

# Active Living



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

Mason County Senior Activities Center

October 2019

## Upcoming Events!!!

- Oct. 5 Trucktoberfest-Seattle
- Oct. 11 Friday Fun Night
- Oct. 11 Spirited Art
- Oct. 16 Governor's Mansion Tour
- Oct. 17 New Medicare explained by Jeff Boothe
- Oct. 24 Flu Shot Clinic
- Oct. 25 Bingo Karaoke-Halloween
- Oct. 29 ???Mystery Trip???
- Oct. 31 Member Potluck, Wear Costumes and bring a dish!
- Nov. 2 Holiday Bazaar
- Nov. 4 Sky View Observatory in Seattle
- Nov. 19 Museum of Flight in Seattle
- Nov. 21 New Medicare explained by Jeff Boothe

## 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.



## 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 we will be increasing the annual membership dues by \$10. Now the annual dues will be \$40 per year. That's about 77 cents a week. We find 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.

*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.*

### Center Holidays

2019

January 1	New Year's Day
January 21	MLK Day
February 18	Presidents Day
May 27	Memorial Day
July 4	Independence Day
September 2	Labor Day
November 11	Veterans' Day
November 28-29	Thanksgiving
December 25-26	Christmas

### Find the three 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](mailto:info@mcsac.net) Web: [www.mcsac.net](http://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:** Volunteer Needed

**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,  
& Ann Olli

**Distribution Coordinator:** Nila LeGault

## 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](mailto: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 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,  
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.

## 2019 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.

## 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, October 8th 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, October 15th 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.

**Special Guest** at the October meeting is Sheryl Williams, of the Taxpayer Advocate Panel. If you have a smart phone or any other device that has internet access bring them to this informative seminar.

### 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  
Large Oval Paper Plates  
Small Paper Plates  
12 Oz. Paper Coffee cups-no lids  
Individually wrapped chocolate candies

### Nifty Thrifty needs:

Clear Packing Tape  
1" Masking Tape  
Large Padded Envelopes



### New to Medicare Free Presentation October 24, 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 October 24 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](http://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, and by Shelton Health & Rehab on the second & fourth 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.



## Happy Birthday to All!

Did you know that we have 79 members who are having birthdays in the month of October? 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!



Some of our September birthday partiers.  
Happy Birthday !



Happy Birthday to Betty Johnson, Annie Havens and Paul Kangas!



## Garry Yuan

Garry was born in Canton China and came to the US in 1976. Garry worked and retired from Safeway here in Shelton. His hobbies include working on his property, volunteering in the electronics department at Nifty Thrifty, helping at the senior center and fishing. He has been an Elk for over 30 years. Garry is married to Debbie Yuan and they have two girls and one grandchild on the way. If you see Garry give him a big thank you for all he does for us.

When you see Garry, tell him  
**THANKS!**



**Flu Shot Clinic**  
By The Medicine Shoppe  
Thursday, October 24th  
11:00 am to 2:00 pm  
Bring your Insurance and Medicare Cards

## Activities Open to the Public

### Friday Fun Night

Friday October 11 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 October 11 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 October 18 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.



### Bingo Karaoke

Friday October 25 from 7-10 pm  
 Doors open at 6pm  
 Enjoy the **Halloween** Theme



MCSAC is hosting this class  
**Every Tuesday, Wednesday & Thursday**  
**From 5:30-6:30 pm**  
**New Class - Seated Zumba Gold**  
**Wednesday 4:15 - 5:05 pm**

Designed for the lowest impact and also seated.  
 Chair options OK in these classes.  
 \$5 per class required. Punch card available from teacher. Open to the public.

## For Your Musical Enjoyment



John Schwennesen  
 Sept. 6 & 20  
 Lunchtime Music



Richard Shatto &  
 Dennis Schosboek  
 September 13  
 Lunchtime Music



Dan Washburn  
 3rd Wednesday of the  
 month 12:30-1:30 pm for  
 the Volunteer Appreciation  
 Sundae Party



Sarah Huey  
 Friday September 27  
 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.

**Medical Cannabis** informational presentation by Glenn Harper. Wednesday, Oct 16 at 1:30 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.



### 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 an ice cream sundae or banana split bar. Every 3rd Wednesday from 12:30-1:30 in the MCSAC dining room.  
**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.

