

Active Living



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

Mason County Senior Activities Association

501(c)3 Non-profit

September 2023

Association News:

Reminder: Please slow down in front of the Ford dealership. Speed limit there is 10 miles per hour.

We encourage all members to attend the September General Meeting. We will be voting on the 2023/2024 Association Budget.

Senior Center News:

Save the date for our Fall Style Show on October 21st. Advance tickets are available. More details are on page 7.

We will be having our first trip presentation on September 5th at 2 pm to discuss our two upcoming big trips.

We need to give a reminder about scents. Please do not wear scents while at the Senior Center. Many people are very sensitive to them and we want this to be a place for everyone.

Our Community Clean Up Crew will be picking up trash in Shelton on September 13th. Volunteers are welcome. We meet before 1 pm and then head off to clean up.

Nifty Thrifty News:

SEMI-ANNUAL 50% OFF SALE SEPT. 8th AND 9th. There will be no additional discounts given.

We have our new jewelry display set up. This is a replacement for our other display that was having constant mechanical failure. It makes our jewelry just dazzle.

Nifty Thrifty is starting to run out of plastic bags so if you have any hiding in a cupboard please think of us. We really do not want to have to start buying and charging for plastic bags as per the state mandate.

Upcoming Events!!!

- Sept. 1 Puyallup Fair Trip
- Sept. 4 Closed
- Sept. 5 Trip Presentation
- Sept. 8 Friday Fun Night
- Sept. 12 Board Meeting
- Sept. 13 Seattle Under and Over Trip
- Sept. 13 Community Clean Up Crew
- Sept. 14 Birthday Party
- Sept. 19 General Meeting
- Sept. 22 Yashiro Garden Trip
- Sept. 29 Westport Winery and Mermaid Museum Trip

Center Holiday Closures 2023

January 2	New Year's Day
January 16	MLK Day
February 20	President's Day
May 29	Memorial Day
June 19	Juneteenth
July 4	Independence Day
September 4	Labor Day
November 10	Veterans' Day
November 23-24	Thanksgiving
December 25	Christmas

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Mason County Senior Activities Association

Annual membership dues are \$50

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 and Volunteer Coordinator:: Teresa Sanders

Bookkeeper/Event Supervisor: Charm Taylor

Kitchen Manager: Debra del Bosque

Kitchen Volunteers:

Judy Siegel Denise Murchison

Receptionists:

Denise Avery-Baeten Wendy Price

Carla Trantum Stacey Dickinson

Center Hosts:

Doris Fredin Shirley Schober

Gift Shop: Open

Sunshine: Open

Van Drivers: Glenn Harper, Bill Price, Gary Miner,

Mike Mosberger, Mat Taylor, Gil Palmer

Ava Taylor, Wayne Souza

Newsletter and Layout: Penny Wilson

Editorial Committee:

Gale Glenn, Steve Mutoli, Dave Pierik

Photography: Gale Glenn and staff

Mailing Team: Gil Palmer, Bill Bezanson,

Mike Mosberger, Dorothy Harper

Distribution: Reiko Mauer, Steve Mutoli,

Doris Fredin

The Senior Center is always looking for volunteers.

If you are interested, please see Teresa Sanders, our
Volunteer Coordinator.

Greatest needs right now:

*Volunteer Drivers, and Hostesses, Back Up
Receptionist, Newsletter Editors*

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 2023/2024 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

Axel Van Wormer

Betty Thompson

Cynthia Middleton

Doug Kreklow

Gary Yuan

Irene Moffatt

Jan Kallinen

Maxine Neese

Rachel Sedlaek

Reda Keller

Ruth Coots

Vivian Bentkowski

Marilyn Olson

Rich Sawyers

Cheral Cowsert

Wayne Souza

Denise Miner

John Skans

Rita Snow

Jess Snow

Additional volunteers are always needed.

Call Michelle at 360-427-0858 to volunteer.

This institution is an equal opportunity employer.

