Siegel Shirley Schober

Laurie Woolett

Gift Shop:

Sunshine:

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

Newsletter and Layout: Penny Wilson

Editorial Committee:

Julie Whaley Gale Glenn

Avis Ross Terry Nelson

Patt Matsen Steve Mutoli

Photography: Gale Glenn and Patti Vernie

Mailing Team: Gil Palmer, Al Lawrence, and
Bill Bezanson

Distribution: Nila LeGault, Reiko Mauer and
Steve Mutoli

The Senior Center is always looking for
volunteers, if you are interested please see Penny.

2021/2022 Membership Bonuses

Nifty Thrifty Discount

In store, receive 20% off regular priced items of
\$5 or more with some exceptions. Your 2021/2022
membership paper card must be shown before the
cashier starts to ring up your order.

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.

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!

Store Director: Michelle Marks

Assistant Manager: Melissa Elliot

Staff: Linda Trail, Cathy Jones and Moriah Ward

Dedicated Volunteers:

Aloma Perez	Jan Kallinen	Wayne Souza
Axel VanWormer	Jane Donahue	Rich Sawyers
Betty Thompson	Maxine Neese	Cheral Cowsert
Carole Pelela	Pamela Johnson	Paul Kemmer
Cynthia Middleton	Rachel Sedlaek	
Doug Kreklow	Reda Keller	
Gary Yuan	Ruth Coots	
Irene Moffatt	Vivian Bentkowski	
	Marilyn Olson	

Additional volunteers are always needed.

Call Michelle at 360-427-0858 to volunteer.

This institution is an equal opportunity employer.

Inclement Weather

In case of inclement weather, the Center
follows the Shelton School District's weather
policy. Please listen to our local radio station,
KMAS 1030 AM & 103.3 FM or Seattle TV
stations for details.

Meetings

MCSAA Board Meeting

Tuesday, October 12th 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.

MCSAA 2021 Board

President: Clay Long
Vice President: Bill Bezanson
Secretary: Wayne Souza
Treasurer: Marilyn Olson
Gary Miner
Lori Shipman
Leona Osterman

MCSAA Member General Meeting

Tuesday October 19th at 9:00 am
Dining Room

The General Membership meeting for MCSAA is on the third Tuesday of each month at 9:00 am. All members in good standing (membership paid for 2021/22) are invited to the General Meeting. You will hear updates on Center, Nifty Thrifty and Pavilion activities. We encourage you to attend; it's your business!

Bulletin Board

Please, if you want something posted on our bulletin board, you *MUST* give it to the receptionist.

Center and Nifty Thrifty Wish List

We would greatly appreciate donations of:

Senior Center needs:

Decaf Coffee
Napkins

Nifty Thrifty needs:

Clear Packing Tape
1" Masking Tape
Large Padded Envelopes
Plastic Grocery Bags
Bubble Wrap
Coffee
Sugar and Creamer
Large Black Garbage Bags



Thank you very much for your donations!

**Here is a web address and QR Code to our Amazon wish list for your convenience:
Please note that it is case sensitive.**

<https://a.co/86hGxTi>

Leona Osterman, Board Member

Leona was appointed to the board in August. We are so thrilled with her addition.

Here is a little about her:

I was born and raised in Shelton and graduated from Irene S. Reed High School (now Shelton High School) in 1955.

As it is now I spend three days a week at the Senior Center—2 days for pinochle and 1 day for bingo.

We have a great center for our community and I would like to be a part in continuing the services and encouraging new programs.

Holiday Bazaar

• Due to COVID19 Senior Center
• Restrictions the Holiday Bazaar is
• canceled

Services for All Seniors at Mason County Senior Activities Center

Current MCSAC Membership is NOT required for the following Services.

Senior Center Cafe

Hearty and healthy lunch prepared by our kitchen staff and volunteers. Lunch is served Monday-Thursday at noon and Fridays at 11:30 am.

Suggested donation of \$3 per meal. Meals are open to the public but rules of the building will be strictly enforced.

Special Diet needs may not always be available.

If you are not a member of the MCSAA you are required to check in at the kiosk as a new user (the first time) and be willing to show your vaccination card.

Meals on Wheels

Services are available which provide nutritious meals to older and disabled adults who are homebound and meet assessment criteria. *Mason County Residents call (360) 586-6181 Ext 124.* Meals are provided by **Senior Services for South Sound**

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

Foot-Care-- by Pam Lindgren. Cost for foot care is \$35. To make an appointment call Pam directly at 360-286-8403.