## October Van Trips

### Sat. Oct 5 Seattle's Trucktoberfest Challenge

(food truck challenge)

Leaves MCSAC at 2:00 pm

Costs members \$29 nonmembers \$34

Admission to food truck challenge is free

Beer garden is ticketed with drink tokens

Cost includes transportation and parking.

Bring money for lunch, food truck prices vary.

### Wed. Oct 16 Tour the Governor's Mansion & Lunch at Izzy's

Leaves MCSAC at 11:15 am

Cost members \$15, nonmembers \$20

Bring money for lunch, prices vary.

Must have photo ID for Mansion Tour

No public restrooms in Mansion.

### Tue. Oct. 29 MCSAC Fall Mystery Trip

Leaves MCSAC at 9:30 am

Cost members \$25 nonmembers \$30

Wear comfortable walking shoes

Bring \$15 for lunch.

## 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

### Seattle's Sky View Observatory Monday, November 4

At 902' 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)

Leaves MCSAC at 2:00pm

Price includes transportation and Sky View experience. Bring money for lunch, prices vary.

### Seattle's Museum of Flight Tuesday, November 19

Leave MCSAC at 8:30

Cost \$42 (member) \$47(non-member)

Price includes transportation and admission with private docent tour. Bring money for lunch, prices vary.

**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 Oct. 16.  
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**

**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

**Chair Yoga:** Second Thursdays 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 4:15 to 5:05 pm \$5 required

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

*Something for*  
**EVERYONE!**

### 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.

**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.

**Mahjong** Thursday, 1:00 pm Come learn.

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

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

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

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

**Quilt Class** Thursday 4:30-6:30pm Come learn quilting techniques and fun projects. See page 9 for current offerings.



### Senior Walkers

**Tuesdays at 10:00**

**See bulletin board for details**

Oct. 1 Schilter Corn Maze

Oct. 8 Evergreen College Beach Trail

Oct. 15 Tumwater Falls. Last official hike of the season and lunch out.



## Beading Class

**Weekly Class** Starting Monday October 14th 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. All supplies are provided for the first project. 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 2nd Friday of October, then the 1st and 3rd Fridays in November and December at 9:30-11:30am. Cost is \$40 for materials. Sign up is required. Class begins 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 starting on October 25th, continuing 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 very beginners to very experienced sewists. All learning from each other. Every Tuesday 4:30-6:30 pm

## **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!**

Help us to decide what quilting or project classes we should offer in the future. Your input is valuable! Email Penny at [bookkeeper@mcsac.net](mailto:bookkeeper@mcsac.net) or call her at the center (360) 426-7374

## **Upcoming Quilting Classes**

### **October 17, 4:30-6:30 pm. Soup Bowl Cozy, \$7 members/\$12 nonmembers**

This is a one-session technique class where you will learn how to make soup bowl cozys. These make great holiday gifts! Batting for 2 bowls is included in the price of the class. Material list will be available from the receptionist when you sign up.

### **October 24, 4:30-6:30 pm, Beginning Quilting - Flying Geese**

Starting Thursday October 24 from 4:30-6:30 pm. This is a 4-week class. **Members \$20/nonmembers \$25 for the 4-week session.** Our project will be a baby quilt approx 40x40. We will work on basic piecing techniques, cutting and squaring pieces, quilting and finally finishing with a sewn on 2 color binding There will be homework involved due to the size of the project and I recommend coming to the open sew on Tuesdays for help. Batting is included in the price of the class for the baby quilt. Materials list is available in the receptionist office. Space is limited so don't wait to sign up.

### **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.



## Holiday Bazaar

Our annual Holiday Bazaar is Saturday November 2nd from 10-3. If you love to cook we need items for the bake sale. Bring in your favorite cookies, breads or whatever else you love to bake. We need to have all items the day before the sale. Let Patti know what you will be bringing. We need volunteers to help with our bake sale, and someone to sell soda and coffee. The kitchen also needs 4 people for food preparation and cleanup afterward. If you can help please see Patti.

## 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.

## Halloween Potluck

For members, Thursday October 31 we are having a potluck at noon. Come dressed as your favorite ghoulish or goblin. We will supply the fried chicken and the kitchen will make salads. Please bring a side dish or dessert.