2023 Membership Bonuses

Nifty Thrifty Discount

In store, receive 20% off regular priced items of \$5 or more with some exceptions. Your 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.

Meetings

MCSAA Board Meeting

Tuesday, September 12th at 9:30 am

The MCSAA Board meets the second Tuesday of each month at 9:30 am. If a member desires to bring something before the board, they should make the request in writing (mail or email) and give the request directly to MCSAA Board President Clay Long 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 2023 Board

Clay Long, President

Bill Bezanson, Vice President

Synnove Pettersen, Treasurer

Lori Shipman, Secretary

Leona Osterman

Marilyn Olson

Patti Vernie

Irene Garavito

**MCSAA General Membership Meeting
Tuesday September 19th at 9:30 am**

Voting: Approval of next fiscal year budget

The General Membership meeting for MCSAA is on the third Tuesday of each month at **9:30 am**. All members in good standing and current paid membership are invited to the general meeting. As always it is incredibly important to attend.

Front Entrance Bulletin Board

Remember if you want something posted on our front entrance bulletin board, you **MUST** give it to the Teresa 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

New 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 start at 1:00 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 12:45 pm. Please follow the rules of the cinemas.

Tuesday Movie at the Senior Center

The Senior Center presents a film very 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 robo-call from the center or text from 1-855-376-6215.

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 \$4 per meal for seniors 50 and older.

Lunches are \$8 per meal for persons under 50.

Meals are open to the public but rules of the building will be strictly enforced. Donations and grants are our only funding sources for this program.

Prepaid Lunch Tickets

Did you know that the front office has prepaid lunch donation tickets? Our tickets are business card sized and are convenient for those who don't like to carry cash. The tickets are \$4 each. Instead of donating before lunch, you just use the card.

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 September 13th.

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., September 21st from 11 am to 12:15 pm

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

“Welcome to Medicare”

Wed., Sept 6th from 10 am to noon

Tues., Sept 12th from 1 pm to 3 pm

Thurs., Sept. 21st 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

Financial Fitness with Darrell McVea

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

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

Haircuts by Tammy

We are scheduling appointments for the 2nd and 4th Wednesday of the month. Walk-ins welcome but if there are no appointments scheduled after lunch Tammy leaves. Cost is \$13. Please arrive with clean hair.

Services for All Seniors Continued

Massage by Jessica Sullivan

Appointments can be made with her at 813-956-4138. Her rate is \$1 per minute with a 30 minute minimum. Jessica is board certified in Therapeutic Massage and Body work. Please see the bulletin board for more information.

Loud Crowd

The LOUD Crowd provides accountability and education through group sessions where “SPEAK OUT!” exercises are performed. Participants practice speaking with intent. As an added bonus, this maintenance program promotes camaraderie and provides support and encouragement. This group meets the 1st and 3rd Tuesday of the month in the meeting room at 12:30 pm.

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.

Zumba Gold with Sarah Martin

Tuesday and Thursdays 5:30-6:30 pm. \$5 per class. Punch card option available. Sarah makes this class enjoyable for all skill levels. Always wanted to try, but were afraid? Don't be! This class welcomes all!

LMT-Area Agency on Aging

On the 4th Wed of the month at 11:00am to 12:30pm, Brandon will be available to answer questions and provide assistance, referrals, and guidance to services available to seniors in Mason county.

Low Vision Support Group -NEW-

This group will meet to share problems, solutions, and ideas on how to navigate their vision loss. This group will meet on the 4th Tuesday of every month at 1pm. The next meeting is on Sept. 26th.

