

Active Living



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

Mason County Senior Activities Center

October 2022

New Month New Fiscal Year

Inflation is upon us and costs of everything all around our community and nation are going up. We looked long and hard at our budget for this new fiscal year (Oct. to Sept.) and realized that our day to day costs here have gone up as well and will continue to in the near future. It was decided that most daily activities should stay at the suggested minimum \$1 donation.

At the General Membership Meeting on Sept. 20, 2022 our membership voted unanimously to approve the budget as submitted including the two following changes effective October 1, 2022.

- *Membership dues will raise to \$50 per year.*
- *Suggested donation for lunch will raise to \$4*

We had a few unexpected expenses this last fiscal year (October to September.) Nifty Thrifty needed a new heating system, rotting trim replaced on the building and windows, as well as new paint. The Senior Center needed some upgrades to our kitchen (basic kitchen tools as well as paper products) and bus shed. The lunch program we started in October 2021 is not subsidized and we have to rely on donations to pay for food and labor costs.

We did not ask for these changes lightly. The budget was looked at for any possible cut and these changes, we felt would make the most impact to keep us here long term.

The teams both at the Center and Nifty Thrifty are working hard to bring the best experiences for everyone who comes through our doors. We can't do that without volunteers though. Can you help?

Starting October 24th, bring in your carved pumpkins! We will be having a pumpkin judging contest during that week and will be revealing the winner at our Halloween Party on October 31st at 11 am. Nifty Thrifty does have costumes. Teresa has been brewing up some spooky ideas. You never know what she is going to come up with.

Upcoming Events!!!

- Oct 13 Rutledge Corn Maze Trip
- Oct.14 Birthday Party
- Oct.14 Friday Fun Night
- Oct 18 General Members Meeting
- Oct 18 Shelton Strummers
- Oct 18 Jeff Boothe - Medicare
- Oct 20 Colonial House Trip
- Oct 28 Pike's Place Market Trip
- Oct 31 Costume Contest

Center Holiday Closures 2022

January 1	New Year's Day
January 17	MLK Day
February 21	Presidents Day
May 30	Memorial Day
June 20	Juneteenth
July 4	Independence Day
September 5	Labor Day
November 11	Veterans' Day
November 24-25	Thanksgiving
December 26	Christmas

Contents

Center Calendar.....	10-11
Community Services.....	3
Classes/ Activities Schedule.....	8-9
Friday Fun Night.....	5
Meetings.....	4
Membership Application.....	17-18
Menu.....	19
Nifty Thrifty Calendar.....	20
Sponsors.....	13-16
Trips.....	12
Walkers.....	5

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:

Senior Center Director: Penny Wilson

Activities Coordinator: Teresa Sanders

Bookkeeper/Volunteer Coordinator: Alex Banks

Kitchen Manager: Debra del Bosque

Kitchen Volunteers:

Judy Siegel Denise Murchison

Receptionists:

Patt Matsen Denise Avery-Baeten
Wendy Price Carla Tranum

Center Hosts:

Doris Fredin Shirley Schober

Gift Shop: Open

Sunshine: Open

Van Drivers: Glenn Harper, Bill Price Gary Miner,
Irene Garavito, Mike Mosberger, Mat Taylor,
Ava Taylor, Kyle Banks

Newsletter and Layout: Penny Wilson

Editorial Committee:

Julie Whaley, Gale Glenn, Avis Ross,
Patt Matsen, Steve Mutoli, Gary Miner,
Dave Pierik, Linda Frizzell

Photography: Gale Glenn and staff

Mailing Team: Gil Palmer, Bill Bezanson,
Mike Mosberger, Dorothy Calleja

Distribution: Reiko Mauer, Steve Mutoli,
Doris Fredin

The Senior Center is always looking for volunteers.
If you are interested, please see Alex Banks, our
Volunteer Coordinator.

Greatest needs right now:

Volunteer Dishwashers, Receptionist, Hostess

Mission Statement

Create and nurture opportunities for senior residents of rural Mason County to maintain optimal physical, emotional and spiritual health by helping them to maintain connections with necessary clinical, nutritional and social-emotional support services as well as to each other.

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 2022/2023 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 Hours Vary
Please call to see if we are accepting donations that
day. Each day varies. We fill up fast!