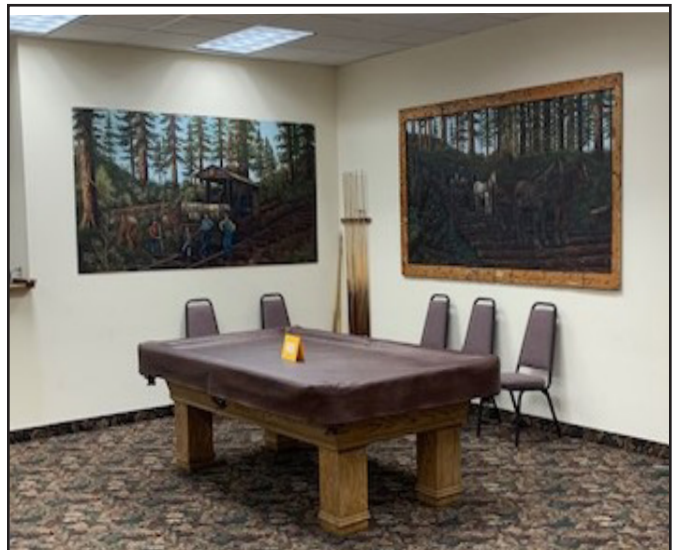


## Anyone up for a game of pool?

There are a few new rules.

1. No playing pool while the room is in use for meetings and classes.
2. You must share the table, no more making someone wait for a turn while you play as long as you want. (You know who you are.)
3. When the table is not in use, it needs to be covered with its vinyl cover.
4. If we do have a meeting or class in the carpeted room the table needs to be covered with the plywood "Ping Pong" topper for protection over the top of the vinyl cover.
5. Be mindful of the noise you are making.

You are welcome to play whenever there isn't a class or meeting in this room.





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

### Changes available to Medicare users

You're invited to learn about new Medicare plan options available to Mason County residents in 2019. 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 are both at the senior center in the carpeted room.

Session 1, October 17, 2019 10:30 - 11:30

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

Jeff Boothe is a licensed insurance broker.



Everyone had fun dancing at Friday Fun Night. These two make the moves look easy!



Spirited Art on the second Friday of the month offers an art class with a twist. You get a glass of wine and fruit, cheese and crackers while you create!



We had a large turnout for Friday fun night. It's the place to come and socialize with friends. We have food for purchase and the bar is open.



Betty and Gil Palmer make a cute couple. This is the place if you like to dance.



Our walkers on the library trail. The group is always going somewhere beautiful.



We had a large group of walkers at Fudge Point on August 27th.



Sam Selby looking at one of the flower specimens at Heronswood Garden.



Humans weren't the only ones having fun at Fudge Point!



A few of us touring the Potager Garden.



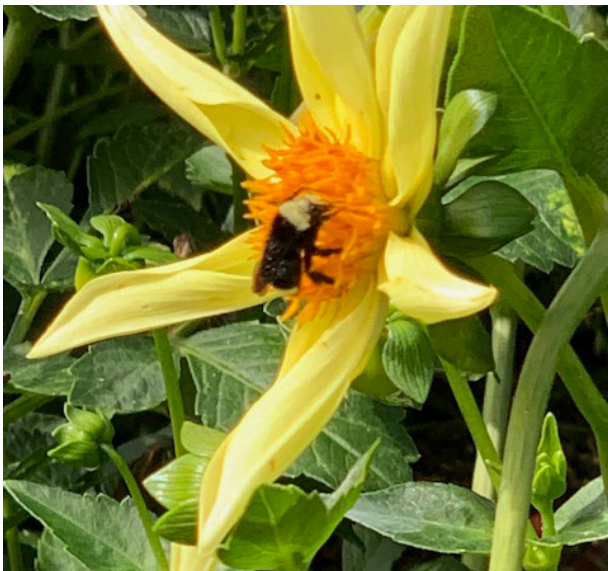
Another view of the Potager Garden with a fountain shaped like a flower.



Our tour group at Heronswood Garden. It was such a beautiful day and our guide Nathan Lamb, Heronswood Garden's Curator/Assistant Director was very knowledgeable.



This cheerful flower is a member of the aster family.



This bumblebee was too happy to notice us!



One of the many varieties of hydrangeas in the garden. The soft blue color was lovely.

## National Days in October

- Oct 1: National Homemade Cookie Day
  - Oct 9: National Moldy Cheese Day
  - Oct 15: National I Love Lucy Day
  - Oct 18: National No Beard Day
  - Oct 23: National TV Talk Show Host Day
  - Oct 26: National Day of the Deployed
  - Oct 31: National Girl Scout Founders Day
- Which one are you going to Celebrate?

