

Active Living



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

Mason County Senior Activities Center

September 2019



Memories from our past.

One of our display cabinets located in our front hall loaded with Shelton and Mason County memorabilia. Thank you to all who donated items. We are still looking for more items that represent Washington, Mason County and Shelton.

Upcoming Events!!!

- Sept. 2 Closed for Labor Day
- Sept. 5 Heronswood Garden, Port Gamble
- Sept. 13 Friday Fun Night
- Sept. 13 Spirited Art
- Sept. 21 Mt. Rainier Railroad
- Sept. 21 Pinochle Tournament
- Sept. 26 Pikes Place Market
- Sept. 27 Bingo Karaoke Western Night
- Oct. 31 Member Potluck, Wear Costumes!

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.

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 the 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.

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 Roadrunners

We have three Roadrunners 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 coupon for a free Movie or lunch.



Mason County Senior Activities Association

Annual membership dues are \$30

Activities Center

“50 and Better Activities Center”

Address: 190 W. Sentry Dr., Shelton

Phone: (360) 426-7374

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

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

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

Staff:

Executive Director: 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

Newsletter: Patricia Vernie 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 or

eBay ID: [niftythriftythriftstore1](https://www.ebay.com/itm/niftythriftythriftstore1)

FB: <https://www.facebook.com/nifty.thrifty.shelton>

Open Monday-Friday 9:30-5:30, Saturday 10-5

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.**

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



Additional volunteers are always needed.

Call Michelle at 360-427-0858 to volunteer.

This institution is an equal opportunity provider and

2019 Membership Bonuses

Nifty Thrifty Discount

In store, receive 20% off regular priced items of \$5 or more with some exceptions. Your 2019 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 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, Sept. 10 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, Sept. 17 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, and Center renovation updates. We encourage you to attend and learn more about how we operate. The speaker will be discussing “**Earthquake Preparedness.**”

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

By the way, if you pay for your membership today, it's due again in 1 year from the date you renew.

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 **September 26, 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 September 26 from 12:00 to 3:00pm. Call SHIBA at 1-800-562-6900 or 360-586-6181 ext.134 for an appointment.

Located in our Conference Room

SHIBA provides individual consultations by advance reservation. Call SHIBA at 360-586-6181 ext.134.

Commodity Supplemental Food Program

There is a sign up for the Commodity Supplemental Food Program – CSFP. This is a program for seniors over the age of sixty who meet federally regulated income guidelines. CSFP participants receive a 40-pound box of food once per month. For questions, or to get your application call **Debra in the kitchen** for pick up information.360-426-3697.



Senior Services for South Sound & Meals on Wheels
 Congregate (group) meals are available at the
Senior Services for South Sound

At the Pavilion
 190 W Sentry Drive, Shelton, WA 98584
 (360) 426-3697
 Monday - Thursday @ 12 noon
 Friday @ 11:30 am

Home Delivered Meals

Services are available which provide nutritious meals to older and disabled adults who are homebound and meet assessment criteria.

Senior Services for South Sound Olympia
 Food Service Manager-Debra del Bosque
 Food Service Asst. Manager-Justin Mitchell
Serving Mason County Residents
 (360) 586-6181 Ext 124

www.SouthSoundSeniors.org

Drivers Wanted

Meals on Wheels is seeking compassionate volunteers with the desire to serve others in need and donate a few hours every two weeks as meal delivery drivers. Must have

- * Valid Washington Drivers License,
- * Auto insurance
- * Background check.

Mileage reimbursement is available.



Memory Cafe

4th Thursdays, 2:30 to 4:30 pm, Sisters Restaurant

You are welcome to join us for lively conversation, refreshments and music at Memory Cafe. All with dementia or Alzheimer's and their loved ones are welcome to attend and connect with peers in a relaxed, unstructured environment. No RSVP necessary.

Brighter Days Adult Day Program

Mon Wed & Fri, 9:00 am to 2:00 pm. Faith Lutheran Church, 1212 Connections St., Shelton.
 Brighter Days Adult Day Program offers respite to caregivers while ensuring their loved one is in a safe, fun and nurturing community.