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	Irene Moffatt	Vivian Bentkowski
Axel Van Wormer	Jan Kallinen	Marilyn Olson
Betty Thompson	Jane Donahue	Rich Sawyers
Carole Pelela	Maxine Neese	Cheral Cowsert
Cynthia Middleton	Rachel Sedlaek	Wayne Souza
Doug Kreklow	Reda Keller	Denise Miner
Gary Yuan	Ruth Coots	

Additional volunteers are always needed.
Call Michelle at 360-427-0858 to volunteer.
This institution is an equal opportunity employer.

2022/2023 Membership Bonuses

Nifty Thrifty Discount

In store, receive 20% off regular priced items of \$5 or more with some exceptions. Your 2022/2023 membership paper card must be shown before the cashier starts to ring up your order.

Members receive a discount on Pavilion rentals. For more details please see a staff member or contact pavilion@mcsac.net.

Services for All Seniors at Mason County Senior Activities Association

Current MCSAA Membership is NOT required for the following Services.

Senior Center Cafe

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

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

You are required to show your vaccination card if you are not a member of MCSAA. If you are a member of the MCSAA, you are required to have your vaccination card on file.

Haircuts by Tammy

We are scheduling appointments for the 2nd and 4th Wednesday of the month. Walk-ins welcome. Cost is \$13. Please arrive with clean hair.

Parkinson's Support Group --

The 2nd Wednesday of every month the local Mason County Parkinson's support group will meet here at the Senior Center at 1 pm. The next meeting is Oct. 12

Zumba Gold with Sarah Martin

Tuesday and Thursdays 5:30-6:30 pm. \$5 per class. Punch card option available.

Financial Fitness with Darrell McVea

Financial educator from Peninsula Credit Union. 1st and 3rd Monday of the month after lunch in the dining room.

Free Medical Supplies Lending Library

Borrow walkers, toilet seat boosters, wheel chairs, etc. from our lending library. Supplies fluctuate. Please call us at 360-426-7374.

Legal Aid Clinic

Contact Thurston County Legal Aid Clinic and get scheduled for a legal aid appointment. 360-705-8194 or 1-844-211-6916

Abundance Table — We are 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 two items please.

New to Medicare

In person at the Senior Center in Shelton

Thurs., Oct 18 from 11 am to 12:15 pm

Free Zoom Presentations. Choose *one* of these available appointment times:

"Welcome to Medicare"

Wed., Oct. 5 from 10 am to noon

Tues., Oct. 18 from 1 pm to 3 pm

Thurs., Oct. 20 from 10 am to Noon

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.

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 60 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 **Berenice (Bea) at Thurston County Food Bank** for information: **360-352-8597 x212.**

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

Matter of Balance program starting soon. Keep an eye on the bulletin board for details.

Meetings

MCSAA Board Meeting

Tuesday, Oct. 11th 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, they should make the request in writing and give the request directly to MCSAA Board President Gary Miner or Senior Center Director Penny Wilson, 24 hours in advance so the item can be added to the agenda. Please include your name, member number and phone number so the board can contact you if there are any questions. Meetings are open to the membership.

MCSAA 2022 Board

President Gary Miner
Vice President Bill Bezanson
Treasurer Marilyn Olson
Secretary Lori Shipman
Leona Osterman
Synnove Pettersen
Patti Vernie
Sam Selby

MCSAA General Membership Meeting Tuesday Oct. 18th at 9:15 am

The General Membership meeting for MCSAA is on the third Tuesday of each month at 9:15 am. All members in good standing and current paid membership are invited to the general meeting. As always it is incredibly important to attend.

If items need to be voted on, this is when that happens.

Front Entrance Bulletin Board

Remember if you want something posted on our front entrance bulletin board, you **MUST** give it to the receptionist or Penny.

Center and Nifty Thrifty Wish List

We would greatly appreciate donations of:

Senior Center needs:

Disposable Coffee Cups, paper preferred
Decaf Coffee
Napkins
6 inch paper plates



Nifty Thrifty needs:

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

Above is the QR code for our Amazon wish list. If you don't know how to use a QR code., the staff at the center can help..

Thank you very much for your donations!

