

Active Living



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

Mason County Senior Activities Center

September 2021

Important updates:

Things are changing so quickly at the Senior Center, it's hard to keep up. The first and most important change is that the membership voted at the last general membership meeting to allow only those fully vaccinated against Covid-19 inside the building. The vote came about after much pressure from members over concern for everyone's health and safety. Following our vote, the state announced that effective August 23, "Every person in the Washington State must wear a face covering that covers their nose and mouth when they are in a place where any person from outside their household is present, or in a place that is generally accessible to any person from outside their household." There are some exceptions to this rule, but they do not apply to gatherings at the Senior Center. Now only fully vaccinated and masked people will be admitted to the facility. Please be respectful to the staff and volunteers at the center. We are trying to work through this and appreciate your understanding.

On a much different subject, we have decided to start cooking our own congregate meals. This option has been under discussion for some time and the Board voted to move forward with this decision. It makes financial sense for us as we are responsible for the overhead and we were not making enough to cover our expenses while we leased our kitchen. We want to thank Senior Services for South Sound for their time with us. Their lease expires on September 30, 2021. They will be able to continue the Meals on Wheels program by cooking at their other facilities and delivering to their volunteers here in Shelton. We are happy to announce that Debra del Bosque will be helping by consulting and possibly cooking for us too. Needless to say, we will be looking for volunteers willing to work in the kitchen.

Upcoming Events!!!

- Sept 6 Center Closed
- Sept 10 Birthday Celebration
- Sept 14 Board Meeting
- Sept 16 Foot care
- Sept 21 General Member Meeting

Center Holiday Closures 2021

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

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Mason County Senior Activities Association

Annual membership dues are \$40

Activities Center

"50 and Better Activities Center"

Address: 190 W. Sentry Dr., Shelton

Phone: (360) 426-7374

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

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

MasonCountySeniorActivitiesAssociation

Staff:

Executive Director: Patti Vernie

Event, Activities & Volunteer Coordinator:
Val Wedman

Bookkeeper & Data Coordinator: Penny Wilson

Volunteers: Contact Receptionist to help.

Receptionists:

Patt Matsen Kathy Abernathy-Robinson
Ella Kowalski Laurie Woolett

Center Hosts:

Doris Fredin Ella Kowalski
Judy Siegel Shirley Schober
Laurie Woolett

Gift Shop:

Sunshine:

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

Newsletter and Layout: Val Wedman and
Penny Wilson

Editorial Committee:

Julie Whaley Gale Glenn
Avis Ross Terry Nelson
Patt Matsen Steve Mutoli

Photography: Gale Glenn and Patti Vernie

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

Distribution: Nila LeGault, Reiko Mauer and
Steve Mutoli

The Senior Center is always looking for volunteers.
If you are interested please see Val.

2021/2022 Membership Bonuses

Nifty Thrifty Discount

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

Mission Statement

To enhance the quality of life of senior adults in our community through recreation, information, education and nutritional services, including health and wellness programs.

Nifty Thrifty Store

Your Hometown Thrift Store

Voted Mason County's Favorite Thrift Store

826 W. Railroad Ave., Shelton, WA 98584

(360) 427-0858

E-mail: niftythrifty@hcc.net or

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

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

MCSAA

Members receive 20%
off regular priced items
in store \$5 or more, with some
exceptions.

Members: **Remember to show your
cardboard 2020/2021 membership card
before cashier starts ringing up your order.
Your plastic key card is not proof of
current membership. Contact the
Center if you need another
cardboard card.**

Open Monday-Saturday 9:30-5:00

Donations Monday – Saturday 10-4:30

Your quality donations are needed!

Store Director: Michelle Marks

Assistant Manager: Melissa Elliot

Staff: Linda Trail, Cathy Jones and Moriah Ward

Dedicated Volunteers:

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

Additional volunteers are always needed.

Call Michelle at 360-427-0858 to volunteer.

This institution is an equal opportunity employer.

Inclement Weather

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

Meetings

MCSAA Board Meeting

Tuesday, September 14th at 9:30 am

The MCSAA Board meets the second Tuesday of each month at 9:30 am. If a member desires to bring something before the board, he or she should make the request in writing and give the request directly to MCSAA Board President Clay Long or Director Patti Vernie 24 hours in advance so the member can be added to the agenda. Please include your name, member number and phone number so Clay can contact you if there are any questions.