Benefits of Attending Brighter Days

- * Opportunities to Socialize with peers
- * Expanded support network
- * Increases self-esteem-- combats apathy
- * Increases cognitive stimulation
- * Enhanced life experience through humor, Reminiscing, and creative expression
- * Caregiver respite
- * Nutritious snacks and lunch provided
- * Possible delay or prevention of placement in a long term care facility

For more information about any of these programs, please contact Paul Taylor, STARS Director, at 360-407-3967, ext. 107.

Services for All Seniors at Mason County Senior Activities Center

Current MCSAC Membership is NOT required for the following Services.

Senior Nutrition Lunches

Monday -Thursday, 11:45 am & Friday, 11:30 am

The nutritious full course meals are prepared by Senior Services for South Sound's Senior Nutrition Program in partnership with the Lewis-Mason-Thurston Area Agency on Aging. Although not required, suggested donation is \$3 for seniors 60 years and older based on your ability to pay. Those under 60 are required to pay \$7.50.

Eye Glass Adjustments and Cleaning — Every second Wednesday, 11:00 am to 12:00 Noon. Free service provided by Walmart Vision Center located by our dining room.

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.

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.

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.



Happy Birthday to All!

Did you know that we have 72 members who are having birthdays in the month of September? 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 August birthday partiers.
Happy Birthday !



Ern Brown

Ern's a fixture during mornings here at the center. You'll see him in the back of the dining room playing Cribbage with the "regulars". When he's not at the cribbage board he's helping his posse solve crossword puzzles. Ern can be counted on to tell a joke and give you a hug.

Ern's been a member since 2013.

Ern is a big help when it comes to mailing the newsletter. He wrangles the other volunteers and tirelessly folds and stuffs envelopes on mailing day. He makes sure that everyone has their coffee and usually gets started first on the task. We wish we could clone him!

When you see Ern, tell him THANKS!

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.

Activities Open to the Public

Friday Fun Night

Friday September 13 from 6-9 pm at the Pavilion. Enjoy music or dancing 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 September 13 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 Sept. 20 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

Fri. Sept. 27 from 7-10 pm

Doors open at 6pm

Enjoy the **Western Night** Theme

Paper Crafting 101

Paper Crafting classes are a great way to get creative! Join Dorothy Skans on the 2nd and 4th Thursdays from 1:30 to 3:30 for this exciting class. There is no charge for this class and supplies are provided by our teacher. October, 2nd Thursday only. See page 10. for upcoming paper crafting classes.



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

Designed for the lowest impact and also seated.

Chair options OK in these classes.

Drop in rate is \$5. 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

“Freedom From Falls” Event September 10, 2019 from 9:30 to 1:30.

This event will promote awareness and prevention of falls. There will be health professionals from Mason General Hospital & Family Clinics to present topics covering fall prevention, medication management, nutritional guidance, and brain fitness. The event is free and open to the public, advance registration is requested by Wednesday September 4th by calling the Center at 360-426-7374.

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!

Table Decorations. We need someone to take over making table decorations. See Val or Patti for more information.

Medical Cannabis informational presentation by Glenn Harper. Wednesday, Sept. 18 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.

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 8 people. (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 Patti Vernie 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.**

September Van Trips

Sept. 5 Heronswood Garden, Port Gamble,
Experience one of the world's most outstanding collections of rare and diverse plants through a visit to Heronswood Garden. Don't miss the chance to visit this beautiful and important garden. Departing MCSAC 8:45am. Cost \$45 member and \$50 non-member. Price includes garden tour and transportation only. Lunch on your own at Point Julia Cafe, 2 hours at the Point Casino.

Sept. 21 Mt. Rainier Railroad

The Mt. Rainier Scenic Railroad is a steam-powered heritage railroad operating in Washington State between Elbe and Mineral. The railroad travels on tracks that pass through thick forest just south of Mount Rainier.

Departing MCSAC 8:05am. Cost \$75 member, \$80 non-member. Price includes transportation, train ticket and museum entry. Lunch on your own at Mt. Rainier Dining Co.

Sept. 26 Pikes Place Market

The market lures visitors and locals alike (we're talking 10 million people per year) with its farm-fresh produce, butcher-paper clad bouquets, abundance of shops, restaurants, and bars—not to mention some of the best people-watching in the city. From wader-clad fishmongers slinging salmon to street buskers playing for passersby, there's always something going on here.