Abundance Table — We are again offering items, as available, on our abundance table near the dance floor. Some items may also be in the refrigerator in the back of the dining room. Reminder to take only one item please.

New to Medicare In person at the Senior Center

Thurs., Oct 21 from 11 to noon

Free Zoom Presentations. Join us for a free, unbiased webinar all about Medicare!

Choose one of these available appointment times:

“Welcome to Medicare”

Wed., Oct 6 from 10 am to 11:30 am

Tues., Oct 19 from 1 pm to 2:30 pm

“Preventing and Detecting Medicare Fraud and Abuse Zoom Events”

Thurs., Oct 7 from 1:00 pm to 2:00 pm

To pre-register to reserve your Zoom webinar spot: ThurstonMasonShiba.Volunteers@southsoundseniors.org

We cover:

- Medicare A, B, C and D
- Help you understand your Medicare benefits and options
- How to avoid becoming a victim of Medicare fraud

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. For more information, Call SHIBA at 360-586-6181 ext.134.

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

Priority Footwear- The 4th Monday of every month. Provides easy access to comfortable, custom fit, therapeutic footwear for the Diabetic community. Call Patty Popowich CFTS (360-593-1985) for an appointment.

September and October Birthday Celebration

On October 8th we encourage all of our September and October birthday celebrants to come and have cake and ice cream with us.

Members, celebrate your birthday at the Senior Center at noon on the second Friday of your birth month. Enjoy a beautifully decorated birthday cake by Sue Puls.

Free lunch before our celebration at 11:30 am for members-only with birthdays during September and October. Just bring your current membership card and photo ID. (Regular price for everyone else.)

October has 60 member birthdays. Come help us celebrate them.

Flu Shot Clinic

The Medicine Shoppe will be here on October 8th from 10am-12 pm for our annual flu shot clinic. **Appointments are required.** Please bring your insurance and Medicare card. For an appointment see the receptionist or call 360-426-7374. No walk-ins please.

Abundance Table and Fridge

Patti and Penny worked really hard to get the food program through Food Lifeline restarted. Food Lifeline facilitates the food donations from many grocery stores for nonprofits like the Center. At this point we are only getting donations once a week. The kitchen gets first choice of what comes in for use in our lunches.

We need to be sure that everyone has a chance to have access to the items on the abundance table and in the fridge. We also don't want to have to monitor the abundance table. So please think of others and only take one item from the table and fridge. We don't want to lose this program again.

Guest Reminder

Guests must be accompanied by a member, show their vaccination card and register on the kiosk as a new user. You may be a guest twice before you are required to join to participate in activities.

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 Center 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."

Classes and Activities for Current Members

All classes subject to change. Please confirm with the receptionists

CLASSES FOR MEMBERS

CLASS NAME	DAY	TIME	COST
<p>Sewing Circle: Current project is the next raffle quilt. There are also other small projects to be made for sale at the boutique, bazaars or Nifty. You can also bring in projects that you might need help with, for example binding tips and tricks or general sewing projects.</p>	Thursday	9:30AM-12PM	\$1 donation
<p>EZ Crafters The crafters work on a variety of projects, many of which end up for sale in our annual bazaar.</p>	Thursday	9AM-12PM	\$1 donation
<p>Art Workshop Need a place to paint? This workshop offers you a great spot to paint with friends In the MCSAC dining room. Bring your own supplies and work on your project.</p>	Monday	12:30-3:30PM	\$1 donation
<p>Woodcarving The Shelton chapter of the Capital Woodcarvers Club. The woodcarvers can provide assistance, training and access to tools and wood supplies. Located in the back of the dining room.</p>	<i>Coming</i>	<i>Soon</i>	<i>\$1 donation</i>
<p>Knit and Chat Come sit around the table; knit, chat and share all the projects we are currently working on and UFOs (unfinished objects) we all hide in the closet.</p>	Thursday	10AM-12PM	\$1 donation
<p>Machine Knitting Class Have you ever done machine knitting? Or wanted to try? In the MCSAC Sewing Room. Machines will be available for use during the class. Space is very limited, please sign up with reception.</p>	Thursday	12pm-4pm	\$1 donation
<p>MCSAC Chorus Come join our Chorus. Led by John Schwennesen, you will learn a variety of songs, old and new, in our relaxed setting. We meet around the piano in the dining room. Our singers have performed in a variety of locations and during our holiday parties.</p>	On hiatus		

Craft or Sew? Want to Teach?