## 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.

# Aetna<sup>®</sup> Medicare plans are now available in your area

Discover a total approach to your health and wellness

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**\$0**  
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Call to learn more.  
**Jeff L Boothe-**  
**1-360-490-5771 (TTY: 711)**  
8:00 a.m. - 6:00 p.m. PT, Mon. - Fri.  
A licensed sales agent will answer your call.  
**jboothe511@yahoo.com**

**aetna** Medicare Solutions

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

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72.12.732.1 #18-3673



## Code of Conduct Reminder

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

MCSAA supports the Activities Center and its Events by selling donated items through Nifty Thrifty & the Center's Gift Shop. **Everything** that is donated to MCSAA at either the Railroad 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.



360-426-2600

[www.AlpineWayLiving.com](http://www.AlpineWayLiving.com)

900 W. Alpine Way | Shelton, WA 98584

Retirement Living • Assisted Living • Memory Care



MAPLE GLEN SENIOR LIVING PRESENTS

*Sunday Brunch*

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

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

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 homemeatservice@gmail.com



**Karen L Schade**  
 Financial Advisor

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 Shelton, WA 98584  
 360-426-4590

**Edward Jones**  
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360-427-1290

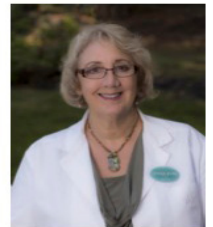
Buy 12 drinks get the 13th drink free. excludes energy drinks



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 116 West Railroad Ave. Suite 106  
 Shelton, WA 98584  
 427-3187

**Leona Byrd, BC-HIS**  
 Leonab@Miracle-earnw.com

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- Land I claims accepted
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Leona has been helping Mason County hear better since 1998.  
 Call for an appointment today

**Have Medicare questions?  
 I have answers.**

**Jeff Boothe 360-490-5771**  
**Licensed Sales Representative TTY 711**  
 Medicare Supplement Plans  
 UHCMedicareSolutions.com



**Sojourners Welcome!**

**Stated Communication 2nd Thursday**  
*of each Month (In June, 3rd Thursday)*  
**Dinner 6:30 (Public Welcome!)**  
**Lodge 7:30 pm (Masons Only)**



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.  
Specializing in weddings, reunions, meetings,  
business conferences, and parties.

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

Probates-Wills-Powers of Attorneys-  
Deeds-Foreclosures

**Julie Cook**  
Attorney at Law

P.O. Box 821 / 613 West Pine St Phone: 360-427-5616  
Shelton, WA 98584 JULIEKAYCOOK@Yahoo.com

### In Fine Time Sewing Machine Repair

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360.490.8825



The Below ad is not associated with the Mason  
County Senior Center

### MasonCountySeniors.com

Using the internet to connect seniors to  
services, information and each other.

- Cut your cable bill
- Buy and sell
- Connect with friends and family
- Connect with area senior services providers

**SIMPLE ★ ECONOMICAL ★ RESPECTFUL**

mccombwagner.com

CELEBRATE **120** YEARS ANNIVERSARY

SINCE 1897

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FAMILY FUNERAL HOME AND CREMATORY

The Wagners

**360-426-4803**



Quality Repair By  
People Who Care

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- Complete Auto Care by Auto Experts