Depart MCSAC at 8:30, catch the 9:50 Bremerton ferry. Cost \$19 members and \$24 non-members. Bring money for lunch and **return fare.**

Center Van Trips

Sign up at least 14 days in advance and payment is due at the time of sign up. These trips need a minimum of eight attendees to keep trip from being canceled.

Future Center Van Trips

Sat. Oct 5 Seattle's Trucktoberfest Challenge
(food truck challenge)

Leaves MCSAC at 2:00 pm
Costs members \$29 non members \$34
Admission to food truck challenge is free
Beer garden is ticketed with drink tokens
Cost includes transportation and parking.

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

Leaves MCSAC at 11:15 am
Cost members \$15, non members \$20
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 non members \$30
Wear comfortable walking shoes
Bring \$15 for lunch.

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

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".

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.

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 1:00 p.m. and join in on the fun. John Schwennesen is your teacher. \$1 donation per class is requested.

Fitness Classes

\$1 donation per class is requested except where noted.

New Chair Yoga on the 2nd Thursday each month!

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 & W. 5:30pm to 6:30 pm \$5

Seated Zumba: Wed 4:15 to 5:05 pm \$5

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

Something for
EVERYONE!

MCSAA at Shelton Cinemas

Friendly Reminder
Friday movies are for members only.
No exceptions.

Members Only

Fridays, usually 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 11:45 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, **canceled for the summer**

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.

Knitting & Crochet Circle (Chix with Stix) Every Tuesday 1:00 pm

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.

Quilting Thursday 4:30-6:30pm Come learn quilting. See page 9. for current offerings.

Senior Walkers **Tuesdays at 10:00**

See bulletin board for details

Sept. 3 Theresa Johnson Trail
Sept. 10 Darlin Creek Reserve
Sept. 17 Millersylvania State Park
Sept. 24 Open

Square Dancing

Square Dancing is coming to MCSAC! The Salty Sashayers will dance the third Friday of each month from 7pm – 9pm. While this is open to the public, you must be at the mainstream level to participate. Cost is \$5/person. Anyone wishing to come and watch are welcome to do so for FREE.

The Salty Sashayers will also provide square dance lessons on Tuesdays from 1:30 to 3:30. The lessons are in 10-week sessions that must be attended consecutively. Cost for the class will be \$5 per lesson. Sign up with the center receptionist.

Digital Calendar Class

Looking to give a gift that is useful and fun to make. We will be offering a class that will teach you how. Using your own laptop and pictures you will learn to create a customized calendar for your 2019 gift giving. Starting Monday Sept. 9 from 10:00 am to 12:00 and the next three Mondays, the 16th, 23rd and 30th

Machine Knitting Class

Have you ever done machine knitting? Or wanted to try? MCSAC will be offering machine knitting classes Five Tuesdays in a row starting Sept 17. thru Oct 15., 9 am to noon in the MCSAC Sewing Room. Machines will be available for use during the class. Space is limited, please sign up with reception.

Upcoming Quilting Classes

Sept 12, 4:30-6:30 pm, Rotary Cutter Basics \$5

This is a one-session class teaching the basics of rotary cutting, squaring up, trimming down and overall safety.

Sept 19, 4:30-6:30pm, Beginning Quilting part 2, Triangles!

Starting Thursday Sept 19 from 4:30-6:30 pm. This is a 4-week class. Members \$20/Non-Members \$25 for the 4-week session. Our project is **Pillow Covers** using an old dress shirt for the back closure. The cover fits an 18" pillow. We will work on basic piecing techniques, cutting and squaring pieces, making borders to fit your pillow, quilting and finally finishing with a dress shirt closure. There may be homework involved and I recommend coming to the open sew on Tuesdays for help. Materials list is available in the receptionist office. Space is limited so don't wait to sign up.



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 bar. Every 3rd Wednesday from 12:30-1:30 in the MCSAC dining room.

Please attend!

Interested in Sewing or Quilting?