MCSAA 2021 Board

President: Clay Long
Vice President: Bill Bezanson
Secretary: Wayne Souza
Treasurer: Marilyn Olson
Gary Miner
Lori Shipman
Open Spot(s) Available

MCSAA Member General Meeting

Tuesday September 21st at 9:00 am
Dining Room

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

Bulletin Board

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

Center and Nifty Thrifty Wish List

We would greatly appreciate donations of:

Senior Center needs:

Decaf Coffee
Napkins

Nifty Thrifty needs:

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



Thank you very much for your donations!

Here is a web address and QR Code to our Amazon wish list for your convenience:

Please note that it is case sensitive.

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

Code of Conduct Reminder

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

MCSAA supports the Activities Center and its events by selling donated items through Nifty Thrifty & the Center's Gift Shop. **Everything** that is donated to MCSAA at either the Railroad Avenue location or the Sentry Drive location should be sent either to Nifty Thrifty for pricing and sale or approved through the Center Staff to be utilized for the Association. Items that are donated to MCSAA should not be taken home by anyone unless they have been purchased through Nifty Thrifty or the Center's Gift Shop.

Please remember: Once an item is brought to MCSAA with the intention of donating it to MCSAA, it becomes the property of the Mason County Senior Activities Association. That item's sale should go either towards the Center's events or the functioning of the Association. We provide free services such as the Abundance Table as well as the Medical Lending Library. Items that are not on the Abundance Table or part of the Medical Library should **NOT** be considered "FREE."

MCSAC Community Cleanup

Val still has room for more volunteers to help clean up areas around Shelton. The city will provide a few grabbers, garbage bags and a few safety vests. Our first cleanup day will be Wed., Sept 22nd at 1:30 pm. We will meet at Loop Field and then move towards Nifty Thrifty.

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

We will decide after the clean up when our next meeting or clean up will be.



Flu Shot Clinic

The Medicine Shoppe will be here on October 8th from 10am-12 pm for our annual flu shot clinic. **Appointments are required.** Please bring your insurance and Medicare card. For an appointment see the receptionist or call 360-426-7374.

We Give Thanks

We want to thank **1st Choice Automotive** and **Gillis Auto** for helping us in our time of need. In August, catalytic converters were stolen from both of our vans. We let it be known in the our community with flyers and on Facebook. 1st Choice Automotive and Gillis Auto stepped in to help us. We are grateful and humbled by their generosity.

Services for All Seniors at Mason County Senior Activities Center

Current MCSAC Membership is NOT required for the following Services.

Senior Nutrition Lunches

Monday and Wednesday, 12pm

Friday, 11:30am

The nutritious full course meals are prepared by Senior Services for South Sound's Senior Nutrition Program in partnership with the L-M-T 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 \$7.62.

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

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

Commodity Supplemental Food Program

There is a sign up for the Commodity Supplemental Food Program – CSFP. This is a program for seniors over the age of sixty who meet federally regulated income guidelines. CSFP participants receive a 40-pound box of food once per month. For questions, or to get your application call **Todd at Thurston County Food Bank** for information **360-352-8597 x206.**

Free Medical Supplies Lending Library —

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

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

August Birthday Celebration



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

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

September has 42 member birthdays. Come help us celebrate them.



We love our birthday celebration every month. Cake & ice cream, yum!

Senior Walkers September Schedule

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

- **Sept. 7 Darlin Creek Reserve** Dogs ok, 2 miles round-trip
- **Sept. 14 Millersylvania State Park** Dogs ok, bring a sack lunch, Discover Pass required
- **Sept. 21 Preachers Slough (Chehalis River Surge Plain)**, Lunch out at restaurant, Discover Pass required
- **Sept. 28 Kennedy Creek** Dogs ok

What's New

- Machine Knitting class is starting back up on Thursday, Sept 2nd at noon in the sewing room
- Foot care with Pam Lindgren, RN. Pam will be doing foot care once a month until we need her more. Cost for foot care is \$35. Her first set of appointments is being scheduled for Sept. 16. Call Pam at 360-286-8403 to schedule an appointment.



Our fabulous line dancers getting ready to perform at the Shelton Farmers Market.

Classes and Activities for Current Members

All classes subject to change. Please confirm with the receptionists

CLASSES FOR MEMBERS

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

Golf Anyone?