MCSAA at Shelton Cinemas Members Only

Fridays, usually at 1:30 pm, but times may vary. Call the Center.

Enjoy an afternoon of fun seeing first run movies. Current MCSAA membership is required. Prices: \$3.50 per person with advance payment before 11:00 am on Friday at the reception desk and \$4.00 at the cinema. Doors open at 1:15 pm. Please follow the rules of the cinemas.

Tuesday Movie at the Senior Center

The Senior Center presents a film nearly every Tuesday afternoon, at **1pm**. Please see the bulletin board for the flyer.

Inclement Weather and Closures

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 and 103.3 FM or Seattle TV stations for details you may also receive a robocall from the center or text from 1-855-376-6215.

September Birthday Celebrants



Members, please come celebrate your birthday at the Senior Center on the second Friday of your birth month.

At 11:30 am before the party, current members with a birthday during the month of October are welcome to a complementary lunch. Bring your current membership card and photo ID. (\$3 suggested donation for everyone else.)

At noon we celebrate you. Enjoy a delicious birthday cake or cupcakes and ice cream.

October has 63 member birthdays.



Friday Fun Night Halloween Theme

Friday Oct. 14th from 6-9 pm at the Pavilion. Dance or listen to music provided by our own team (requests happily taken!) Socialize, eat, drink and be merry! Don't want to dance? Come play cards!

Word is out that Friday Fun Night is the place to be for couples dancing, line dancing and an all around good time. Bring your friends, members or not!

Limited bar (wine, beer and soda) and food (pizza) available. 21+

Donations at the door are greatly appreciated. All proceeds benefit the Senior Center. We can't wait to see you at our next Friday Fun Night.

We'd love to see more volunteers especially in the kitchen. Please leave your name with the receptionist if you are interested.

Learn About Medicare Plans Available in Mason County

Jeff Boothe, a long term corporate sponsor, will be here twice to help navigate Medicare options for 2023

Tuesday Oct. 18th at 1 pm

Wednesday Nov. 9th at 10 am

This is open to the public.

Senior Walkers October Schedule

We meet at 9:50 am and leave promptly at **10 am**. Walks are always on Tuesdays. *Please see bulletin board for complete details.*

\$1 suggested Donation

Oct. 4 - Kennedy Creek - Dogs ok, possible salmon viewing

Oct. 11 - Tumwater Falls and Lunch out, Dogs ok. Last official hike of the season and celebratory lunch

Hikes will resume in April 2023



Our Community Clean Up Crew deserves a round of applause for what they do for our community. They do this quarterly in downtown Shelton. Next clean up day will be in December 14. We hope that more members will step up to clean up!

New Program Starting Soon

Rock Steady Boxing is a one-of-a-kind, Indianapolis-based nonprofit gym founded in 2006 to provide a uniquely effective form of physical exercise to people who are living with Parkinson's. Though it may seem surprising, this non-contact, boxing-inspired fitness routine is proving to dramatically improve the ability of people with Parkinson's to live independent lives. Rock Steady Boxing and the information on this website is not intended or implied to be a substitute for medical advice, diagnosis or treatment of Parkinson's Disease. More information can be found at <https://rocksteadyboxing.org/>



More details to follow soon. We do know that when we start classes they will be on Mondays. JR our instructor is a former boxer and now a physical therapist at Mason General.

A Note About Nifty Thrifty and ARC

As many members know, Nifty Thrifty saves the clothes that aren't sellable and sends them to ARC, a clothing recycling company. Nifty Thrifty is paid by the pound for those items. So, when members bring their ARC labeled bags to Nifty Thrifty, they put them in their store room. Before long their store room is filled completely. Nifty Thrifty loves when members bring their labeled ARC bags, but they do not have the space to take ARC donations from other local organizations. If this keeps happening, Nifty Thrifty may have to put a limit on how many ARC bags they can accept as space is very limited. We hope our members can be understanding of our dilemma.