We are forming a group for sewers of all levels that will meet every Tuesday from 4:30 to 6:30 pm. Have some UFO's? That's unfinished objects! Bring your project and meet with other sewers who want to finish their projects. Whether it's quilting, making a dress or hot pads, come on in. We each have different skill levels and our hope is to share our knowledge of sewing and help each other learn and become better at sewing. Bring your own equipment and supplies. Call Patti Vernie or Penny Wilson at the Senior Center 360-426-7374 for more information.

Never Used a Sewing Machine Before but want to learn? Join us at the open sew and learn some basics. Don't own a sewing machine? Practice on one of ours (reservations required) until you get one yourself. Hint Hint: Nifty Thrifty gets machines in on a regular basis.

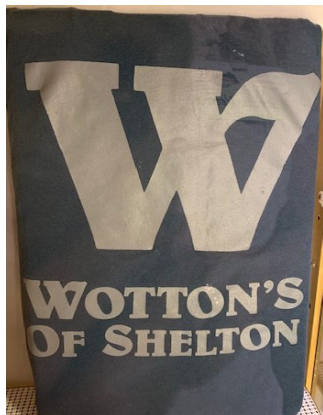
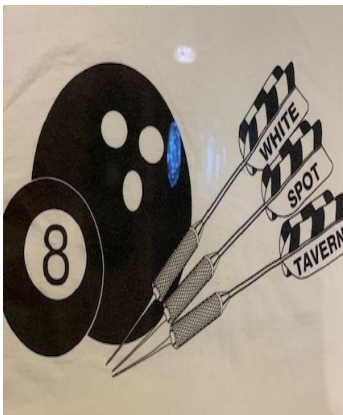
Are You A New Quilter Wanting To Learn A Certain Technique Or Sharpen Your Skills?

Help us to decide what quilting classes we should offer in the future. Your input is valuable! Email Penny at bookkeeper@mcsac.net On the right is our project starting Sept 19th. An 18" pillow cover using an old dress shirt closure. If you want to see the project, visit Penny in the bookkeepers office.



Shelton's and Washington's Historical Memorabilia

Our front hall cabinets have Shelton and Washington memorabilia on display now.. We've received some great pictures from Ms. Margaret Lentz of the big snow of 1943 in Shelton and various dignitaries from Shelton's early days. We have T-Shirts from businesses that no longer exist and Nifty Thrifty is sending us some business cards from old timers. We also received a fedora from the L.M. Men's Shop that used to be in downtown Shelton. Did you bowl at Timber Bowl and have any memorabilia from there, how about old logging or fishing activities from the past? We know that many of you have interesting histories in the area and we believe that this display is a great way to share with other members. Below are pictures of some of the items currently on display. If you have anything that you would like to donate or loan to the Senior Center for our display, please consider bringing it in or giving our Executive Director Patti a call at 360-426-7374.



Come in and see the 2 beautiful murals the Mason County Historical Museum loaned us! They are on display by the pool table in our carpeted room. We love them! Thank you for the loan. Artists Ruth Broughton, Hazel Beckwith and Velma Graves, painted in 1979.

Classes starting in October...

Paper Crafting 101 will go to the 2nd Thursday each month only.

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 & 3rd Fridays of October, November and December at 9:30-11:30am. Cost is \$40 for materials. Sign up is required. Class begins October 4th.

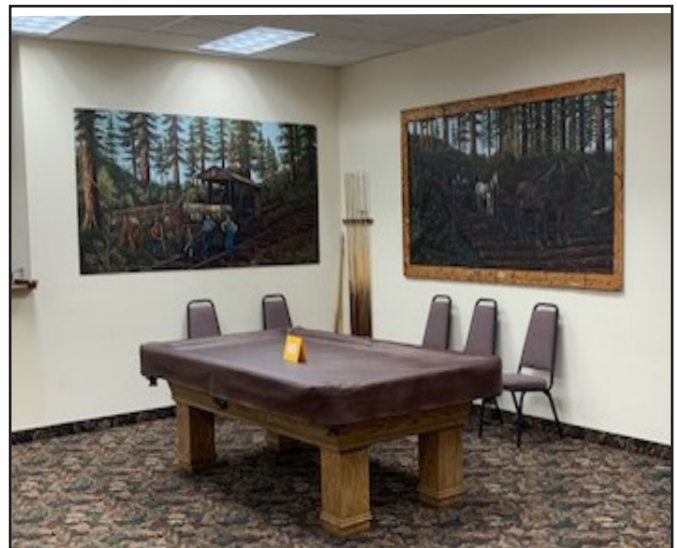
Artist Trading Cards (ATC) -ATCs are 2.5 X 3.5" collectible pieces of art that are created and exchanged in community. The goal is to make 1 for yourself and enough for the rest of the group. All materials are provided. This class will be the 4th Friday of the month starting on October 25th, continuing in November and December from 9:30 to 11:30am. Ideal class size is 9. Sign up is required.