We're getting a group together to play regularly at Lake Limerick on Mondays at 1 pm. Cost will be \$16 for 9 holes and \$10.85 for a cart. \$1 Senior Center donation can be given at play. Contact Val to get on the list.

Classes and Activities for Current Members

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

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

September 20

Every Monday	Every Tuesday	Every Wednesday
8:15 Cribbage 8:15 Gentle Tai Chi 9:00 Line Dance 10:00 Mexican Train 12:30 Pinochle 12:30 Artists Workshop	8:15 Cribbage 8:30 Zoom Yoga 8:30 Yoga 10:00 Line Dance 10:00 Senior Walkers 12:00 Bridge	8:15 Cribbage 8:15 Gentle Tai Chi 8:15 Zoom Tai Chi 9:00 Line Dance 10:00 Mexican Train 12:30 Pinochle 1:00 Hand & Foot
Monday	Tuesday	Wednesday
<p style="font-size: 1.5em;">We love our volunteers!</p>	<p>Don't forget to check Nifty Thrifty's sales calendar. Members get extra special discount days</p>	<p>1 10-11:30 SHIBA Zoom Appt No Lunch</p>
<p>6 Center closed in honor of Labor Day</p>	<p>7 10 Senior Walkers: Darlin Creek Reserve No Lunch</p>	<p>8 No Lunch</p>
<p>13 3:30-5:30 SHIBA Zoom Appt No Lunch</p>	<p>14 9:30 Board Meeting 10 Senior Walkers: Millersylvania State Park No Lunch</p>	<p>15 No Lunch</p>
<p>20 No Lunch</p>	<p>21 8:30 No Yoga 9:00 General Membership Meeting 10 Senior Walkers: Preachers Slough 1-2:30 SHIBA Zoom Appt No Lunch</p>	<p>22 No Lunch</p>
<p>27 No Lunch</p>	<p>28 10 Senior Walkers: Kennedy Creek No Lunch</p>	<p>29 No Lunch</p>

2021 Activities

Every Thursday	Every Friday	Every Weekend
8:15 Cribbage 8:30 Zoom Yoga 8:30 Yoga 9:00 E-Z Crafters 9:00 Joker's Rule 9:30 Quilting 10:00 Line Dance 10:00 Zoom Tai Chi 10:00 Knit and Chat 10:00 Mahjong 12:00 Bridge 12:00 Machine Knitting 1:00 Thursday Bingo	8:15 Cribbage 8:15 Gentle Tai Chi 9:00 Line Dance 10:00 Mexican Train 12:00 Pinochle	
Thursday	Friday	Saturday/Sunday
2 12 Machine Knitting Starts No Lunch	3 No Lunch	4/5
9 12 Machine Knitting No Lunch	10 12:00 September Birthday Cake No Lunch	11/12
16 Foot care with Pam Lindgren, RN 10-11:30 SHIBA Zoom Appt 12 Machine Knitting No Lunch	17 10:30 Editorial Committee Meeting No Lunch	18/19
23 10-12:00 SHIBA Zoom Appt 12 Machine Knitting No Lunch	24 No Lunch	25/26
30 12 Machine Knitting No Lunch		

Annual

MCSAA



Line dancers always bring happiness and fun wherever they go!



Picnic 2021



What an amazing turnout for our annual picnic. Great friends and good food...what more could we ask for.


Thank you all for support this last year. We couldn't do it without our incredible members!



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jboothe511@yahoo.com
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Become a Corporate Sponsor

Sponsorship is a great way for businesses throughout the community to support the Mason County Senior Activities Association and thus our Senior Center, Nifty Thrifty & Pavilion. Our Sponsors mean so very much to our Senior Center! Businesses can sponsor the many special events that are to benefit the Center's Members throughout the year. We have raffles that businesses can donate gift certificates, merchandise, or services to during our monthly member meetings and special events. Sponsors donate in many special ways including:

- Providing activities for our Members (Like Bingo, Potlucks, Music)
- Bringing in meals and treats for our Seniors
- Buying ad space in our monthly newsletter and more!
- Each month the Center mails and emails over 800 newsletters to its members and distributes another 500+ in the community. Advertising space is available to purchase in our newsletter, which also gives businesses the unique opportunity to give an informational presentation to our members during the year and to display business cards and/or brochures on our Sponsor Table.
- The balance of funds for ads that are canceled before the agreed upon time frame by sponsors will be considered a donation to the Senior Center.