We are looking for volunteers to teach classes. Share you passion with others. The sky is the limit. Let us know what you can do and how often you want to teach. We have rooms, supplies and members who want to learn. If interest please contact Patti at director@mcsac.net or Penny at bookkeeper@mcsac.net.

Classes and Activities for Current Members

FITNESS FOR MEMBERS			
DESCRIPTION	DAY	TIME	COST
Tai Chi: At the Center	Monday Wednesday Friday	8:15-9:00 AM	\$1 donation
Tai Chi: Zoom	Wednesday Thursday	W 8:15-9:00 AM TH 10-10:45 AM	\$1 donation
Line Dance: At the Center	Monday Wednesday Friday	9-11:00 AM	\$1 donation
Line Dance: Advanced at the Center	Tuesday Thursday	10 -11:30 AM	\$1 donation
Yoga: Zoom	Tuesday Thursday	8:30-9:15 AM	\$1 donation
Yoga: At the Center	Tuesday Thursday	8:30-9:15AM	\$1 donation
Senior Walkers (April-October)	Tuesday	10AM	\$1 donation

GAMES FOR MEMBERS			
DESCRIPTION	DAY	TIME	COST
Bingo	Thursday	1:00 PM	\$1 for 3 cards
Bridge	Tuesday Thursday	12PM	\$1 donation
Cribbage	Daily	8:15AM	\$1 donation
Hand & Foot Fun card game with roots in Canasta	Friday	1PM	\$1 donation
Jokers Rule! Learn this fun game with cards and marbles	Thursday	9AM	\$1 donation
Mahjong Come learn American League rules	Thursday	10AM	\$1 donation
Mexican Train Dominoes	Monday Wednesday Friday	10AM	\$1 donation
Pinochle (Beginning)	Friday	12PM	\$3 donation
Pinochle (Intermediate/Advanced)	Monday Wednesday	12:30PM	\$3 donation

October 2021

Every Monday	Every Tuesday	Every Wednesday
<p>8:15 Cribbage 8:15 Gentle Tai Chi 9:00 Line Dance 10:00 Mexican Train 12:30 Pinochle 12:30 Artists Workshop</p>	<p>8:15 Cribbage 8:30 Zoom Yoga 8:30 Yoga 10:00 Line Dance 10:00 Senior Walkers 12:00 Bridge</p>	<p>8:15 Cribbage 8:15 Gentle Tai Chi 8:15 Zoom Tai Chi 9:00 Line Dance 10:00 Mexican Train 12:30 Pinochle</p>
Monday	Tuesday	Wednesday
<p>We love our volunteers!</p>	<p>Don't forget to check Nifty Thrifty's sales calendar. Members get extra special discount days</p>	
<p>4</p> <p>Spaghetti with meat sauce</p>	<p>5</p> <p>10 Senior Walkers: Fudge Point</p> <p>Baked chicken</p>	<p>6</p> <p>10-11:30 SHIBA Zoom Appt</p> <p>Chicken pot pie</p>
<p>11</p> <p>Shepherd's pie</p>	<p>12</p> <p>9:30 Board Meeting 10 Senior Walkers: Mima Mounds Natural Area Preserve</p> <p>Tamale pie</p>	<p>13</p> <p>Tuna Salad</p>
<p>18</p> <p>Barbecue Chicken</p>	<p>19</p> <p>8:30 No Yoga 9:00 General Membership Meeting 10 Senior Walkers: Tumwater Falls Last walk of the season 1-2:30 SHIBA Zoom Appt Baked rotini with sausage</p>	<p>20</p> <p>Taco casserole</p>
<p>25</p> <p>Swedish meatballs</p>	<p>26</p> <p>Country fried steak</p>	<p>27</p> <p>Tater tot casserole</p>