(360) 426-2271 Owner: Sunshine Pearson  
123 N Front St, Shelton WA 98584

### 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**  
**8:00 AM to 5:00 PM**

# October 2019 Activities

Every Monday	Every Tuesday	Every Wednesday	Every Thursday	Every Friday	Every Weekend
<p>8 &amp; 8:45 Gentle Tai Chi 8:00 Cribbage 9-10 Begin Line Dance 9:00 Mexican Train Dominoes 10-11 Int./Adv. Line Dance 12:30 Pinochle (Int, Adv) 1:00 Art Workshop</p>	<p>8:00 Gentle Yoga 8:00 Cribbage 9:00 Line Dance-Int./Adv. 10:00 Walkers 12:00 Bridge 12:45 Gentle Tai Chi 1:30 Square Dance Lessons 4:30 Open Sewing 5:30pm Zumba Gold</p>	<p>8 &amp; 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 &amp; Foot Cards 4:15-5:05pm Seated Zumba 5:30pm Zumba Gold</p>	<p>8:00 Gentle Yoga 8:00 Cribbage 9:00 Line Dance - Int./Adv. 9:00 EZ Crafters 9:00 Jokers Rule! 9:30 Knit &amp; Chat 12:00 Bridge 12:45 Gentle Tai Chi 1:00 Bingo 1:00 Mahjong</p>	<p>8 &amp; 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</p>	
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday/Sunday</b>
	<p>9:00 Machine Knitting 10:00 Walkers: Schlier Corn Maze 1:30 Square Dance Lessons 11:45 Baked Potato Bar V</p>	<p>10:00 A Matter of Balance Foot Care by Michelle 1:00 Beading Class 11:45 Meatloaf</p>	<p>9:30 Knit &amp; Chat 4:30 Beginning Quilting Class 11:45 Honey Dijon Chicken</p>	<p>9:30 Junk Journaling Lunchtime Music: John Schwennesen 11:30 Country Fried Steak</p>	<p>2:00 Trucktoberfest 5/6</p>
<p>11:45 Salisbury Steak</p>	<p>Foot Care by Michelle 9:00 Machine Knitting 9:30 Board Meeting 10:00 Walkers: Evergreen College Beach Trail 1:30 Square Dance Lessons 11:45 Tuna Salad</p>	<p>10:00 A Matter of Balance 11:00 Free Eye Glass Adjustment and Cleaning 12:00-1:00 Area Agency on Aging 11:45 Pork Stir Fry</p>	<p>8:00 Seated Yoga 9:30 Knit &amp; Chat 10:30 Blood Pressure Check 1:30 Paper Crafting 101 4:30 Beginning Quilting Class 11:45 Beef Stroganoff</p>	<p>9:30 Junk Journaling 10:00 Safety Meeting Lunchtime Music: Richard Shatto &amp; Dennis Schosboek 12:00 October Birthday Party 5:00 Spirited Art 6:00 Friday Fun Night 11:30 Tamale Pie</p>	<p>12/13</p>
<p>14</p>	<p>15</p>	<p>16</p>	<p>17</p>	<p>18</p>	<p>19/20</p>
<p>10:00 Beading Class 11:45 Vegetable Beef Soup</p>	<p>9:00 Machine Knitting 10:00 Walkers: Turnwater Falls 10:45 Member meeting 1:30 Square Dance Lessons 11:45 Spaghetti w/meat sauce or plain sauce V</p>	<p>Foot Care by Michelle 9:00 Joy of Painting 10:00 A Matter of Balance 11:15 Governor's Mansion 12:30 Volunteer Appreciation Party 1:30 Medical Cannabis talk 11:45 Turkey Meatballs</p>	<p>9:30 Knit &amp; Chat 10:00 United Healthcare presentation 10:30 Newsletter editing 10:30 Blood Pressure Check 4:30 Beginning Quilting Class 11:45 Beef &amp; Vegetable Enchilada Casserole</p>	<p>Lunchtime Music: John Schwennesen 7:00 pm Square Dancing 11:30 Chicken Breast w/Swiss Broccoli Slaw</p>	
<p>21</p>	<p>22</p>	<p>23</p>	<p>24</p>	<p>25</p>	<p>26/27</p>
<p>10:00 Beading Class 11:45 Taco Salad Bar</p>	<p>Foot care by Michelle 1:30 Square Dance Lessons 11:45 Spinach Lasagna V</p>	<p>10:00 A Matter of Balance 11:45 Turkey w/gravy and mashed potatoes</p>	<p>Foot Care by Michelle 9:30 Knit &amp; Chat 10:30 Blood Pressure Check 1:30 Paper Crafting 101 11:00 Medicare Class 11:00 Flu Clinic 4:30 Beginning Quilting Class 11:45 Shepherd's Pie</p>	<p>Foot care by Michelle 9:30 Artist Trading Cards Lunchtime Music: Sarah Huey 6:00 pm Bingo Karaoke: Halloween Themed 11:30 Salmon paty</p>	
<p>28</p>	<p>29</p>	<p>30</p>	<p>31</p>		
<p>10:00 Beading Class 11:45 Egg Salad V</p>	<p>9:30 Mystery Trip 1:30 Square Dance Lessons 11:45 Chicken Cacciatore</p>	<p>10:00 A Matter of Balance 11:45 BBQ Chicken</p>	<p>12 Halloween Lunch potluck 11:45 Fried Chicken</p>		