Friday Fun Night



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>Guided Sewing Circle, 1st Thursday of the month; Open Sew, the rest of the month</p> <p>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. If you need very specific help please don't hesitate to call and ask. We have very talented members.</p>	Thursday	9:00AM-12PM	\$1 donation
<p>EZ Crafters</p> <p>The crafters work on a variety of projects, many of which end up for sale in our annual bazaar. The crafters also do all of our table decorations. The laughter from their room can be infectious.</p>	Thursday	9AM-12PM	\$1 donation
<p>Art Workshop</p> <p>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. The artists are a wealth of knowledge in technique and skill from beginner to advanced.</p>	Monday	12:30PM-3:30PM	\$1 donation
<p>Knit and Chat</p> <p>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</p> <p>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, if you are new please let us know by the Wednesday before so we have enough machines.</p>	Thursday	12PM-3PM	\$1 donation
<p>MCSAC Chorus</p> <p>Come join our Chorus. Led by John Schwennesen, you will learn a variety of songs, old and new, in our relaxed setting.</p>	Friday	12:30PM-1:25PM	\$1 donation
<p>Nifty Thrifty Book Club</p> <p>Bring a book you finished and let's discuss it. Haven't read anything lately? Still come and get recommendations. Our vision for this club is more about the enjoyment of reading, not required reading. We will meet in the carpeted room at the Senior Center.</p>	Last Thursday of the month	1PM-3PM	\$1 donation
<p>Community Clean Up Crew</p> <p>Our crew meets quarterly to pick up trash in Shelton. These volunteers do a great job for our community. December 14, March 8 and June 14, September 13.</p>	2nd Wednesday of the month	1 pm	


Classes and Activities for Current Members

FITNESS FOR MEMBERS			
DESCRIPTION	DAY	TIME	COST
Tai Chi: At the Center	Monday Tuesday Wednesday Friday Friday	8:15-9:00 AM 11:00-11:45 AM 8:15-9:00 AM 8:15 -9:00 AM 10:45-11:30 AM	\$1 donation
Tai Chi: Zoom	Wednesday Thursday	W 8:15-9:00 AM TH 10-10:45 AM	\$1 donation
Tai Chi Slow Set: At the Center	Friday	1:30 PM - 2:30 PM	\$2 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	10:00 AM	\$1 donation

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

2022 Octob

Every Monday	Every Tuesday	Every Wednesday
8:15 Cribbage 8:15 Gentle Tai Chi 9:00 Line Dance 10:00 Mexican Train 12:00 Lunch 12:30 Pinochle--Intermediate 12:30 Artists Workshop	8:15 Cribbage 8:30 Zoom Yoga 8:30 Yoga* *8:15 3rd Tuesday Yoga 10:00 Line Dance--Advanced 10:00 Senior Walkers 11:00 Tai Chi 12:00 Lunch 12:30 Bridge 1:00 Movie at the Senior Center 5:30 Zumba with Sarah	8:15 Cribbage 8:15 Gentle Tai Chi 8:15 Zoom Tai Chi 9:00 Line Dance 10:00 Mexican Train 12:00 Lunch 12:30 Pinochle--Intermediate 1:00 Hand & Foot

Monday	Tuesday	Wednesday
3	4	5
Swedish Meatballs	10:00 Senior Walkers: Kennedy Creek Taco Casserole	Chili and Cornbread
10	11	12
Baked Chicken	9:30 Board Meeting 10:00 Senior Walkers: Tumwater Falls and Lunch Out Soup and Salad	1:00 Parkinson's Support Group Haircuts Teriyaki Chicken
17	18	19
Tamale Pie	9:15 General Meeting 11:00 Shelton Strummers 1:00 Jeff Boothe - Medicare Tuna Casserole	Salisbury Steak
24	25	26
Chicken Broccoli Alfredo	8:00 Newsletter Folding Pulled Pork Sandwich	Haircuts Meatloaf
31		
11:00 Halloween Party and Costume contest Lemon Pepper Fish		 <p>SIERRA PACIFIC WINDOWS MADE POSSIBLE BY SIERRA PACIFIC FOUNDATION</p>