21 Activities

Every Thursday	Every Friday	Every Weekend
8:15 Cribbage 8:30 Zoom Yoga 8:30 Yoga 9:00 E-Z Crafters 9:00 Joker's Rule 9:30 Quilting 10:00 Line Dance 10:00 Zoom Tai Chi 10:00 Knit and Chat 10:00 Mahjong 12:00 Bridge 12:00 Machine Knitting 1:00 Thursday Bingo	8:15 Cribbage 8:15 Gentle Tai Chi 9:00 Line Dance 10:00 Mexican Train 12:00 Pinochle 1:00 Hand & Foot	
Thursday	Friday	Saturday/Sunday
	1 Meatloaf	2/3
7 Chili	8 10:00 Flu Shot Clinic 12:00 September/October Birthday Cake Pork roast	9/10
14 Roasted Turkey	15 10:30 Editorial Committee Meeting Turkey ala King	16/17
21 11-12:00 SHIBA at the Center Foot care with Pam Lindgren, RN Beef Stew	22 Sweet and sour pork	23/24
28 Chicken enchilada casserole	29 Sloppy joes	30/31

Friday Fun Night Needs You!

Everyone loves Friday Fun Night but in order to keep it going we need an event committee. The event committee participates in the planning, preparation and clean up of the event. Do you have what it takes to be on the Friday Fun Night committee? Until we have a dedicated committee of volunteers, Friday Fun Night is canceled.

Senior Walkers October Schedule

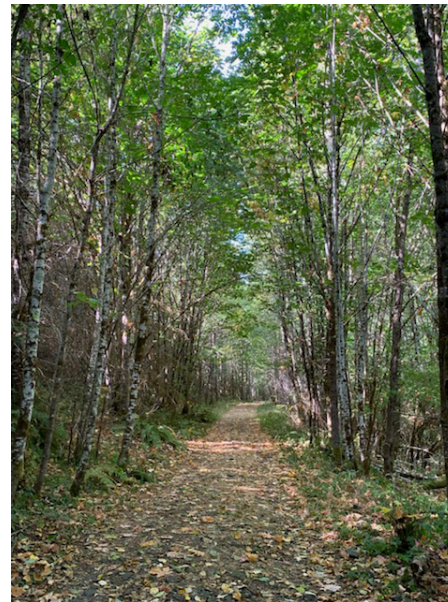
We meet at 9:50 am and leave promptly at **10 am**. Walks are always on Tuesdays.
\$1 suggested Donation

- **Oct. 5 Fudge Point**, Dogs OK, sack lunch, no toilets at trail-head
- **Oct. 12 Mima Mounds Natural Area Preserve**, Discover pass required, No Dogs
- **Oct. 19 Tumwater Falls** and lunch out or picnic, Dogs OK

Thank you all for a great season!
See you next year in April.



Our first trash pick-up afternoon was a success. Our next trash pick-up will be in December. For more details: please watch for information on the bulletin board or talk to Gale Glenn.



Our walkers find the most beautiful locations for their walks




Though this season is coming to an end... April is just right around the corner and the walks will start again!



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 Janice Easton
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Become a Corporate Sponsor

Sponsorship is a great way for businesses throughout the community to support the Mason County Senior Activities Association and thus our Senior Center, Nifty Thrifty & Pavilion. Our Sponsors mean so very much to our Senior Center! Businesses can sponsor the many special events that are to benefit the Center's Members throughout the year. We have raffles that businesses can donate gift certificates, merchandise, or services to during our monthly member meetings and special events. 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 and emails over 800 newsletters to its members and distributes another 500+ 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 Director at director@mcsac.net or 360-426-7374 for more information about the benefits of becoming one of our Corporate Sponsors.

COMPUTER SERVICE @ YOUR DOOR

DAVE'S COMPUTER SERVICE

360-898-3800

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

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Julie Cook
Attorney at Law

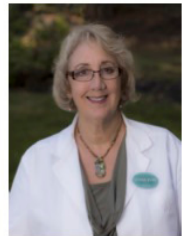
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Phone: 360-427-5616
Shelton, WA 98584
JULIEKAYCOOK@Yahoo.com



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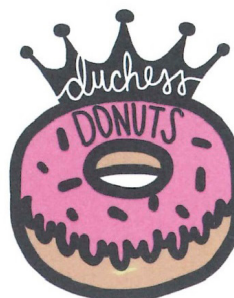
(360) 427-8044

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



101 W. Railroad Ave
Shelton WA 98584
360.229.5659

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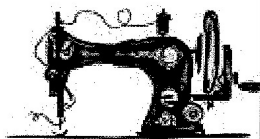
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Event Coordinator: Val Wedman
360-426-7374 ~ pavilion@mcsac.net
190 W. Sentry Drive, Shelton, WA 98548