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.





Val helping Bill Young with his apron!



Good aim Val. Bill's pretty brave letting her feed him from behind his back. I think she's practiced this before.



Those aren't Bill's hands! Looks like there's a little applesauce on the corner of his mouth!

Outdoor Lights and Fencing

We have updated our outdoor parking lot and the last phase of the job will be repainting the Handicap parking spaces along the front of the building. At the same time we will have parking cement curbs places in each Handicap space.

Both of these were paid for using grant monies from the state.

The pillars at the front of the building are being repaired. They each were struck by cars, on different days and different drivers. The resulting damage has necessitated the replacement of each pillar.

Once the bottom masonry work is completed we will have the top wooden part of the pillar replaced with new wood. This will be a much improved face lift for our center. The project is covered by the auto insurance of each driver involved. Pictured below is Mark Tuson using a jackhammer to remove the bottom layer of blocks from the old pillar.



Our finished pillar. They look wonderful.



Neng concentrating on her sewing machine during our new Open Sewing class on Tuesday.



Some of our members enjoying the afternoon at the First Salmon Ceremony.



This blanket was being awarded to one of the elder volunteers in recognition of all he's done for the tribe's elders.



Cooks hard at work monitoring the salmon as it sits over fire on the beach.



Our walking group gathering at Watershed Park in Olympia. The group meets on Tuesdays and all are welcome. Look at our bulletin board for information on the walks.



Our line dancers entertained us during the annual members' picnic. They are the best!



We had a huge crowd in for lunch at our picnic. Fried chicken and potluck! We ate too much and saw many friends.



Craig Bardell wins Best in Show with his 1953 Chevy at the Members Picnic



Winner of First Place and Peoples Choice Award went to Ed & Kathy O'Malley!



The winning car, a beautifully restored 1959 Edsel

National Days in Sept

Sept 5: National Cheese Pizza Day

Sept 6: National Read a Book Day

Sept 10: National TV Dinner Day

Sept 13: National Blame Someone Else Day

Sept 24: National Punctuation Day

Sept 26: National Dumpling Day

Sept 29: National Coffee 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.

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72.12.732.1 (9/18)-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

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Karen L Schade
Financial Advisor

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360-426-4590

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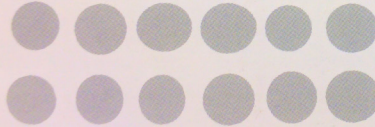
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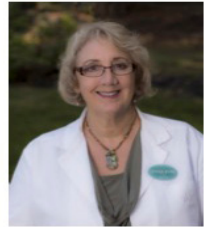
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Sojourners Welcome!

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

2 B 2
Ask 1



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
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Julie Cook
Attorney at Law

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Assistance Dog Laws



Assistance Dogs in Public and in the community. Know the Law.

As a business owner, employee, or other member of the community, there are some important things you should be aware of regarding Assistance Dogs who have public access rights, as well as your rights as a business.

Assistance dogs include Guide Dogs who are trained to help people who are visually impaired, Hearing Dogs who alert people who are deaf or hard of hearing, and Service Dogs who are trained to help people with mobility and other physical disabilities. Service Dogs include Seizure Dogs and Autism Assistance Dogs.

Therapy Dogs” and “Emotional Support Dogs” are NOT Assistance Dogs. They do not perform a physical skill.

Along with public access rights, the person and his/her dog have the following responsibilities:

- * The dog must be well groomed, well behaved, under control, and trained for their task.
- * The dog must be on a leash.
- * The dog must be able to lie quietly beside the handler without blocking aisles or doorways
- * The dog may NOT ride in a shopping cart or sit in a person's lap while at a restaurant.