August Birthday Celebrants

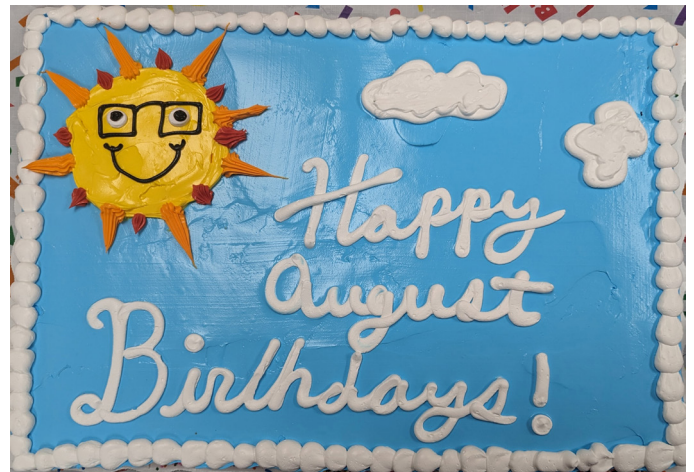


Members, please come celebrate your birthday at the Senior Center on THURSDAY 14th at 12:30PM

At noon before the party, current members with a birthday during the month of July are welcome to a complementary lunch. Bring your current membership card and photo ID. (\$4 suggested donation for everyone else.)

After lunch we celebrate you. Enjoy a delicious birthday cake and ice cream very generously donated by Walmart.

September has 59 member birthdays.



Birthday Celebration on the 2nd Thursday of the month at 12:30 after lunch.

**Mason County Senior Activities
Association "FUN"draiser
Open to the public 21+**

Friday Fun Night

Friday Sept. 8th 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! We even have a Dungeons and Dragons group that meets here.

Friday Fun Night is definitely 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.

Senior Center Volunteer of the Month

When you come into the Senior Center and are volunteering please check in at the kiosk. Not only will we be able to see who has checked in but it will allow us to run a raffle to randomly choose our volunteer of the month. Every hour we receive from our volunteers is precious. We plan to announce the winner at our general meeting every month.

Our September volunteer of the month is:
Wendy Price, our Thursday receptionist

Nifty Thrifty's volunteer of the month for September is:

Jan Kallinen, a long time Nifty Thrifty volunteer

Senior Walkers Sept. Schedule

We meet at 9:50am and leave promptly at **10 am**. Walks are always on

Tuesdays. *Please see bulletin board for complete details.*

\$1 suggested Donation

- Sept. 05 - Millersylvania State Park** - So. of Tumwater, **Discover Pass, dogs ok, bring a sack lunch, easy flat -several loops) bring water shoes?
- Sept. 12 - Darlin Creek Reserve** - Near Capital State Forest, dogs ok , (2 miles roundtrip, 2 loops- one has elevation)
- Sept. 19 - Oxbow on the Skokomish River**, no pass needed. dogs ok, bring a sack lunch, no toilet at trailhead (3 plus miles round trip with gradual long elevation)
- Sept. 26 - Point Defiance Park – Tacoma**, Old hike revisited, elevation, dogs okay, bring a sack lunch bring extra money for tolls

SENIOR DRIVERS ED?????

Why would I want to take drivers ed? The simple answer is that you may be able to get a discount on your car insurance for the next two years.

Gerald Apple, A former SHS teacher, from WTSEA (Washington Traffic Safety Education Association) will be here on September 20 to teach the class.

Cost of the class is \$20 and will include lunch. Class starts at 9:30 am and runs until 4 pm

This class is open to the public.

MCSAC Community Cleanup Crew

Gale still has room for more volunteers to help clean up areas around Shelton. The city will provide a few grabbers, garbage bags and safety vests. Our next cleanup day will be Wed. Sep 13th at 1:00 pm. We will meet at the Senior Center and go from there.

Bring: sturdy work gloves, grabbers, a 5 gallon bucket, safety vest, bottled water and please wear sturdy shoes.



The Shelton Centennial Lions Club

Starting Monday September 18th, the Lions club will meet here at the Senior Center. Lunch will be from noon to 12:30pm and then the meeting at 12:30pm. Cost to attend the meeting is \$5 which includes lunch.

Holiday Bazaar

at the Pavilion Events Center

November 4, 2023

10:00 am to 3:00 pm

Unique Gifts & Homemade Goodies

Proceeds support Mason County Senior Activities Center

Over 50 Vendors PLUS Homemade Baked Goods from the Senior Center Members

- * Seasonal Decorations
- * Handmade Quilts & Knitting
- * Holiday Baskets & Jewelry
- * Hand Tooled Leather Items
- * Wooden Décor & Toys
- * Silver & Turquoise Jewelry
- * Pottery & so much more!