er 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--Advanced 10:00 Zoom Tai Chi 10:00 Knit and Chat 12:00 Lunch 12:30 Bridge 1:00 Machine Knitting 1:00 Mahjong 1:00 Thursday Bingo 5:30 Zumba with Sarah	8:15 Cribbage 8:15 Gentle Tai Chi 9:00 Line Dance 10:00 Mexican Train 10:00 Scrabble 10:45 Tai Chi 11:30 Lunch 12:00 Pinochle--Beginning 12:30 Chorus 1:30 Tai Chi Slow Set 1:30 Friday Senior Movie	<p style="text-align: center;"><i>Any major changes to our schedule will be posted on Facebook.</i></p>
Thursday	Friday	Saturday/Sunday
		1/2
6	7	8/9
Shepherd's Pie	Spaghetti w/ Meatballs	
13	14	15/16
9:00 Guided Sewing Circle Rutledge Corn Maze	10:30 Newsletter Editing Noon October Birthday Party 6:00 Friday Fun Night - Halloween themed	
Chicken Pot Pie	Beef Stew	
20	21	22/23
Colonial House Trip 11:00 SHIBA		
Biscuits and Gravy	Kitchen Choice	
27	28	29/30
1:00 Nifty Thrifty Book Club	Pike's Place Market Trip	
Turkey Dinner	Pork Roast	
We wish to thank Sierra Pacific for their donation to our senior nutrition program.		

Center Van Trips

POLICY: Non-Members may go on most Center Van Trips provided they travel with a friend or family relation who is a current MCSAC member and pay the non-member price. Up to 2 guests per member. Advance payment is required to reserve your place. Costs are per person and include round trip van transportation, admissions, or ticket unless otherwise noted. Most require a minimum of eight people or it may be canceled. (Meals are not included unless listed.) Please note: Within two weeks of travel, there is a minimum \$5 fee for canceling or changing van trip dates. Within 3 business days, costs for van or casino trips are non-refundable and non-transferable. Exceptions may be possible due to illness. *All trips are scent free for consideration of participant allergies.* A few small purchases held on your lap are allowed on trip. Contact our Director Penny with questions or consideration due to illness. **Make your reservations early as all trips have minimum participant numbers to operate and are subject to cancellation if minimums aren't met. Masks and/or proof of vaccination may be required at some locations.** We do accept credit cards at trip sign up. **Drivers and participants will be required to take a COVID test before all trips.**

October Trips



Oct. 13th Rutledge Corn Maze
Leave MCSAC at 9:00 am
Cost for Members \$28/Non-members \$33
Includes Transportation and entrance



Oct. 20th Colonial House Tour
Leave MCSAC at 10:30 am
Cost for Members \$7/Non-member \$12
Includes transportation and entrance
Bring money for lunch at CJ's Corner
Colonial house is not handicap accessible.
There are only stairs. They are sorry for the inconvenience. Limit 10 people.

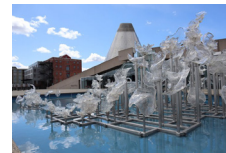


Oct. 28th Pike's Place Market
Leave MCSAC at 9:00 am
Cost for Members \$20/Non-members \$25
Lunch on your own and return ferry fare

November Trips



Nov. 4th Lemay Car Museum
Leave MCSAC at 9 am
Cost for members \$45/Non-members \$50
Includes transportation and entrance.
Bring lunch money.



Nov. 9th Glass Museum in Tacoma
Leave MCSAC at 9 am
Cost for Members \$40/Non-members \$45
Includes transportation and entrance.
Bring lunch money
Glass museum Tea & Tour program offers a guided gallery tour, tea and cookies and a craft in our education studio and finishes up in the hot shop with live glassblowing viewing.



Nov 18th Holiday Gift and Food Fair at the Kitsap County Fairgrounds
Leave MCSAC at 9 am
Cost for Member \$25/Non-members \$30
Bring money for shopping and lunch.

**Proud Sponsor of our 2022
Tuesday In-House Movie**

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Code of Conduct Reminder

The purpose of the Code of Conduct is to promote an atmosphere of harmony and 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 and 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."

Annie's
QUILT SHOPPE
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Annie Gajadhar
 Janice Easton
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Susan Ickes
 Notary Public

email: CrownSignandSeal@gmail.com
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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 at special events.

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.