State House Bill 2822 passed and changed many RCW's regarding service animals and Washington state will be imposing \$500 fines for misrepresentation of a service dog starting January 1, 2019.

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Vintage Specialty

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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

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Service Hours
Monday-Saturday
6:00 AM - 8:00 PM

Reservation Hours
Monday-Saturday
8:00 AM to 5:00 PM

September 2019 Activities

Every Monday	Every Tuesday	Every Wednesday	Every Thursday	Every Friday	Every Weekend
<p>8 & 8:45 Gentle Tai Chi</p> <p>9-10 Begin Line Dance</p> <p>9:00 Mexican Train Dominoes</p> <p>10:00 Cribbage</p> <p>10-11 Int./Adv. Line Dance</p> <p>12:30 Pinochle (Int, Adv)</p> <p>1:00 Art Workshop</p>	<p>8:00 Gentle Yoga</p> <p>9:00 Line Dance-Int./Adv.</p> <p>10:00 Walkers</p> <p>10:00 Cribbage</p> <p>12:00 Bridge</p> <p>12:45 Gentle Tai Chi</p> <p>1:30 Square Dance Lessons</p> <p>4:30 Open Sewing</p> <p>5:30pm Zumba Gold</p>	<p>8 & 8:45 Gentle Tai Chi</p> <p>9-10 Beginning Line Dance</p> <p>9:00 Mexican Train Dominoes</p> <p>10:00 Cribbage</p> <p>10:00 Int./Adv. Line Dance</p> <p>12:30 Pinochle (Int, Adv)</p> <p>1:00 Hand & Foot Cards</p> <p>4:15-5:05pm Seated Zumba</p> <p>5:30pm Zumba Gold</p>	<p>8:00 Gentle Yoga</p> <p>9:00 Line Dance - Int./Adv.</p> <p>9:00 EZ Crafters</p> <p>9:30 Jokers Rule!</p> <p>9:30 Knit & Chat</p> <p>10:00 Cribbage</p> <p>12:00 Bridge</p> <p>12:45 Gentle Tai Chi</p> <p>1:00 Bingo</p> <p>1:00 Matjong</p>	<p>8 & 8:45 Gentle Tai Chi</p> <p>9:00 Mexican Train Dominoes</p> <p>9:00 Open Line Dance</p> <p>10:00 Cribbage</p> <p>12:00 Pinochle (begin/all)</p> <p>1:00 MCSAA Goes to the Movies</p> <p>1:00 Chorus</p>	<p>Every Weekend</p>
<p>Monday</p>	<p>Tuesday</p>	<p>Wednesday</p>	<p>Thursday</p>	<p>Friday</p>	<p>Saturday/Sunday</p>
<p>2</p> <p>CLOSED</p> <p>For</p> <p>LABOR DAY</p>	<p>3</p> <p>10:00 Walkers: Theresa Johnson Trail</p> <p>1:30 Square Dance Lessons</p> <p>11:45 Country Fried Steak</p>	<p>4</p> <p>Foot Care by Michelle</p> <p>11:45 Hearty Turkey Chili</p>	<p>5</p> <p>8:45 Heronswood Garden Tour</p> <p>9:30 Knit & Chat</p> <p>4:30 Beginning Quilting Class</p> <p>11:45 Crust less Veggie and Cheese Quiche</p>	<p>6</p> <p>Lunchtime Music: John Schwennesen</p> <p>1:00 MCSAC Chorus</p> <p>11:30 Baked Fish Fillet</p>	<p>7/8</p>