If you are interested in becoming one of our valued Sponsors, please contact our Director at director@mcsac.net or 360-426-7374 for more information about the benefits of becoming one of our Corporate Sponsors.

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DAVE'S COMPUTER SERVICE

360-898-3800

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

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Julie Cook
Attorney at Law

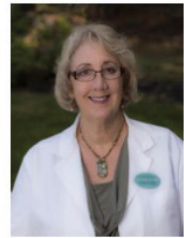
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JULIEKAYCOOK@Yahoo.com



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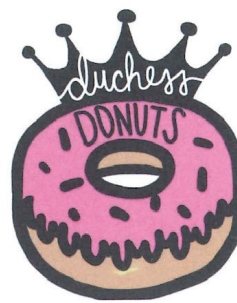
Fish Fry
Fri. Sept. 17th 4-7 pm
Cost \$10

Fish & Fries, Coleslaw & Drink

*Public
Welcome*



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



101 W. Railroad Ave
Shelton WA 98584
360.229.5659

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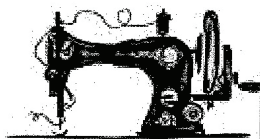
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celebrations of life and more.

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



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 and Wednesday @ 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

Serving Mason County Residents
 (360) 586-6181 Ext 124

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.



New to Medicare

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

Choose *one* of these available appointment times:

“Welcome to Medicare”

Wed., Sept 1 from 10 am to 11:30 am

Thurs., Sept 16 from 10 am to 11:30 am

Tues., Sept 21 from 1 pm to 2:30 pm

“Fraud Zoom Events”

Tues., Sept 7 from 1:30 pm to 2:30 pm

Tues., Sept 28 from 1:30 pm to 2:30 pm

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

Once we receive your email, we will send you the link to the webinar with more details.

We cover:

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

Statewide Health Insurance Benefits Advisors (SHIBA) offers free unbiased and confidential service provided through the Office of The Insurance Commissioner. SHIBA provides a free overview of Medicare. For more information, Call SHIBA at 360-586-6181 ext.134.

Thank you Senior Services For South Sound for all the meals you have prepared for us over all these years. We wish you well.

Senior Nutrition Program September 2021

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Veggie & Cheese Frittata Roasted Potatoes Spiced Apples	2	3 SITE CHOICE
		8 Bean and Ham Soup Cornbread Side salad Fruit	9	10 Taco Salad Tortilla Chips Pico de Gallo Watermelon
13 Cheeseburger or Turkey Burger Oven Fries Baked beans Watermelon			16	17 Pineapple Teriyaki Chicken Asian Veggies Fresh Fruit
20 Salisbury Steak Mashed Potatoes & Gravy Green Beans Peaches	21	22 Spaghetti & Turkey Meatballs over Whole Wheat Pasta Marinated Tomato & Cucumber Salad Mixed Fruit		24 any Joes Salad
27 SITE CHOICE	28	29 SITE CHOICE	30	

**Lunch Canceled by Senior Services
for South Sound**

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



September 2021



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Sales color Green	Donations times and days vary please call for info	Please have items in bag or box	1 Green Tags 50% off	2 Shoes 50% off	3 Regular priced Clothing 50%	4 Regular priced Clothing 50%
5 Closed	6 Closed Labor Day	7 Seniors & Military Receive 25% Off	8 Jewelry 25% off	9 Electronics 25% off	10 Books 50% off	11 Kitchen Items 25% off
12 Closed	13 MCSAA Members Receive 33% Off	14 Seniors & Military Receive 15% Off	15 Kitchen items 25% off	16 Knick Knacks 25 % off	17 White Tags 25% off	18 Regular Tag Clothing 50% off
19 Closed	20 Green Tags 75% off	21 Seniors & Military Receives 15% off	22 Kid clothes 50% off	23 Books 50% off	24 Linens 25% off	25 Linens 25% off
26 Closed	27 Green Tags 90% off	28 Seniors & Military Receive 15% Off	29 Knick Knacks 25% off	30 Furniture 25% off	Furniture 25%off	Come check out our hunting and flannel section
Closed	Please wear your mask	Make new friends, volunteer!	Nifty Thrifty is the major funding source for the MCSAA	Recycle!! Reuse !!! Repurpose!	Fall Décor going out soon!	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.