* Lunch available for purchase between 11am-2pm

* Coffee, other beverages available for purchase all day

Mason County Senior Activities Center, 190 W. Sentry Drive,

Shelton behind Bruce Titus Ford

360-426-7374 Info@mcsac.net

Fall STYLE SHOW

**GET READY TO BE DAZZLED BY A
UNIQUE STYLE SHOW WITH FASHIONS
FROM NIFTY THRIFTY!
LIGHT LUNCH WILL BE SERVED**

OCTOBER 21 2023

11:00 AM, MUST BE 21 TO ATTEND

AT THE PAVILION, 190 W SENTRY DR., SHELTON

ADVANCE TICKETS: \$20

AT THE DOOR: \$25

Tickets available at Nifty Thrifty and The Mason
County Senior Activities Center
All proceeds benefit the Senior Center

Join Us For A Death Cafe

Fri. Sept. 8th at 1:30pm in the dining area

At a Death Cafe people, often strangers, gather to eat cake, drink tea and discuss death.

This a group directed discussion of death with no agenda, objectives or themes. It is a discussion group rather than grief counseling or funeral planning, although these topics are fair game.

Topics might include your thoughts, feelings and experiences relating to: life after death, past lives, near death experiences, reincarnation, ghostly apparitions, loss, memorial rites/customs, methods of dealing with mortal remains, etc, etc...

Death Cafes are offered internationally:

- On a not for profit basis
- In an accessible, respectful and confidential space
- With no intention of leading people to any conclusion, product or course of action
- Alongside refreshing coffee, tea – and cake!

www.deathcafe.com for more information

Classes and Activities for Current Members

All classes subject to change. Please confirm with the receptionists

CLASSES FOR MEMBERS

CLASS NAME	DAY	TIME	COST
Quilting/Sewing Class There small projects to be made for sale in our gift shop and bazaars as well as general quilting.	Thursday	9:00AM-12PM	\$1 donation
EZ Crafters The crafters work on a variety of projects, many of which end up for sale in our annual bazaar or table decorations.	Thursday	9AM-12PM	\$1 donation
Art Workshop Need a place to paint? This workshop offers you a great spot to paint with friends In the MCSAC dining room. Bring your own supplies and work on your project.	Monday	12:30PM-3:30PM	\$1 donation
Crafting with Teresa Every month Teresa will have a craft for you to create something great. All supplies will be provided.	1st Wed. of the month	10AM-12:00 PM	\$5 donation
Knit and Chat Come sit around the table; knit, chat and share all the projects.	Thursday	10AM-12PM	\$1 donation
Machine Knitting Class Have you ever done machine knitting? Or wanted to try? In the MCSAC Sewing Room.	Thursday	12PM-3PM	\$1 donation
MCSAC Chorus Come join our Chorus. Led by John Schwennesen	Friday	12:30PM-1:25PM	\$1 donation
Family Story Writing Has your family been bugging you for stories. Start putting them down on paper.	2nd and 4th Thursday	10:30AM-Noon	\$1 donation
Intermediate Pastels With Annie Learn pastels with our very own Annie Jones. This class will go beyond what was learned in beginning Pastels. This class is for 2 weeks and include all supplies.	Returning this fall		
Community Clean Up Crew Our crew meets quarterly to pick up trash in Shelton. These volunteers do a great job for our community. March 8 and June 14, September 13, December 13	Wednesday September 13	1 PM	
Machine Embroidery We were luckily donated an embroidery machine. To use our machine you will need training. Please make an appointment with Penny to learn how to use our machine. <i>Usage Fees will go into a maintenance fund to have our machines professionally serviced regularly.</i>	Monday or Friday by appt. only for training		\$20 for 1 on 1 training; then \$2.00 per day for use.