<p>9</p> <p>10:00 Calendar Workshop</p> <p>11:45 BBQ Chicken</p>	<p>10</p> <p>Foot Care by Michelle</p> <p>9:30 Board Meeting</p> <p>10:00 Freedom From Falls</p> <p>10:00 Walkers: Darlin Creek Reserve</p> <p>1:30 Square Dance Lessons</p> <p>11:45 Hearty Bean Soup</p>	<p>11</p> <p>11:00 Free Eye Glass Adjustment and Cleaning</p> <p>12:00-1:00 Area Agency on Aging</p> <p>11:45 Pork Roast</p>	<p>12</p> <p>8:00 Seated Yoga</p> <p>9:30 Knit & Chat</p> <p>10:30 Blood Pressure Check</p> <p>1:30 Paper Crafting 101</p> <p>4:30 Beginning Quilting Class</p> <p>11:45 Meatloaf</p>	<p>13</p> <p>10:00 Safety Meeting</p> <p>Lunchtime Music: Richard Shatto-Dennis Schosboek</p> <p>12:00 September Birthday Party</p> <p>1:00 MCSAC Chorus</p> <p>5:00 Spirited Art</p> <p>6:00 Friday Fun Night</p> <p>11:30 Sausage and Pasta Alfredo</p>	<p>14/15</p>
<p>16</p> <p>10:00 Calendar Workshop</p> <p>11:45 Taco Salad Bar</p>	<p>17</p> <p>9:00 Machine Knitting</p> <p>10:00 Walkers: Millersylvania State Park</p> <p>10:45 Member meeting</p> <p>1:30 Square Dance Lessons</p> <p>11:45 Spaghetti w/ meat or veg. sauce</p>	<p>18</p> <p>Foot Care by Michelle</p> <p>9:00 Joy of Painting</p> <p>12:30 Volunteer Appreciation Party</p> <p>1:30 Medical Cannabis talk</p> <p>11:45 Beef Stroganoff</p>	<p>19</p> <p>9:30 Knit & Chat</p> <p>10:30 Newsletter editing</p> <p>10:30 Blood Pressure Check</p> <p>4:30 Beginning Quilting Class</p> <p>11:45 Chicken Chili Verde</p>	<p>20</p> <p>Lunchtime Music: John Schwennesen</p> <p>1:00 MCSAC Chorus</p> <p>7:00 pm Square Dancing</p> <p>11:30 Honey Dijon Chicken</p>	<p>21/22</p> <p>Mt. Rainier Railroad Trip</p> <p>Leaves MCSAC at 8:05 am</p> <p>Pinochle</p> <p>Tournament 11am</p>
<p>23</p> <p>10:00 Calendar Workshop</p> <p>11:45 Taco Casserole</p>	<p>24</p> <p>Foot care by Michelle</p> <p>9:00 Machine Knitting</p> <p>10:00 Walkers: Open</p> <p>1:30 Square Dance Lessons</p> <p>11:45 Potato Crusted Fish</p>	<p>25</p> <p>10:00 A Matter of Balance</p> <p>11:45 Salmon Patty</p>	<p>26</p> <p>Foot Care by Michelle</p> <p>8:30 Pikes Place Market</p> <p>9:30 Knit & Chat</p> <p>10:30 Blood Pressure Check</p> <p>1:30 Paper Crafting 101</p> <p>11:00 Medicare Class</p> <p>4:30 Beginning Quilting Class</p> <p>11:45 Asian Pulled Pork</p>	<p>27</p> <p>Foot care by Michelle</p> <p>Lunchtime Music: Sarah Huey</p> <p>1:00 MCSAC Chorus</p> <p>11:30 Tuna Noodle Casserole</p>	<p>28/29</p>
<p>30</p> <p>10:00 Calendar Workshop</p>					