Darrell McVea
 Community Financial Educator
 360.426.1601 x3184
dmcvea@pcfcu.org

Our corporate sponsors are also featured on the Corporate Sponsor page on our website. <https://www.mcsac.net/corporate-sponsors.html>

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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

Fish Fry *Public Welcome*
Fri. Oct. 21st 4pm-Sold Out
Cost \$13
Fish & Fries, Coleslaw & Drink



At **Union City Lodge #27** F.&A.M.
Across from Lucky Dog Casino
Call Wayne or Pete
360-589-8040 360-229-3164
unioncity27@gmail.com

Edward Jones



Karen Schade
Financial Advisor
1051 SE State Route 3
Suite E
Shelton, WA 98584
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karen.schade@edwardjones.com
California Insurance License OC24309

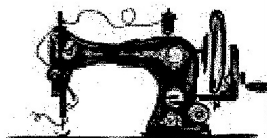
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Jeff Boothe

360-490-5771

jboothe511@yahoo.com

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Shelton, WA

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MKT-5894M-A

Guest Reminder

Guests must 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.

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



2022/2023/2024 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 \$50 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

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

**October 2022
Mason County Senior Activities Center Lunch Menu**

<p align="center">3 Swedish Meatballs Mashed Potatoes Gravy Mixed Veggies Fruit</p>	<p align="center">4 Taco Casserole Mixed Veggies Fruit</p>	<p align="center">5 Chili and Cornbread Green Salad Fruit</p>	<p align="center">6 Shepherd's Pie Mixed Veggies Fruit</p>	<p align="center">7 Spaghetti w/Meatballs Green Beans Fruit</p>
<p align="center">10 Baked Chicken Mashed Potatoes Gravy Mixed Veggies Fruit</p>	<p align="center">11 Soup and Salad</p>	<p align="center">12 Teriyaki Chicken Steamed Rice Mixed Veggies Fruit</p>	<p align="center">13 Chicken Pot Pie Green Salad Fruit</p>	<p align="center">14 Beef Stew Corn Bread Fruit</p>
<p align="center">17 Tamale Pie Green Salad Fruit</p>	<p align="center">18 Tuna Casserole Mixed Veggies Fruit</p>	<p align="center">19 Salisbury Steak Mashed Potatoes Gravy Mixed Veggies Fruit</p>	<p align="center">20 Biscuits and Sausage Gravy Mixed Veggies Fruit</p>	<p align="center">21 Kitchen Choice</p>
<p align="center">24 Chicken Broccoli Alfredo Green Salad Fruit</p>	<p align="center">25 Pulled Pork Sandwich Green Salad Chips</p>	<p align="center">26 Meatloaf Mashed Potatoes Gravy Mixed Veggies Fruit</p>	<p align="center">27 Turkey Dinner</p>	<p align="center">28 Pork Roast Mashed Potatoes Gravy Mixed Veggies Fruit</p>
<p align="center">31 Baked Fish Scalloped Potatoes Mixed Veggies Fruit</p>	<p align="center">Due to rising food costs, we are now asking for a \$4 donation for lunch. Our lunch program is independent and not subsidized with government funding.</p>			



October 2022



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Sales Color Yellow	Nifty Thrifty is the major funding source for the MCSAA!	Thank you for all the support	Nifty Thrifty 360-427-0858	Flannels and Hunting Gear is out, come see what we have!	Fall is here! Leaves are falling	1 Yellow tags 50% off
2 Closed	3 Lamps 25 % off	4 Seniors & Military Receive 15% Off	5 Artwork 25% off	6 Purses 25% off	7 Furniture 25% off	8 Regular Clothing 25 % off
9 Closed	10 DVD /VHS 50% off	11 Seniors & Military Receive 15% Off	12 Kitchen items 25% off	13 Electronics 25% off	14 MCSAA members receive 33% off	15 White Tag 25% off
16 Closed	17 Yellow Tags 75% off	18 Senior & Military Receive 15% off	19 Halloween items 25% off	20 Regular Clothing 25% off	21 Kitchen 25% off	22 Crafts 25% off
23 Closed	24 Yellow Tags 90% off	25 Senior & Military Receive 15% off	26 White tags 25% off	27 Halloween items 50% off	28 Jewelry 25% off	29 Shoes 25% off
30 Closed	31 Knick knacks 25% off	Make new friends, volunteer!	We are always looking for jewelry.	Recycle!!! Reuse !!! Repurpose!	Donation hours vary from day to day please call !	Store Hours M-S 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.