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: Intermediate	Friday	1:30 PM - 2:30 PM	\$2 donation
Tai Chi Slow Set: Beginners (\$5 sign up fee). Limited to 6 students	Thurs	1:30 PM - 2:30 PM	\$2 donation
Line Dance:	Monday Wednesday Friday	9-10:30 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 No Contact Boxing informal class	Monday Wednesday	10:30AM -12PM	\$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	Wednesday	1 PM	\$1 donation
Mahjong	Wednesday	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

2023 September

Every Monday	Every Tuesday	Every Wednesday
<p>8:15 Cribbage 8:15 Gentle Tai Chi 9:00 Line Dance 10:00 Mexican Train 10:30 Boxing 10:30 Line Dance 101 Beginners 12:00 Lunch 12:30 Pinochle--Intermediate 12:30 Artists Workshop</p>	<p>8:15 Cribbage 8:30 Zoom Yoga 8:30 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</p>	<p>8:15 Cribbage 8:15 Gentle Tai Chi 8:15 Zoom Tai Chi 9:00 Line Dance 10:00 Crafting with Teresa (1st Wednesday of the month) 10:00 Mexican Train 10:30 Boxing 12:00 Lunch 12:30 Pinochle--Intermediate 1:00 Hand & Foot</p>
Monday	Tuesday	Wednesday
4	5	6
<p>Closed for Labor Day</p>	<p>10:00 Walkers: Millersylvania State Park 12:30 Loud Crowd 2:00 Trips Presentation for Canada and Ireland Salisbury Steak</p>	<p>Soup and Salad</p>
11	12	13
<p>Biscuits and Gravy</p>	<p>9:30 Board Meeting 10:00 Walkers: Darlin Creek Reserve Vegetable Lasagna</p>	<p>Haircuts 1:00 Parkinson's Support Group Seattle Underground and Skyview Observatory Trip 1:00 Community Clean Up Crew Baked Chicken</p>
18	19	20
<p>12:00 Lions Club Meeting Tuna Casserole</p>	<p>9:30 General Meeting 10:00 Walkers: Oxbow on Skokomish River 12:30 Loud Crowd Chicken Pot Pie</p>	<p>Baked Fish</p>
25	26	27
<p>Chicken Divan</p>	<p>10:00 Walkers: Point Defiance Park 1:00 Low Vision Support Group Newsletter Folding Chili and Cornbread</p>	<p>Haircuts BBQ Chicken</p>

ber Activities

Every Thursday	Every Friday	Every Weekend
8:15 Cribbage 8:30 Yoga and Zoom Yoga 8:30 Hula Hoop Class 9:00 E-Z Crafters 9:00 Quilting/Sewing 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 1:30 Beginning Slow Set 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 our Facebook page.</i></p>
Thursday	Friday	Saturday/Sunday
	1 9:00 Puyallup Fair Trip Pork Roast	2/3
7 Shepherd's Pie	8 1:30 Death Cafe 6:00 Friday Fun Night Spaghetti with Meatballs	9/10
14 10:30 Family Story Writing 12:30 Birthday Party Chicken Wings	15 Meatloaf	16/17
21 Beef Stew	22 10:00 Yashiro Gardens Trip Turkey Dinner	23/24
28 10:30 Family Story Writing Swedish Meatballs	29 10:00 Westport Winery and Mermaid Museum Trip Broccoli and Chicken Alfredo	30

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 MCSAA 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.** We do accept credit cards at trip sign up. You will be temperature checked before we leave the center.

September Trips

Sept. 1 Puyallup Fair

Leaves MCSAC at 9 am

Members \$20/Non-members \$25

Walking Trip. Bring lunch money

Sept. 13 Seattle Underground and Skyview Observatory

Leaves MCSAC at 9 am

Members \$45/Non-members \$50

Walking Trip. Bring money for return ferry ticket and lunch.