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



2021/2022 Membership Application and Agreement

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

- Our excellent Active Living Newsletter every month
- Free birthday Lunch on the third Friday in the month of your Birthday
- 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 and non-refundable. 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

MCSAA 190 West Sentry Drive, Shelton WA 98584 Phone 360-426-7374 Fax 360-426-1955 www.mcsac.net

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

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

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

Facility Management

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

Clerical/Secretarial

- a. Data Entry
- Are you computer literate? Y N
- b. General office help, filing shredding

Miscellaneous

- a. Grant Writing
- b. Fundraising

Your Ideas:

**I hereby authorize a background check to be done by the
W.S.P. Watch for the purpose of working with vulnerable adults and
our insurance. This is required for any and all positions.**

Signature _____ DATE: ____ / ____ / 20____

PHONE # _____

Print Name: _____ DOB: ____ / ____ / ____

Any other names used? _____

Additional information we might find useful? _____

Last Name, First _____

Member # _____

New Member

Renewal

Key Tag X _____

Senior Center Café Menu Oct 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<p>4</p> <p>Spaghetti with meat sauce Green salad Garlic bread Fruit</p>	<p>5</p> <p>Baked chicken Scalloped potatoes Mixed vegetables Mandarin oranges</p>	<p>6</p> <p>Chicken pot pie Green salad Pears</p>	<p>7</p> <p>Chili Green salad Cornbread Fruit</p>	<p>1</p> <p>Meatloaf Mashed potatoes with gravy Steamed carrots Peaches</p>
<p>11</p> <p>Shepherd's pie Green salad Pears</p>	<p>12</p> <p>Tamale pie Green beans Peaches</p>	<p>13</p> <p>Tuna salad on dinner roll Lettuce and tomato Vegetable soup</p>	<p>14</p> <p>Roasted turkey Mashed potatoes with gravy Green beans Fruit</p>	<p>15</p> <p>Turkey à la King Steamed rice Broccoli Applesauce</p>
<p>18</p> <p>Barbecue chicken Scalloped potatoes Coleslaw Fruit</p>	<p>19</p> <p>Baked rotini with sausage Green salad Garlic bread fruit</p>	<p>20</p> <p>Taco casserole Green salad Peaches</p>	<p>21</p> <p>Beef stew Green beans Apple crisp</p>	<p>22</p> <p>Sweet-and-sour pork Steamed rice Stir fry vegetables Mandarin oranges</p>
<p>25</p> <p>Swedish meatballs Egg noodles Mixed vegetables Fruit</p>	<p>26</p> <p>Country fried steak Mashed potatoes with gravy Mixed vegetables Fruit</p>	<p>27</p> <p>Tater tot casserole Buttered Corn Fruit</p>	<p>28</p> <p>Chicken enchilada casserole Mexicali vegetables Fruit</p>	<p>29</p> <p>Sloppy Joe's Potato salad Chopped broccoli salad Fruit</p>



Nifty Thrifty October 2021



	Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Sales Color Yellow	Happy Halloween	Please Call for donations hours 360-427-0858	Nifty Thrifty is the major funding source for the Senior Center	Please remember we require masks to shop in the store	1 Yellow Tags 50% off	2 Regular priced clothing 50% off
3	Closed	4 MCSAA Members Receive 33% Off	5 Seniors & Military Receive 15% Off	6 Jewelry 25% off	7 Kitchen Items 25% off	8 Shoes 50% off	9 DVDs 50% off
10	Closed	11 Books 50% off	12 Seniors & Military Receive 15% Off	13 Knickknacks 50% off	14 Knickknacks 50% off	15 White Tags 25% off	16 Furniture 25% off
17	Closed	18 Yellow Tags 75% off	19 Seniors & Military Receive 15% Off	20 Halloween Items 25% off	21 Dish Sets 25% off	22 Linens 25% off	23 Crafts 25% off
24	Closed	25 Halloween Items 50% off Yellow Tags 90% off	26 Seniors & Military Receive 15% Off	27 Kids clothes 50% off	28 Kids clothes 50% off	29 White tags 25% off	30 White tags 25% off
31	Closed	Thank you for supporting the MCSAA	Make new friends, volunteer!	We Always Accept Jewelry Donations	Recycle!!! Reuse !!! Repurpose!	Lots of books? Consider donating them to Nifty Thrifty.	Store Hours M-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.