## Senior Nutrition Program October 2019

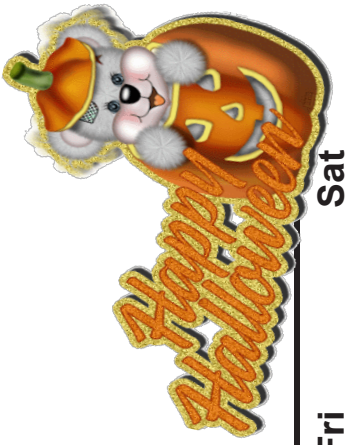
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
	1	2	3	4
	Baked Potato Bar w/Turkey Ham, Broccoli & Cheese Yogurt Parfait w/Fruit and Granola	Homemade Meatloaf & Mashed Potatoes w/ Gravy Green Salad Fresh Fruit	Honey Dijon Chicken Rice Pilaf Mixed Veggies Baked spiced apples Dinner Roll	Country Fried Steak Mashed Potatoes W/ Gravy Steamed Peas & Carrots Peaches
7	8	9	10	11
Salisbury Steak Mashed Potatoes w/Gravy Mixed Vegetables Peaches Dinner Roll	Tuna Salad on Fresh Spinach Spiced Peaches Dinner Roll	Pork Stir Fry Brown Rice Stir Fry Vegetables Pineapple Dinner Roll	Beef Stroganoff Egg Noodles Steamed Broccoli Fresh Fruit	Tamale Pie Steamed Veggies Fresh Fruit
14	15	16	17	18
Hearty Vegetable Beef Soup Grilled Cheddar Cheese Sandwich Berry Crisp	Spaghetti with Meat or Vegetarian Sauce Whole Wheat Noodles Steamed Broccoli Apple Slices	Sweet & Sour Turkey Meatballs w/Pineapple Green Peppers Brown Rice Fresh Fruit	Beef & Vegetable Enchilada Casserole Black Bean Soup Fresh Fruit	Chicken Breast W/Swiss Broccoli Slaw Homemade Oven Fries Fresh Oranges
21	22	23	24	25
Taco Salad Bar w/Beef or Chicken Tortilla chips Salsa Fresh Fruit	Spinach Lasagna Green Beans Spiced Pears Garlic Bread	Turkey w/Gravy Mashed Potatoes Green Beans Whole Cranberry Sauce Dinner Roll	Shepherd's Pie Steamed Broccoli Peaches	Salmon patty w/Dill White Sauce Rice Pilaf Peas and Carrots Mandarin Oranges
28	29	30	 <b>Halloween Party</b> Fried Chicken Mashed W/ Gravy Steamed Veggies Fruit	
Egg Salad Salad Bar Fresh Fruit Dinner Roll	Chicken Cacciatore over Noodles Italian Blend Veggies Cottage Cheese Pineapple	BBQ Chicken Potato Salad Mixed Green Salad Apple Crisp		

\*\*Menu Subject to change\*\*



# October 2019

## Nifty Thrifty



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Sales Color Yellow	Nifty Thrifty is the major fund- ing source for the MCSAA	1 Yellow Tags 50% off	2 Furniture 25% off	3 Furniture 25% off	4 Kitchen items 25% off	5 White Tags 25% off
6 Closed	7 MCSAA Members Receive 33% Off	8 Seniors & Military Receive 15% Off	9 Jewelry 25% off	10 Books 50% off	11 Books 50% off	12 Records 50% off
13 Closed	14 Regular priced Clothing 50% off	15 Seniors & Military Receive 15% Off	16 Shoes 50% off	17 Artwork 25% off	18 Purses 25% off	19 Kitchen items 25% off
20 Closed	21 Halloween 25% off	22 Seniors & Military Receive 15% Off	23 Books 50% off	24 Books 50% off	25 Children's clothes 50% off	26 Lamps 50% off
27 Closed	28 Yellow Tags 90% off	29 Halloween 50% off	30 Electronics 25% off	31 Halloween 75% off	Thank you for supporting the MCSAA	We Deliver furniture items for a small fee
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. Please call 360-427-0858 and ask about donation pick up services.

## 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 &amp; 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