Sept. 22 Yashiro Japanese Garden

Leaves MCSAC at 10 am

Members \$13/Non-members \$18

Walking Trip. Bring lunch money for dining at Koibito Japanese Restaurant

Sept. 29 Westport Winery and Mermaid Museum

Leaves MCSAC at 10 am

Members \$25/Non-members \$30

Bring Lunch money for dining at the Sea Glass Grill and the gift shop.

October Trips

Oct. 6 Oysterfest Shuttle

Leaves MCSAC at 9:45 am

Returning at 1 pm

Members \$5. This includes transportation only.

Bring money for entrance, food and shopping

Oct. 13 Eladan Gardens and Bonsai Museum

Leaves MCSAC at 9 am

Members \$25/Non-members \$30

Walking Trip. Bring money for lunch at Amelia's Hanger

Oct. 20 Pikes Place Market

Leaves MCSAC at 9 am

Members \$20/Non-members \$25

Walking Trip. Bring money for return ferry ticket, lunch and shopping.

Oct. 24 Westside Bowling

Leaves MCSAC @ 11:30 am

Members \$20/Non-members \$25

Includes transportation, shoe rental and two games. Lunch on your own.

Oct. 26 Hunter's Farm Pumpkin Patch

Leaves MCSAC at 10 am

Members \$5/Non-members \$10

Bring money for pumpkins and ice cream

Overnight Trips

Sept. 5-13, 2024 Eastern Canada, <https://gateway.gocollette.com/link/1198307>

Apr. 23-May 2, 2025 Ireland <https://gateway.gocollette.com/link/1198432>

We will have a presentation on Tuesday, Sept. 5, 2023 at 2 pm to talk about the trips and what to expect.

PAID

INFO ENTERED

Member Card_

FOB

INIT _____

MASON COUNTY SENIOR ACTIVITIES ASSOCIATION



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



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: ____/____/____ 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

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**

Gender* **Male** **Female** **Prefer not to answer/Other**

*All Information is kept confidential but is useful for reporting anonymous statistics for Grant applications and other funding. Your cooperation is most appreciated.

Hold Harmless Agreement: I freely and knowingly assume the risks inherent in my participation in all activities, including all classes, travel and volunteer duties. I do hereby agree to indemnify, release, and hold Mason County Senior Activities Association, a WA non-profit corporation, doing business as Mason County Senior Activities Center & Nifty Thrifty, it's employees, volunteers, officers, board members and other persons or organizations harmless from and against any and all liability for any injury, loss of property, damages, or death, which may be suffered by me, or my Guests, arising out of, or in any way connected with volunteering or participating in any activities at the Center, Center sponsored activities at other locations, or while traveling with the Center, in the Center's bus or under it's auspices. Specifically, I understand that Mason County Senior Activities Association provides no medical insurance, and that I am responsible for the cost of treatment for any injury to me or my Guests.

Furthermore, I acknowledge that I am being strongly advised to consult a licensed physician prior to my participation in the activities that I have chosen, to determine their suitability and safety given my current medical condition. In addition, I acknowledge that MSCAA is not responsible for reminding me of activities that I have signed up for.

Photos/Video/Audio Release: I am aware that the Center activities are occasionally photographed by Center representatives the media and others, and that still photos, and/or audio and video recordings may be made to help promote the Center's non-profit mission, and fundraising efforts. I hereby give my permission for me to be photographed and recorded while participating in Mason County Senior Activities Association activities.

Thank you for joining... Your membership dues help provide services and programs to the Mason County Community. We are completely self funded by Nifty Thrifty, Pavilion Rentals, Members, Donors & Sponsors.

Signature _____ DATE: ____/____/20__

Last Name, First

Member #

New Member

Renewal

Key Tag X

SCHEDULED

WSP Check Completed

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

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

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

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

Facility Management

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

Clerical/Secretarial

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

Miscellaneous

- a. Grant Writing
- b. Fundraising

Your Ideas:

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

Signature _____ DATE: ____ / ____ / 20 ____

PHONE # _____

Print Name: _____ DOB: ____ / ____ / ____

Any other names used? _____

Additional information we might find useful? _____

Last Name, First _____

Member # _____

New Member _____

 Renewal _____ Key Tag X _____



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Email: Support@haveninallyn.com
Address:
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Jeff Boothe

360-490-5771



jboothe511@yahoo.com

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Become a Corporate Sponsor

Sponsorship is a great way for local 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.