Senior Nutrition Program September 2019

Monday	Tuesday	Wednesday	Thursday	Friday
2 Closed in Observance of Labor Day	3 Country Fried Steak Home Made Mashed Potatoes & gravy Mixed Vegetables Fresh Fruit	4 Hearty Turkey Chili Salad Bar Apple Slices Cornbread	5 Crustless Veggie & Cheese Quiche Salad Bar Watermelon	6 Baked Fish Fillet Marinated Black Bean & Corn Salad Steamed Broccoli Fruit
9 BBQ Chicken Roasted Red Potatoes Cole Slaw Apple Crisp	10 Hearty Bean Soup w/Ham or Veg Salad Bar Cottage Cheese & Peaches Cheesy Cornbread	11 Pork Roast Red Potatoes Country W/ Gravy Steamed Veggies Fruit	12 Meatloaf & Mashed Potatoes w/ Gravy Steamed Carrots Fresh Fruit Dinner Roll	13 Sausage & Pasta Alfredo Steamed Broccoli Mixed Fruit
16 Taco Salad Bar w/Beef or Seasoned Beans Tortilla chips Salsa Melon	17 Spaghetti with Meat or Veg Sauce Salad Bar Fruit	18 Beef Stroganoff Rotini Noodles Country Trio Veg Spiced Pears Garlic Bread	19 Chicken Chile Verde Mexican Brown Rice Southwest Blend Veg Fruit Salad	20 Honey Dijon Chicken Rice Pilaf Steamed Broccoli Sliced Apples
23 Taco Casserole Fresh Salsa Southwest Veggies Fresh Fruit	24 Potato Crusted Fish Roasted Red Potatoes Salad Bar Fresh Fruit	25 Salmon patty w/Dill Sauce Rice Pilaf Salad Ba Mandarin Oranges	26 Asian Pulled Pork On a bed of Lettuce Asian Slaw Fresh Fruit	27 Tuna Noodle Casserole Peas & Carrots Spiced Peaches Dinner Roll
30 Potato Broccoli Cheddar Soup Bar Salad Yogurt Parfait w/Fruit and Granola				

Menu Subject to change. Our meals are low sodium and prepared with diabetic diets in mind.



September 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Sales Color Green	2 Closed	3 Green tags 50% off	4 Artwork 25% off	5 Artwork 25% off	6 Furniture 25% off	7 50% off everything
8 Closed	9 MCSAA 33% off	10 Seniors & Military Receive 25% Off	11 Kitchen Items 25% off	12 Knickknacks 25% off	13 White Tags 25% off	14 Managers Choice
15 Closed	16 Crafts and fabric 25% off	17 Seniors & Military Receive 15% Off	18 Green Tags 75% off	19 Lamps 50% off	20 Jewelry 25% off	21 Clothing 50% off
22 Closed	23 Shoes 50% off	24 Seniors & Military Receive 15% Off	25 Green Tags 90% off	26 Jewelry 25% off	27 Fabric and crafts 25% off	28 Clothing 50% off
29 Closed	30 Books 50% off	Show your support Shop Donate	Its our 31st Birthday!!	Happy fall Y'all	Call ahead for garage sale pickups	Please do not leave your pets in the car
Closed	We pick up donations Call us at 360-427-0858	Make new friends, volunteer!	We are always looking for jewelry.	We Pick up your left over garage sale items!!!!	Nifty Thrifty is the major funding source for the MCSAA	Hours M-F 9:30-5:30 Sat 9:30-5:00

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 pickup services.

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



2019 Membership Application and Agreement

Last Name, First

Member #

New Member

Renewal

Key Tag X

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
- Birthday listing in the Newsletter and recognition on the Birthday Board 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 \$30 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: ____/____/201__

SCHEDULED

WSP Check Completed

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

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

- Serve on the MCSAA Board
- Membership (or other) Committee
- Newsletter Publication
- Web Page updates
- Social Media Sites/Updates
- 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)
- Host (Make Coffee/tea/ maintain treats & utensils) Pavilion Event Chaperone
- Volunteer to help with Special events
- Cook/clean/prep for Special Events
- Decorate/Set up for Special Events
- Book/Provide entertainment
- Newsletter & Flyer distribution
- Newsletter folding, sealing & mailing
- Bingo Caller/set-up/take down/Karaoke Host
-
- Potluck Help
- Decorate the Center for seasonal cheer
- Make Crafts to sell or decorate
- 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: ____ / ____ / 201__ PHONE # _____

Print Name: _____ DOB: ____ / ____ / ____

Any other names used? _____

Volunteer to help with Special events

Facility Management

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

Clerical/Secretarial

- a. Data Entry
- b. Letter Writing
- c. Posters & Forms
- d. Emails
- f. Excel/Word/Publisher
- g. Transcribe Minutes/ Take Dictation

Miscellaneous

- a. Legal
- b. Grant Writing
- c. Fundraising
- d. Budgets/Bookkeeping
- e. Event Planning & Organization
- f. Finance & Accounting

Your Ideas: _____

Last Name, First

Member #

New Member

Renewal

Key Tag X