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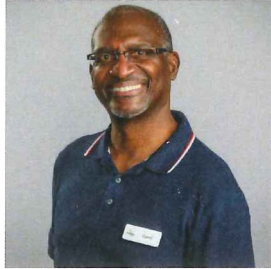
Fish Fry
Fri. September 15th
4:00 PM until Sold Out
 Fish & Fries, Coleslaw & Drink Cost \$13

Public Welcome

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 Call Wayne or Pete
 360-589-8040 360-229-3164
 unioncity27@gmail.com



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Previously at Walmart for 8 years, you can now come see me at **The Pavilion Mason County Senior Activities Center**, during Medicare AEP, 10/1/2023 to 12/7/2023, Monday, Wednesday and Friday, **10 AM - 3 PM** or call me to schedule a one-on-one home visit (available all year round).

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jm4blackbelt@gmail.com

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MKT-5894M-A

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."

Senior Center Menu September 2023

**\$4 suggested donation for seniors 50+
\$8 for guests under 50
Mon-Thurs Noon-12:30 and Fri 11:30-noon**

4 Closed	5 Salisbury Steak Mashed Potatoes and Gravy Mixed Vegetables Fruit	6 Soup and Salad Fruit	7 Shepherd's Pie Mixed Vegetables Fruit	1 Pork Roast Mashed Potatoes and Gravy Mixed Vegetables Fruit
11 Biscuits and Gravy Mixed Vegetables Fruit	12 Vegetable Lasagna Green Salad Fruit	13 Baked Chicken Mashed Potatoes and Gravy Mixed Vegetables Fruit	14 Chicken Wings Baked Beans Coleslaw Fruit	8 Spaghetti with Meatballs Green Salad Fruit
18 Tuna Casserole Green Salad Fruit	19 Chicken Pot Pie Mixed Vegetables Fruit	20 Baked Fish Scalloped Potatoes Mixed Vegetables Fruit	21 Beef Stew Green Salad Fruit	15 Meatloaf Mashed Potatoes Mixed Vegetables Fruit
25 Chicken Divan Rice Mixed Vegetables Fruit	26 Chili and Cornbread Green Salad Fruit	27 BBQ Chicken Scalloped Potatoes Mixed Vegetables Fruit	28 Swedish Meatballs Mixed Vegetables Fruit	22 Turkey Dinner
			29 Chicken Broccoli Alfredo Green Salad Fruit	

Our lunches are paid entirely from donations and grants; we do not receive funding from any government agencies.



September 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Call us about donations hours and times 360-427-0858	We appreciate all of you!!	Please donate only resalable items	Fall décor coming soon	Green Tags 50% off	1 Purses and shoes 25% off	2 Electronics 25% off
3 Closed	4 Closed	5 Seniors & Military Receive 15% Off	6 Jewelry 25% off	7 Knickknacks 25% off	8 Everything 50% off	9 Everything 50% off
10 Closed	11 Books 50% off	12 Seniors & Military Receive 15% Off	13 Kitchen items 25% off	14 Furniture 25% off	15 White Tags 25% off	16 Artwork 25% off
17 Closed	18 75% off Green tags	19 Seniors & Military Receive 15% Off	20 Shoes 25% off	21 Dish sets 25% off	22 Linens 25% off	23 Regular Clothing 50% off
24 Closed	25 90% off Green tags	26 Seniors & Military Receive 15% Off	27 MCSAA Members Receive 33% Off	28 Books 50% off	29 White Tags 25% off	30 Crafts 25% off
Closed	Green Tags this month!	Make new friends, volunteer!	We are always looking for jewelry.	Recycle!!! Reuse!!! Repurpose!	Halloween décor coming out this month	Store Hours M-Sat 9:30-5:00 Closed Sunday

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